

Cognitive Processing of Small t Trauma among Adults

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ABSTRACT

This study investigates and describes the experiences of adults cognitively processing small 't' traumas in their lives. Through the use of a trauma screening checklist and 10 semistructured interviews, the lived experiences of how adults process and cope with traumatic information in real time, were understood. The topic was chosen due to dearth of studies exploring thoughts and feelings of individuals processing impactful and stressful situations apart from the known physical or psychological disorders and natural calamities or major injuries. Conduction of thematic analysis, led to the observation of codes and themes explaining - factors involved in a situation, thoughts and feelings while experiencing the traumatic event and coping mechanisms, that an individual experienced to make sense of their circumstances. Findings suggested a disparity between the gender ratio of the participants, role of the Indian culture as an influencing power of how an individual processes trauma and a general lack of awareness of the population around seeking professional help for mental health problems.

Keywords: Cognitive processing, Small t trauma, Cognitive appraisal, Traumatic incident, Professional help

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