

## **ABSTRACT**

The objective of the diploma work “Psychological Trauma and its Effects on Human’s Life“ is to find out the impact of an unexpected traumatic experience which appears in one’s life.

The theoretical background characterizes briefly the topic of psychological traumatic experiences, their origin, features and forms. It also discusses stress phenomenon, adaptation, defence and managing mechanisms, the ones which help people to deal with strain and difficulties. In the context of extreme stress impacts, the main part focuses on posttraumatic stress disorder as one of the most frequent diagnostic categories. This disorder appears as a consequence of insufficient treatment of a serious traumatic experience which manifests itself by persistence of mental and somatic problems. The work also deals with other consequences of trauma in the psychological and social sphere including posttraumatic growth. The thesis also deals with different trauma reactions and risk and protective factors influencing trauma processing and trauma reactions.

The research project (Methodological analysis) provides with case studies and show trauma progress, processing and coping with a traumatic experience. It evaluates and confirms negative and positive impact and influence of psychical trauma on human’s life.