

# **Family Trauma and Stressors Homelife Stressors and Their Long-Term Impact**

## **Graduate Article Critique**

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### **Introduction**

Family trauma and stressors are common problems in most families, and perhaps there will always be a need to find the most appropriate intervention to address them. However, with all the appropriate interventions, it is good to remember that there are specific family issues, frequently ones beyond human control, which are the root causes of family trauma and stressors. According to Lara (2021), numerous research has been conducted to identify the most prevalent challenges and factors responsible for pre-existing family trauma and stressors like accidents, unemployment, poverty, displacement, and being refugees. Many types of therapy have been employed, including pharmacological therapy, family-focused therapy, and behavioral management. All these intervention measures have their unique advantages and disadvantages. This paper discusses family trauma and stressors and possible solutions to address the issues.

### **Trauma and Families**

Traumatic incidents can occur to any or all family members and frequently lead to suicidal intentions. Tragedies like accidents can lead to traumatic stress reactions among family members, impacting interpersonal interactions and preventing families from operating at their best. Families frequently encounter traumas because they lack the resources necessary for stabilization and rehabilitation. In conformity with Lara (2021), trauma affects every family uniquely. The capacity of the family to endure and rehabilitate may be driven by several aspects, including the person's age, traditions, and ethnic background. Family members frequently display symptoms of resiliency after traumatic events (Beland et al., 2020). But for other families, the stresses and strain leave them feeling isolated, overburdened, and less capable of upholding essential family obligations further.

### **Interventions**

The application of family therapy by psychiatrists to help families cope with family difficulties and lessen family stress is a highly prevalent type of psychotherapy. The issues and problems addressed in therapy are highly customized, much like all needs of the patient and treatment programs. Family members who "gather around each other" following horrific events might strengthen relationships and speed healing (Lara, 2021). Also, those with traumatic events, fewer resources, and several trauma experiences frequently find their coping mechanisms worn out. Their inability to prepare or address issues successfully leads to continued instability and turmoil. Some family members may have severe, moderate, or mild post-traumatic stress symptoms. Some recover quickly, get stronger, and have a fresh perspective on their lives after experiencing tragic events (Gard et al., 2020). Others may battle enduring trauma-related difficulties that impede their ability to operate in several aspects of their daily lives.

Lara (2021) states that family rituals and customs, psychological support, and caregiving are all sustaining elements that may be provided through extended family ties. Families with a history of severe trauma that spans generations may still struggle to operate today, and they risk passing the trauma's consequences on to the succeeding generations. The rehabilitation of children and

their parents following exposure to trauma is heavily influenced by parent-child ties (Yusuf et al., 2019). Positive correlations exist between decreased symptoms in children and protective, caring, and successful parental reactions. In addition, parental stress, loneliness, and responsibility may make parents emotionally responsive to their children and far less capable of assisting in their trauma recovery. Adult interpersonal interactions may be a source of courage when overcoming a traumatic event.

Nevertheless, many intimate spouses have trouble communicating, disclosing their emotions, or sustaining companionship, making them less responsive to one another and raising the possibility of divorce, argument, or domestic violence. Supportive and close sibling relationships can act as a protective barrier against the harmful effects of trauma. Yet, brother or sister relationships that seem distanced or unsupported can lead to high levels of disagreement (Flanagan et al., 2020). Vicarious or secondary traumatic stress can negatively affect family members who have not been directly subjected to the tragic situation (Arenliu et al., 2020). Such symptoms, resembling post-traumatic stress disorder, make it difficult to operate at school or home.

### **Challenges in Therapy**

Regrettably, despite having the best motives to help family members, humans are not perfect in their intervention measures. Among the challenges encountered during therapy and the intervention sessions is that a family member who needs psychological help could be silenced by others who leap to judgments and ideas. Other situations can include the therapist not having complete control over the intervention, not being in a position to make all family members participate in the intervention session, or not having all family members participate in each session. Moreover, some therapists have the problem of taking sides and sometimes only listening to the senior family members or sometimes only listening to the wealthy family members, which brings in a conflict of interest. Furthermore, it might not sound like an awful decision to have too much guidance instead of not enough. However, the family can veer away from a particular course of therapy that one of the therapists suggests if they get help from more than one practitioner.

### **Summary**

One of the most significant findings that a reader might take from this article is that trauma is an emotional attachment to a traumatic experience that poses a danger to the person affected or others or directly harms others. The family member undergoing family trauma and stressors may be in danger from the harm, which might be actual or imagined, emotional or physical (Lara, 2021). Trauma can result from exposure to a particularly traumatic incident or several similar events. Parents, parent educators, and other caregivers of children from birth to 18 must recognize that traumatized family members require comfort and compassion from other family members. Every family member should try hard to comfort the affected relative and give them a loving environment. Unfortunately, in the case where children are going through trauma, parents who are unaware of how trauma affects children may misinterpret their actions and become irritated by their children's behavior as a result. Parents with traumatized children may fail or perhaps damage or even cause more stress to their children to curb inappropriate behavior.

Another substantial finding that a reader might take from this article is that certain elements must be present in families' surroundings to ensure healthy physical, cognitive, and emotional

development. But several situations in life might prevent someone from enjoying a stress-free environment. Displacement, relationship breakdown, and poverty are some of the highlighted specific instances. Their child's age, genes, and gender, all of which might have an impact on them, are acknowledged by the parental figures to a more sophisticated level. Children do not start to cognitively employ reasoning and have a cognitive experience from firsthand experiences until they are between the ages of six and eleven.

### **Conclusion**

Stressors and familial trauma are unavoidable. However, there are essential intervention measures that all family members may do to ensure that people impacted by the trauma and difficulties are assisted in recovering to their ordinary lives. When assisting a family member experiencing trauma, every family member must be aware of specific fundamental intervention techniques. Such intervention strategies involve loving the affected family members and refraining from casting judgment on them. Furthermore, given that in our current era, most family members spend time on various social media platforms, further research on the impact of social media on family trauma and stressors is required.

## References

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