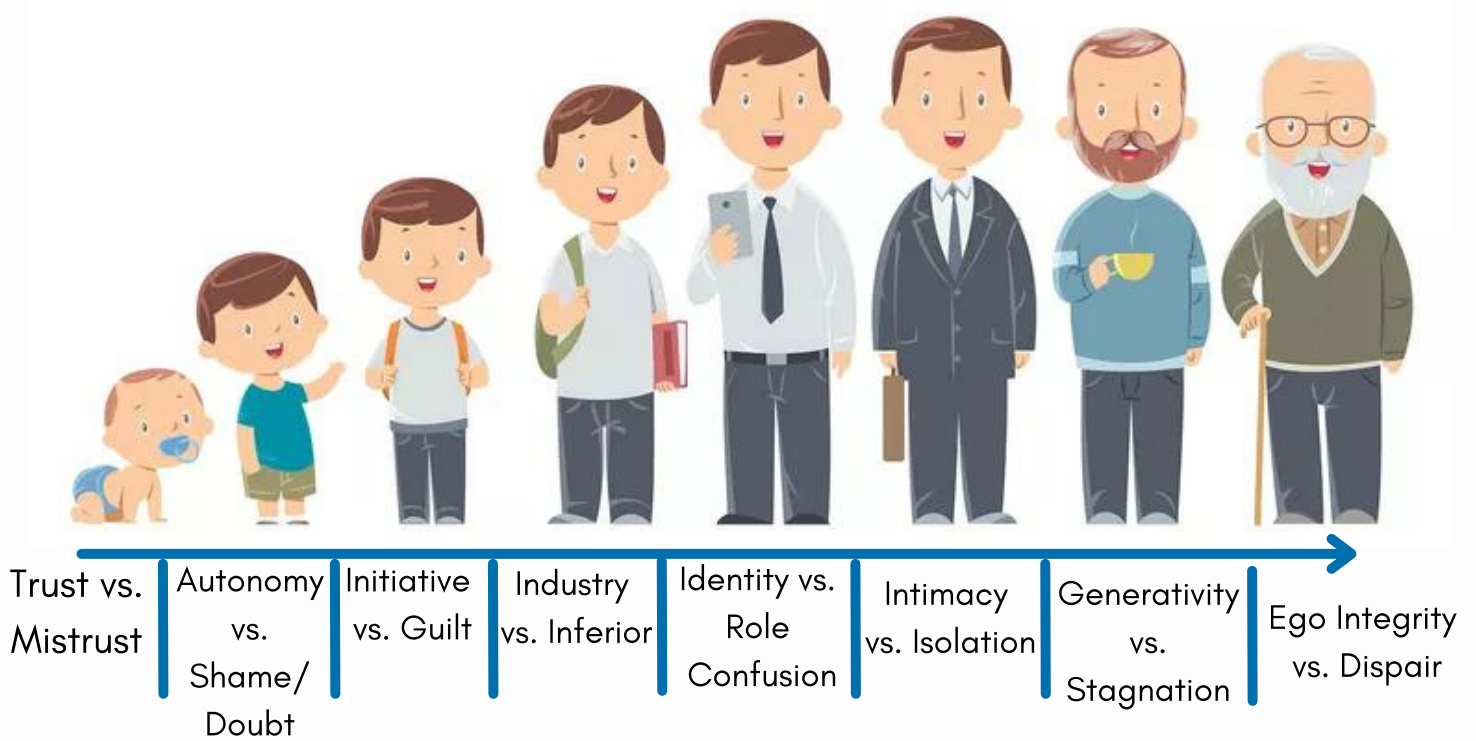


Kids Who Have Experienced Childhood Trauma May Develop At A Different Pace Than Others

Let's take a look at the developmental stages that were identified by developmental psychologist, Dr. Erik Erikson. These are like building blocks on which we all develop our foundations for our self-esteem, perspectives on our world, and perspectives on others.

Erikson's Stages of Development



Stage 1: Trust vs. Mistrust

In the first year of a child's life, the conflict of **trust vs. mistrust** is apparent. If a child's basic needs are not met consistently during this stage, they will develop mistrust towards others.

Infancy Psychosocial Development

Psychosocial Conflict: Trust vs. Mistrust

Major Question: "Can I trust the people around me?"

Basic Virtue: Hope

Important Event: Feeding

If a child begins with **mistrust** in that first year of life due to abuse, neglect, or abandonment, it will impact the success of this child for all the other stages of development. A foundation of mistrust is an unstable foundation, which is why we need to constantly take kids back to the stage in which things got misaligned in order to help them heal and rebuild.

FOR MORE RESOURCES LIKE THIS, VISIT:



EPICHealing.org

