

Psychotrauma

DEFINITION

Psychotrauma: all the immediate, post-immediate and then chronic psychological disorders developing in a person after a traumatic event that has threatened their physical and/or psychological integrity.

There are two types of psychotrauma

- **Type I psychotrauma ("simple" psychotrauma):** occurs following a single event (accident, attack, fire, etc.)
- **Type II psychotrauma ("complex" psychotrauma):** occurs following an event that is repeated over a long period of time in a person's life (physical, psychological and/or sexual abuse, domestic violence, etc.).

Post-traumatic stress disorder (PTSD): a disorder that can develop following exposure to one or more traumatic events. **People who suffer from PTSD may develop symptoms such as :** sleep disorders, persistent negative thoughts, vivid and regular memories of the traumatic event, difficulty remembering certain parts of the traumatic event, etc.

KEY FIGURES

- 30,2%** 30.2% of the general European population has at some point experienced a traumatic event. 1.9% of the general European population develops post-traumatic stress disorder (PTSD).
- x2** Women are twice as likely to develop post-traumatic stress disorder.
- 62%** Between 2012 and 2016, **62% of the people in exile** received by Comede at the Kremlin Bicêtre hospital **reported a history of violence.**
- 16,6%** **The overall prevalence of serious mental disorders among exiles is 16.6%.** Most of these are psychotraumatic syndromes and complex traumas.

ISSUES



Psychotrauma can lead to a wide range of symptoms: psychological (paralysis, disjunction, flashbacks, etc.) as well as **physical** (endocrine disorders, gynaecological and digestive pathologies, memory problems, etc.). **They also have social consequences** (down-schooling, burnout, risky behaviour, etc.).



People in exile are particularly at risk of developing psychotrauma and/or PTSD, because of past or present violence, but also because of administrative procedures that repeatedly expose them to their traumas.



The symptoms of psychotrauma and PTSD can make claiming asylum more difficult, as victims may experience symptoms of avoidance, dissociation and memory loss, which can prevent them from recounting in detail the traumatic events they have experienced.

RESSOURCES



The aim of the **Mémoire Traumatique et Victimologie** association is to provide training, information and research on the **psychotraumatic consequences of violence**. It offers useful resources to victims of violence and to the professionals and associations that support them:

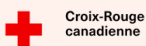
<https://www.memoiretraumatique.org/>

A study published in **The Lancet** on the prevalence of sexual violence among female asylum seekers who have recently arrived in France :

THE LANCET

[https://www.thelancet.com/journals/lanepi/article/PIIS2666-7762\(23\)00150-3/fulltext](https://www.thelancet.com/journals/lanepi/article/PIIS2666-7762(23)00150-3/fulltext)

A short guide from the **Canadian Red Cross** on psychological first aid, to help you react when faced with someone in psychological distress:



Croix-Rouge
canadienne

https://www.redcross.ca/crc/documentsfr/What-We-Do/First-Aid-and-CPR/PFA-Mini-Guide_FR_digital_.pdf

Our training courses to take you further (in French only) :

- Specific forms of violence in a migratory context
- Psychological trauma
- Introduction to psychological first aid