

Beyond the Traumatic Experience

Presented by Rev. Steven Spidell BCC, CCTP

Questions and Answers

Do people who have experienced a great deal of traumatic events have less resilience? What do we know about people who live in an area with a lot of violence?

I think it would be great to offer resilience education and support say from a church or school.

When children come into the ED from a trauma, do you respond differently?

Absolutely. I get them a soft stuffed animal to hold and to keep. I speak very quietly and gently to them, and compliment them when they are brave; and let them cry when they need to (parents allowing of course.)

How can we best work with other staff team members who may be in fact escalating the behaviors of a patient or family. For example, a staff member may be trying to 'fix' the patient or family and/or not allowing the time or space for processing?

When you can get a moment with the staff team you might offer something like "I've found is helpful to allow the expression of feelings. When it become too much I can assist them to "dial back" their emotions and offer comfort. You may also be able to demonstrate in vivo how you can assist the family.

When someone is caught in a Post-traumatic stress event in which they seem to be caught in the event , how can we help them? Bernard

Gently ask if they are refocus there attend back into the room, what do they see around them, what do they hear. Can they see you? The goal at this point is to bring them back into the present moment in real time. Remind them that they are safe here and see if they can accept that.

After you have dealt with a trauma patient how do you replenish yourself?

In the worst case I found myself feeling rather disconnected and very careful how I drove – the person walked out into traffic, I saw him flip over the hood of the care (He was not injured). I simply noted how I felt – it took a few days before I was back to 'normal.' Under 'usual' trauma I find my boundaries are good and I can provide care, stay present, and be glad for the opportunity to be with them.

Are extroverts or introverts more resistant to trauma?

That is a great question – which means I have not seen anything on that. It's worth looking for.