

## Impact of Trauma on Others Traumatic Impact on Yourself



### **Description:**

This workshop explores the impact of Caregivers and First Responders on the mental and emotional health of victims after a traumatic event. The symptoms of a traumatic response and the basic neuroscience and the brain functioning behind those symptoms will be discussed. The debriefing approach will be evaluated and the Psychological First Aid and the Verbal First approach will be presented as alternatives. The workshop also explores the effects of trauma and PTSD on Caregivers and First Responders helping them to recognize the signs and symptoms of trauma and PTSD in themselves and colleagues.

### **Learning Outcomes:**

On completion of the workshop participants will be able to:

- Discuss the effect of trauma on brain and the basic neuroscience and brain functioning behind those effects.
- Understand different types of trauma.
- Understand the effects of trauma and PTSD are the result of chemical reactions in the body caused by the brain.
- Understand that because trauma and PTSD is a chemical reaction its effects on the person is predictable.
- Discuss the concepts of Psychological First Aid and Verbal First Aid.
- Develop their own victim interaction strategy to elicit the information and responses they need while minimizing the traumatic effect on the victim in the process.
- Identify the signs and symptoms of trauma and PTSD in themselves and colleagues.
- Understand the possible implications that can accompany a diagnosis of PTSD with employers and colleagues and how to best work through the possible implications.

### **Presenter Profile:**

Duane T Bowers is a Licensed Professional Counselor and Educator. Duane's specialty is working with survivors of traumatic death and suicide, which includes providing support to families of abducted, missing, exploited and murdered children. As an educator, Duane teaches seminars nationally, internationally and regionally on dying, death and grief, as well as trauma, Post Traumatic Stress Disorder (PTSD), and traumatic loss. In September 2001 Duane responded to the Pentagon immediately following the terrorist attack on September 11th, providing support to rescue and recovery workers.