trauma /ˈtrɔːmə / noun

an unpleasant and upsetting experience that affects you for a long time

***Bali bombing survivor wants Patek death sentence*:**

**…and nearly 10 years after the event, it's still hard to talk about.  
PETER HUGHES: It's pretty tough to get through the mental trauma of it all.**

traumatic /trɔːˈmætɪk/ adj

***Anna Funder wins Miles Franklin:***

**GILLIAN WHITLOCK, JUDGE: Anna Funder's writing about Germany in the 1930s also raises issues about refugees and traumatic memory and what can be said.**