



Terms to Know

Crisis

A condition of instability or danger. It is an emotionally stressful event or a traumatic change in one's life.

Emergency

A serious situation or occurrence that happened suddenly. It is urgent and is usually unexpected and demands immediate action.

Trauma

The term comes from the Greek word meaning WOUND. On a physical level, trauma means that the force on some part of the body was so great that the body's natural protections (the skin, skull, etc.) were unable to prevent injury. In this situation, the body is unable to mend the wounds without medical attention.

On psychological and emotional levels, a person's spirit, and sometimes the will to live, as well as beliefs about the world and oneself, dignity, sense of security, thinking, and feeling have all been impacted. Usual ways of handling stress become inadequate.

There are two types of trauma:

- Type I trauma (a one-time trauma event – detailed memories)
- Type II trauma (recurring trauma experiences – denial, numbing, dissociation, and rage)

Disaster

The term disaster is derived from the Latin *die* (*against*) and *astrum* (stars) hence "the stars are evil" (Farber, 1967). Disasters generally result in a social disruption in which the social structure and the function of the local community are threatened (Eranen & Liebkind, 1993; Green, 1991). Additionally, community needs tend to be much greater after a disaster, as a disaster impacts many lives and often involves the destruction of property throughout the community.

Human Generated Disaster

These are disasters caused by humans – non-intentional as well as intentional. Human generated disasters include disasters such as:

A. Non-Intentional/Technological

- industrial accidents (e.g., gas leaks and chemical spills)
- transportation accidents (e.g., airplane crashes)
- ecological/environmental destructions

- miscellaneous accidents (e.g., electrical

blackouts)

B. Intentional

- declared war
- civil strife
- ethnic conflict
- religious conflict

- violent mass gatherings and demonstrations
- terrorism / acts of mass violence

NATURAL DISASTER

The effect of a natural hazard. Natural disasters lead to financial, environmental, and/or human losses. Natural disasters include:

A. Geological Disasters

- earthquakes

- volcanic eruptions

B. Hydrological disasters

- floods
- limnic eruptions
- tsunamis

- avalanches
- landslides/mudslide

C. Meteorological disasters

- blizzards
- tropical cyclonic (hurricanes, cyclones, typhoons, tropical storms)
- droughts
- hall storms

- heat waves
- tornadoes
- insect infestation
- storms (thunderstorm, winter storm)

D. Fires

- wildfires

E. Health disasters

- epidemics

- famines

F. Space disasters

- impact events

- solar flares

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