



Aspirations ~ Inspiration ~ Motivation

**A.I.M. High Project**

The Hidden unspoken truth, the trauma  
that runs within, the thread that is  
woven into both victims and  
perpetrators

# Hyper arousal

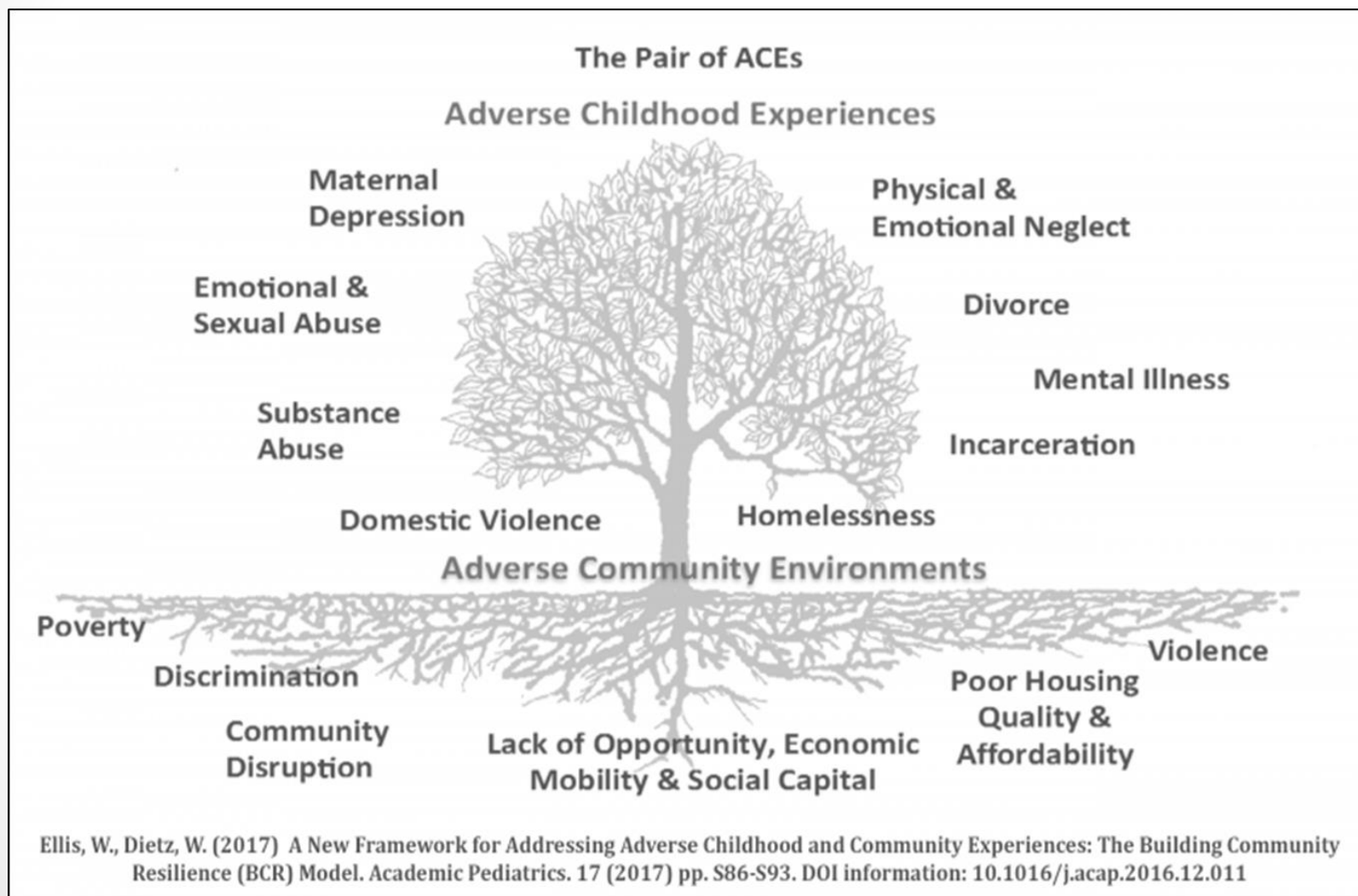


# Trauma and intergenerational trauma

In Jamaica we have a saying “what is a joke to you, is death to me”

Trauma is individual and personal, we can not and should not dismiss how young people have been impacted by the occurrence of serious youth violence in today’s society. That we have a generation of young people who are literally living in an hyper aroused state.

# The Hidden unspoken truth



# Recovery / resilience

Not everyone that experiences a potentially traumatic situation will become psychologically traumatised. It is dependent on the number of protective factors (resilience) that an individual has to enable them to cope.

Community resilience is also a factor in determining the impact of trauma.

# Relationships

Research has indicated that the *quality* of the relationship between client and worker is the highest predictor of effectiveness.

No matter what approach you employ, change will not occur unless you can establish and maintain a good enough relationship.

