

## Trauma

*Trauma is a unique psychological event. Traditional counseling techniques are not helpful, in fact they can serve to further the negative trauma response for the victim over time. It is strongly recommended that you contact your Flight Team or Crisis Team Coordinator, Children's Mental Health, YST or someone specifically trained in trauma if there is any possibility that students or staff have been traumatized.*

### **Kinds of events which would likely cause traumatic reactions:**

- *Witnessing a serious, a life threatening or a gory or mutilating injury to or death of another.*
- *Being with someone(or at the scene of an accident) and not knowing whether someone would like (even if, in the end, s/he did live).*
- *Being first on the scene and being responsible for calling the ambulance, administering CPR or first aid to an injury that was mutilating, serious, life threatening or fatal.*
- *Any death which involved murder, and some deaths which involve suicide. This is particularly true for the person who discovers the body.*
- *If there was anything about the event which cause someone to have a "picture that I just can't get out of my mind," or "this one thing I just can't stop thinking about." Anything that seems to be "haunting" someone.*
- *Any incident which appeared to render a person in change helpless or powerless.*
- *A child abduction, whether the abductor is known or not, apprehended or not.*
- *Situations involving any kind of hostage-taking.*
- *Serious fires, especially those involving deaths of grave destruction of property*
- *Any natural disaster which damaged building, left anyone in the community homeless, or somehow "wreaked havoc".*
- *Exposure to media coverage of battles or wars, such as network coverage of the Gulf War or graphic carnage associated with conflicts such as the West Bank.*
- *High media events, i.e. the event at Waco, Texas or the Oklahoma City bombing.*

In general, the further from our realm of "a normal day" or an accepted way of death, the more likely that some will have a trauma response. **We strongly recommend a victim-oriented debriefing by someone professionally trained for those with exposure to these events.**