

Module One, Vignette Two

Sophia age 8, was sexually abused by a neighbor on one occasion. Sophia lived with her mother and little brother in a small apartment two blocks from school. Sophia's mother often had to work unscheduled hours to cover other employees' absences at the hotel where she is a desk clerk. On one such occasion, Sophia's mother was unable to arrange for child care with her sister who usually helped babysit the children. She asked a female neighbor who lived in the complex a couple of doors down, to watch the children. Upon her mother's return, Sophia clung to her mother; her clothing appeared disheveled, and she would not respond to either her mother or the neighbor when they spoke to her. Later, after the family returned home and the children were getting ready for bed, Sophia's mother noticed blood on her daughter's underwear. She promptly took her daughter to the emergency room for treatment. Lately, Sophia has been going to the school nurse and complaining of stomach pain in order to get out of her math class. When that does not work, she abruptly leaves class. At home, her mother has a very difficult time getting Sophia motivated to go to school. Sophia, who had always been an enthusiastic and hardworking math student, is described by her female teacher as not paying attention, completing her work, or engaging in classroom activities. Sophia's math teacher reports that while they had a good relationship before, currently, Sophia appears to be very fearful of her, often refuses to look at or interact with her and that she often leaves class without permission. She does not appear to be having problems in any other class.

- 1.) What type of trauma did Sophia experience? Acute, chronic, or complex
- 2.) Is John presenting with a survival in the moment response of fight, flight, or freeze?
- 3.) What situation at school may be reminding Sophia of her past trauma experience?
- 4.) How may Sophia's behavior at school have helped her survive her experience with the babysitter?