

DISASTER MENTAL HEALTH; NOT JUST HOW, BUT WHY

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UNDERSTANDING TRAUMA

To begin the presentation a discussion of the characteristics of the crisis or crisis event are presented as the means by which clients make the subjective interpretation as to whether the event is going to be traumatic for them or not. Once the event is understood, the types of trauma are presented.

RESPONSE TO TRAUMA

This section of the presentation looks at how the client physiologically responds to a trauma. This is done by looking at the hormonal response in the body which is regulated by the Limbic Brain. Then a discussion of MacLean's Triune Brain Theory reveals how the brain responds to trauma. Based on this information interventions are presented to affect the physiological response of the body and the brain.

CRISIS INTERVENTION TECHNIQUES

Crisis intervention techniques are presented and a comparison between Debriefing and Psychological First Aid is discussed. The characteristics of Debriefing as a crisis intervention are presented; specifically Recollection, Ventilation, Reworking, Normalization. Debriefing In Group is broken into its base components; Safety, Security, Ventilation, Prediction, and Preparation.

Psychological First Aid is presented and broken down into its eight components, each explored in detail. These component are Contact and Engagement, Stabilize, Information Gathering, Practical Assistance, Connection to Social Supports, Information on Coping and Linkage to collaborative services. This is followed by a discussion of using Psychological First Aid in groups.

NORMAL REACTIONS, VERBAL FIRST AID, RESILIENCY, and POST-TRAUMATIC GROWTH are all presented in detail with examples of each.

CRISIS INTERVENTION FOR CHILDREN

Eight steps in traumatic stress treatment for children is presented for discussion in this section of the presentation. This topic is accompanied by a discussion of the way grief and trauma are integrated by children.

TRAUMA INTERVENTIONS

In addition to the interventions that are presented throughout the seminar, this sections discusses physical (body) interventions, and spiritual interventions. The idea is presented that cannot only treat the client's emotional response to trauma, as the physical response is part of that response. We are more effective treating whole client; body mind and spirit.