The History of Trauma

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Everyone has experienced trauma in their life, from the times when humans walked earth we have experienced some sort of war, disease, death, sadness, and so much more.
Here's the main focuses

**Hysteria**
The start of psychology, the history of hysteria

**WWII**
How World War II sparked an interest in psychology

**Women's suffrage**
Women and children coming forward about their trauma, and how it furthered trauma research
The first cases of mental illnesses or hysteria were “only” found in women. Sigmund Freud, also known as the father of psychology, considered hysteria an “Exclusively female disease... It was cured with herbs, sex, or sexual abstinence, punished and purified with fire for its association with sorcery” (2).
For a long while they believed mental illness only existed in women! They believed that a woman's uterus was the cause of it, kind of crazy that they thought male semen would be a cure for it.
WWII had a big effect in the development of trauma psychology.
“World War II transformed the American psychological field, bringing the treatment of mental health out of state hospitals and asylums and making psychological medicine available to the average person.” (5)
Many soldiers suffered from PTSD when they returned home from the battlefield. Their lives were never the same after the war, they struggled with their day to day lives because of it. Seeing this it sparked an interest in getting the soldiers the help they need, they needed their internal wounds healed. This furthered our research on the psychology of trauma tremendously.
The Women's rights movement
Around the mid-late 1900s is when women started fighting for more rights. Something that came to light from the movement was the amount of women and children who were sexually assaulted/abused by men, even the men in their own home. Growing up with that, or just being around that in general is traumatizing itself.
The “developments such as interventions with battered women, sexual abuse and exploitation of children, dissociation, amnesia, and reenactment of the trauma, and interventions with victims of rape, sexual assault, exploitation, and sexual harassment” (8) furthered our research in the psychology of trauma/traumatic events.
Today

We are still furthering our research in psychology and trauma, there is still a lot that we don’t know. World war II and the Women's rights movement, in my opinion, were the two biggest events that launched our psychological research and got us to where we are today.
“To study psychological trauma is to come face to face both the human vulnerability in the natural world and with the capacity for evil in human nature”  –Judith Herman
Works Cited

(Includes links to photos and websites used)

- Source 1
- Source 2
- Source 3
- Source 4
- Source 5
- Source 6
- Source 7
- Source 8