**Discussion 1.2**

Wheeler (2022) defines trauma as “all events and situations that are experienced by the person as overwhelming and affect brain functioning through the interruption of information processing.” Wheeler (2022) states that “trauma is a response-a disconnection from oneself- not an event.” Not everyone experiences the effects of trauma in the same way, although there are various physical and emotional effects that one may experience who has had trauma. People who have experienced adverse childhood events (ACE) have a higher risk for things such as fractures, heart disease, diabetes, obesity, depression, anxiety, sleep disorder, and more (Wheeler, 2022). Additionally, people with four or more ACE have an exponentially increased risk for chronic lung disease, hepatitis, depression, and suicidal attempts (Wheeler, 2022). Wheeler (2022) states that trauma is more about what happens within the person rather than the actual traumatic event(s).

Psychotherapy is an intervention that aids in treating mental illness and is commonly used alongside medication. Psychotherapies include psychoanalytic, cognitive, behavioral, dialectical behavioral, existential, humanistic, interpersonal, and eye movement desensitization and reprocessing. These are all individual psychotherapies. There are also group therapies and family therapies (Johnson, Vanderhoef, and Magrath, 2016). Wheeler (2022) states that “psychotherapy mediates the integration and connection of neural networks that have become maladaptively linked owing to overwhelming events.” Psychotherapy helps the patient feel “empowered” and “free to make more conscious decisions” (Wheeler, 2022).

**References**

Johnson, K., Vanderhoef, D., & Magrath, N. (2016). *Psychiatric Mental Health Nurse Practitioner* (4th ed., pp. 125–129).

Wheeler, K. (2022). *psychotherapy for the advanced practice psychiatric nurse* (p. 23-26).