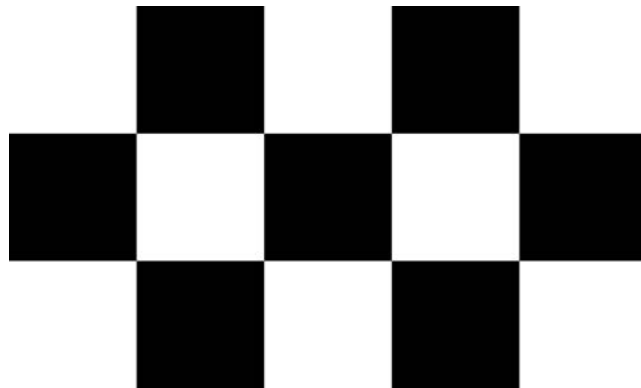


*Moving
Forward
...in the
Aftermath of Trauma*



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INTRODUCTION

OVERVIEW

The healthy road is to see it as an opportunity for growth.

Bob Smalley
Red Cross volunteer



How do you **move forward** after a disaster? What is the healthy response? The emotional aspects of a traumatic event are often ignored - leading to low productivity, disillusionment, and resentment within an organization. This video program will help individuals and organizations prepare for traumatic events and return to productivity.

HOW TO USE THIS GUIDE

Before beginning your “**Moving Forward...in the Aftermath of Trauma**” workshop, read through this guide. Take special note of the Preparing for the Workshop section. The Planning Considerations and Suggested Group Workshop will help you determine your workshop agenda. **This program may be adapted to a wide variety of training purposes. Tailor the program to meet the needs of your group.**



Please note that you may present the graphic layouts, located at the end of this guide, on flip charts, overheads or computer video projection. The worksheets, Session Evaluation Form, and graphic layouts may be duplicated for use only in training sessions with the program.

THE VIDEO'S MESSAGE

This video gathers a group of leading experts in the field of trauma, who give practical suggestions for moving forward in the aftermath of trauma. It applies to any type of stressful event. This is invaluable information for those directly (or indirectly) affected by traumatic incidents in the workplace and beyond. This information is also critical in preparing for future physical *or* emotional trauma.

**Moving
Forward**

I think truly we have the possibility of working together, of being together, as people and organizations that we have not had before.

Peter A. Levine, Ph.D.
Author, Psychologist

THE VIDEO'S PARTICIPANTS - in order of appearance:

David Grill, MFCC, C.T.S. is currently the Clinical Director of the Treatment Center for Traumatic Life Experiences and Co-Director of Trauma Prevention Services. He is a Certified Trauma Specialist and has been involved in the understanding and treatment of trauma since 1987. He has presented at national and international conferences for major corporations and businesses, trauma training programs, schools, and the American Red Cross.

Peter A. Levine, Ph.D. holds doctorate degrees in both Medical Biophysics and Psychology. During his thirty-five year study of stress and trauma, he has contributed to a variety of scientific, medical, and popular publications. His book, *Waking the Tiger; Healing Trauma*, is published in 8 languages. He was a consultant for NASA during the development of the Space Shuttle, and has taught at hospitals and pain clinics in both Europe and the U.S.

Babette Rothschild, L.C.S.W. is the author of *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment* (W.W. Norton, October 2000). She has been a licensed clinical social worker and psychotherapist since 1978. Babette is a member of the International and European Societies for Traumatic Stress Studies, and the Association for Traumatic Stress Specialists. While maintaining a private practice in Los Angeles, she also lectures and consults.

Linda Boyd, M.N. is a Program Head for the Los Angeles County Department of Mental Health. She directs mental health teams for several city and county law enforcement agencies. Since 1989, she has served as coordinator of the Critical Incident Stress Management Team. In that role, she supervises the counseling of survivors, victims and rescuers in a wide variety of traumatic events including incidents of workplace violence.

Barbara Cienfuegos, L.C.S.W. is the Disaster Coordinator/Safety Officer for the Los Angeles County Department of Mental Health. Barbara has provided clinical services for over 20 years and has been in emergency management since 1992. She has worked every major disaster in Los Angeles County including airplane crashes, earthquakes, riots, and bio-terrorist threats. She has also worked major emergencies in other parts of the U.S. including the Oklahoma City bombing.

Ferroll Robins, Reverend, devotes her time and energy to serving the community as a Chaplain for The Los Angeles Police Department. She is also a volunteer for the American Red Cross and the City Crisis Response Team. She is on 24-hour emergency call for LAPD officers and homicide crime scenes where she offers comfort and support to families and friends of victims. She has received numerous awards and honors in appreciation of her community involvement.

Robert Smalley volunteers his services as Chaplain to the American Red Cross, the Los Angeles Fire Department, and the FBI. As part of the FBI's Western Regional Traumatic Incident Response team, he participated in the stress management debriefings at the Pentagon following the 9/11 terrorist attacks, and in Littleton, Colorado following the shootings at Columbine H.S. He worked as a paramedic/firefighter before retiring in 2000. He holds a Masters degree.

KEY TRAINING POINTS

Viewers will learn to:

- Understand normal responses to trauma
- Take practical steps towards recovery
- Provide support to coworkers, employees, friends and family
- Work together within organizations
- Gain strength as individuals and communities



TRAINING APPLICATIONS

This program could stand-alone or be used as a component in:

- Stress Reduction Programs
- Workplace Violence Programs
- Safety Training
- Disaster Preparedness Programs



It is appropriate for:

- All employees
- Managers and supervisors
- Trauma response teams
- School staff or students

Using this program would stimulate positive discussions about how people can work together to prepare for and respond to traumatic events.

SUGGESTED GROUP WORKSHOPS

For: 1 ¼ -Hour Group Training Session



| Activity | Time | Page(s) |
|---|-------------------|----------------|
| “MOVING FORWARD...in the Aftermath of Trauma” Welcome & Discussion | 15 minutes | 7 |
| Video Presentation | 15 minutes | 8 |
| “Training Points Summary” Discussion & Worksheet | 30 minutes | 8-10 |
| Conclusion / Evaluation | 15 minutes | 11,12 |

(These times are approximate and may vary depending on the size and responsiveness of your audience and the purpose of your workshop.)

Alternatively, the video “MOVING FORWARD...in the Aftermath of Trauma” may be used as a discussion starter in an existing training program.

PLANNING CONSIDERATIONS

Know Your Audience

Understand the training needs of your audience and target your workshop accordingly.



Determine Objectives

Considering your audience and the purpose of your training, decide on the objectives of your workshop.

TRAINING LEADER'S CHECKLIST

1. Reserve an appropriate location with...

- Comfortable seating
- Easy viewing of visuals
- Good lighting
- Adequate writing surface
- Good acoustics
- Accommodations for participants with disabilities



2. Make sure all equipment is working by...

- Checking the player, monitor, and sound
- Testing the video before showing
- Checking overhead projector and any additional equipment

3. Organize and prepare all materials, including...

- Training Leader's Guide
- Overheads and/or flip charts
- Paper and pencils
- Worksheets photocopied for participants

4. Any additional materials (list below)

- _____
- _____
- _____

“MOVING FORWARD...in the Aftermath of Trauma” WELCOME & DISCUSSION



Time Required: ● 15 minutes

Materials Needed: ● Graphic #1 (page 14)
● Graphic #2 (page 15)

Reveal Graphic #1:

“Moving Forward...in the Aftermath of Trauma”

Welcome:

Introduce yourself and welcome participants.

Read or Paraphrase:

This is a workshop about moving forward in the aftermath of traumatic events (or preparing for traumatic events). The goal is to help everyone understand his or her own response to trauma – and to stimulate discussion about how we can work together in the face of ...(whatever situation your workshop is dealing with). The video we will be watching will provide practical suggestions as a starting point for our discussions.

Reveal Graphic #2 & Read:

Trauma is unexpected. It comes out of nowhere. You weren't prepared for it and it just startles you and shocks you.

David Grill, MFCC

Large Group Discussion:

Ask participants if they have ever been shocked by a traumatic event and/or surprised by their reaction to it. Encourage discussion of coping mechanisms, which helped them move forward in the aftermath.

VIDEO PRESENTATION & DISCUSSION



Time Required:

- 1 hour Video & Discussion

Materials Needed:

- Video – “Moving Forward...”
- “Training Points Summary Worksheet” (pages 9-10)

Video Presentation:

You may want to introduce the video by saying, “The video we will be watching, *Moving Forward...in the Aftermath of Trauma* should increase your understanding of normal reactions to traumatic events. It will also give you practical suggestions for moving forward. As you watch the video, try to relate the panel’s comments to your own experiences.

Hand out “Training Points Summary Worksheet” & Organize Small Group Discussion

Ask participants to form groups of 3 to 5 people. Using the “Training Points Summary Sheet” ask each group to rank the 9 sections listed in order of importance to them. Instruct the groups to then respond to the following questions for each of the top 3 sections on their list:

- Do the training points listed conform to our experiences? Why or why not?
- Are there training points we disagree with? Why?
- Which training points do we see as most important for our work group or organization? Explain.
- From our own experiences, what would we add to the training points? Explain

Have the groups choose someone to write their responses and ask them to be prepared to share their responses with the larger group. Allow 30 minutes for the small group discussions.

Large Group Discussion:

Review each of the 9 sections of the “Training Points Summary Worksheet” in order. (You may wish to first list the rankings established by each group.) For each Section, ask the questions given on the worksheet. Ask participants from each of the small groups to share their responses. Encourage participation from all the groups. At the conclusion of the discussion, ask the final question: What action(s) can we take now to be better prepared to help ourselves and others in response to traumatic events?

TRAINING POINTS SUMMARY WORKSHEET

Instructions for Small Group Discussion:

Rank the 9 Sections listed below in order of importance to your group. Answer the following questions for each of the top 3 Sections on your list:

- Do the training points listed conform to our experiences? Why or why not?
- Are there training points we disagree with? Why?
- Which training points do we see as most important for our work group or organization? Explain.
- From our own experiences, what would we add to the training points? Explain.

At the conclusion of your discussion of the training points, answer the following:

- What action(s) can we take now to be better prepared to help ourselves and others in response to traumatic events?

Try to be specific in your responses, referring to actual experiences whenever possible. Select one member of your group to record your responses. Be prepared to share your answers with the larger group.

1. What is the first reaction to trauma?

- Shock
- Fight or flight response
- Anger
- Loss
- Why did this happen?

2. What happens in the immediate aftermath?

- Focused, helpful
- Fear of what's next
- Knocked off balance: testiness, depression, problems eating & sleeping

3. How do you get yourself back?

- Notice your physical sensations & how they change
- Stop doing unhealthy activities
- Exercise & take care of yourself physically
- Talk

(Continued)

4. What can management do?

- Don't pretend it's business as usual
- Share information
- Encourage people to talk
- Make the environment as safe as possible

5. How can we help each other?

- Listen
- Allow people to find their own solutions
- Be supportive

6. What about the kids?

- Encourage them to talk
- Give them assurance that the family is safe

7. How do you get back on the horse?

- Be aware of avoidance behavior
- Evaluate current danger
- Make the conscious decision to get on with life

8. When do you seek outside help?

- If you are not functioning at work or home
- If you are drinking or using drugs to cope

9. What can you learn?

- Value what you have now
- Acknowledge newfound strengths
- Appreciate the people you care about
- Trust the new bonds created



Time Required: ● 15 minutes

Materials Needed: ● Graphic #3 (page 16)
● Session Evaluation Form (page 12)

Reveal Graphic #3 & Read:

The healthy road is to see it as an opportunity for growth.

- Robert Smalley, Red Cross Volunteer

Hand Out Session Evaluation Form & Conclusion:

Ask participants for any final questions or comments. Thank your group for their participation, hand out Session Evaluation Forms, and ask participants to complete them before leaving.

SESSION EVALUATION FORM

Instructions:

Please circle the number that best describes your evaluation of the training session:

| | Strongly Agree | Agree | Uncertain | Disagree | Strongly Disagree |
|--|----------------|-------|-----------|----------|-------------------|
| This program helped me understand normal response to trauma | 5 | 4 | 3 | 2 | 1 |
| This program offered suggestions I can use to help myself and others experiencing traumatic events | 5 | 4 | 3 | 2 | 1 |
| This program provided practical information I can use in my work situation. | 5 | 4 | 3 | 2 | 1 |
| The session was well organized. | 5 | 4 | 3 | 2 | 1 |

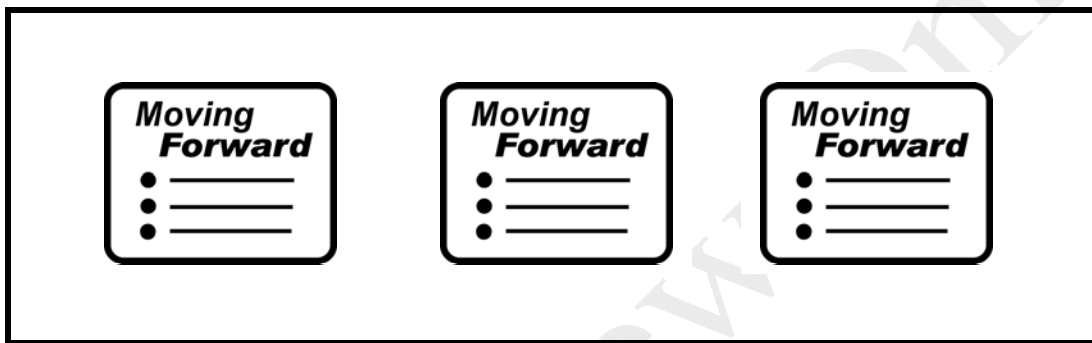
The best part of the program was: _____

The program could be improved by: _____

Additional comments: _____

GRAPHIC LAYOUT SECTION

The following pages may be photocopied onto acetate for overhead projection, used as a guide in creating flip charts or for computer video projection.



*Moving
Forward
...in the
Aftermath of Trauma*

Trauma is unexpected. It comes out of nowhere. You weren't prepared for it, and it just startles you and shocks you.

- David Grill, MFCC, C.T.S.

For Preview Only

The healthy road is to see it as an opportunity for growth.

- Robert Smalley
Red Cross Volunteer