Review of the procedure of the condensed psychological trauma integration in UŠP Požega, lumbermills Velika and Kamenska

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“MOZAIK”
Agencija za psihologijske usluge
Psychological Crisis Intervention = PSYCHOLOGICAL FIRST AID

**TYPES**
- RELEIVING
- DEMOBILIZATION
- CONDENSED PSYCHOLOGICAL TRAUMA INTEGRATION

**COMPONENTS**
- ESTABLISHING TRUST
- EXPLORATION OF DIFFERENT DIMENSIONS OF THE PROBLEM (RESPONSE, POWER, DECISION MAKING ..)
- PROVIDING INFORMATION ABOUT POSSIBLE REACTIONS
- INVESTIGATION OF POSSIBLE SOLUTIONS
- HELP WITH CONCRETE ACTIONS
- MONITORING
CONDESED PSYCHOLOGICAL TRAUMA INTEGRATION

- A procedure used for systematical and detailed elaboration of a crisis situation or an accident with focus on thoughts, sensory experience, emotional and behavioral reactions. Information on essential facts about stress and trauma is also provided.
# GOALS OF CONDENSED PSYCHOLOGICAL TRAUMA INTEGRATION

## GENERAL GOALS
- Aleviating the impact of crisis event to all people involved
- Speeding up the recovery
- Preventing long-term unfavorable psychological consequences of the traumatic experience

## SPECIFIC GOALS
- Expressing impressions, reactions and emotions
- Structuring the traumatic event by better understanding the event itself and reactions to it
- Decreasing the sense of tension
- Accepting personal and others' reactions as normal
- Preparing for possible future reactions
- Determinating modes of further help
EXECUTION STAGES

PREPARATION: initial assessment, who, when, where, how long, the size of the group, disposition of members

EXECUTION: 7 stages in pre-determined sequence

MONITORING: by phone or session in 7-10 days
The intervention was carried out in a neutral environment on the sixth and seventh day after the crisis event.

The follow up meeting was organized twelve days after the procedure had been applied.

TRAUMATIC EVENT
- one worker - cutter was killed in an accident at his work place at the lumbermill in Velika
- a detailed initial assessment and plan for intervention was executed
- a decision was made to conduct a procedure of condensed psychological trauma integration with two groups of workers - secondary and tertiary victims of the crisis event
CIRCLES OF VULNERABILITY

All people indirectly informed about the event

Co-workers

Local community

Accquaintances

Direct victims

Relatives

Family

Eyewitnesses

Rescue teams

Helpers

Friends

Similar groups of people
### Stages of condensed psychological trauma integration

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1. INTRODUCTION (cognitive area)

Introducing the facilitator and expressing regret for crisis event that happened to the participants.

Explaining the objectives of the sessions and the working modes.

Establishing a relationship of trust with the participants.

Explaining the work rules.

Mutual introduction.
2. FACTS (cognitive area)

The facilitator suggests the participants to start answering the following questions:
- Who are you (name, occupation, place of work)?
- What was your role during the event, what did you do?
- What happened, what did you see, what did you hear?
In this way all the event’s details are revived. This promotes better understanding of certain aspects of the event.
3. THOUGHTS (cognitive/emotional area)

The facilitator asks the participants to say what was their first thought when the crisis event happened, which thought went on and on in their mind after the event and whether this thought is still present.

This is the last phase in which the participants are invited to speak one at a time.

(if someone does not want to speak, do not insist!)
4. THE HARDEST MOMENT
(emotional area)

The facilitator invites the participants to say what was the most stressful moment for them; what is their major concern; which part of the event is most hurtful; if they were able to delete some part of the event, which one would it be.

**Function:** to relieve the burden and talk about the various intense experiences caused by this very moment.

The participants engage into an extensive discussion.

Only those participants who are willing to talk are invited to do so.
5. SIGNS OF STRESS
(emotional / cognitive area)

This phase starts only when none of the participants want to talk about the most difficult moment any more.

The facilitator invites the participants to describe their thoughts, physical, emotional and cognitive signs of stress that they have discovered within themselves during the event, after it and those that are still present.

The facilitator describes a few examples of a reaction to stress.
The objective of this phase is to introduce to the participants the basic facts about stress and trauma and to shift their attention away from the emotionally charged content

- described stress signs are common reactions to abnormal circumstances
- they will be present for a certain period of time and will gradually dissolve
- explain why such events are hard to cope with
- what can they do to help themselves
- what can they expect in the next few weeks
- who can they contact if signs of stress increase or last too long
7. "COMPLETION" AND THE END (cognitive area)

The facilitator provides the participants with the opportunity to ask questions; clarifies unclear issues; provides contact details of the professional team members for future reference.

He thanks everyone for participating.

He advises participants to monitor their reactions.
FOLLOW UP SESSION
LITERATURE:

• Arambašić, L. (2000). Psychological Crisis Intervention, Zagreb: Psychological Assistance Society - Condensed Psychological Trauma Integration (L. Arambašić i M. Ajduković)