



B. Defining Trauma and Economic Abuse



What is Trauma?

“A traumatic event that involves a single experience, or enduring repeated or multiple experiences, that completely overwhelm the individual’s ability to cope or integrate the ideas and emotions involved in that experience”

"Complex Trauma"

Trauma & External Circumstance

“The severe distress, harm, or suffering that results from overwhelming mental or emotional pain or physical injury.”

Discrimination Historical and/or Generational Trauma Marginalization

Trauma & the Brain



“Various forms of trauma influence the development and breaking of neuro-pathways within the brain, which then directly affects the decision-making process.”

What is Financial Trauma?



“The response to the cumulative effect of being required to experience economic violence, financial abuse, financial shaming, and/or (chronic) financial stress to attain or sustain material safety.”



Understanding Financial Abuse



Preventing victim from getting or keeping a job

Making victim ask for money

Giving an allowance

Taking away money

No access to family income

Coerced debt

Forcing victim to take out student loans, using \$ for something else

Refusing to pay child support

How is financial abuse unique compared to other types of abuse?



MOST HIDDEN AND EASILY CONCEALED

Easily undetected, abusers go unchallenged. Money is taboo subject and abusers bank on this.

KNOWS NO BOUNDARIES

Disproportionate effect on marginalized communities but still happens across social class, gender and age. It's far reaching.

DEVASTATING LONG-TERM EFFECTS

It's destruction and daily impact on lives of victims can last years after the relationship has ended.

Source: NCADV / NEFE's "Creating and Sustaining Financial Well-Being" webinar