

GTEP First Responders



Wildland Fire Applications
BLM (Bureau of Land Management) USFS (United States Forest Service)
Municipal Fire Departments
Deb Silveria PhD

American Psychological Association (APA 2010)

- Good match for first responders who are often reluctant to reveal the details of past and present traumas



GOAL: To Prevent Trauma and Stress Related Disorders

Psychoeducation: Help First Responders understand there is a complex neurobiology underlying PTSD
Destigmatize Mental Health: Reframe Brain Health



Traumatic memories

- Use metaphors that relate to Public Safety
- Neosporon on a wound
- Use Pulaski
- Kevlar for the brain
- Psychological Body Armor (trademark George Everly Ph.D)



CRITICAL AND TRAUMATIC INJURIES:

Trauma and Stress Related Injuries

- Critical Incidents become critical when features of the incident are outside the normal range of everyday policing, medic, fire, and human experience – “unusual, unexpected, and/or extraordinary”
- Incidents become traumatic when first responders involved in critical incidents experience, cognitive and emotional discomfort associated with the incident
- Culture refuses to accept any impact

(Slide Courtesy Robbie Adler-Tapia PhD)

PPIE

- Proximity
- Powerlessness
- Intensity - Big 5
 - Children
 - Colleagues
 - Catastrophes
 - Suicides
 - Shootings
- Exposure
 - Time on scene
 - What happened



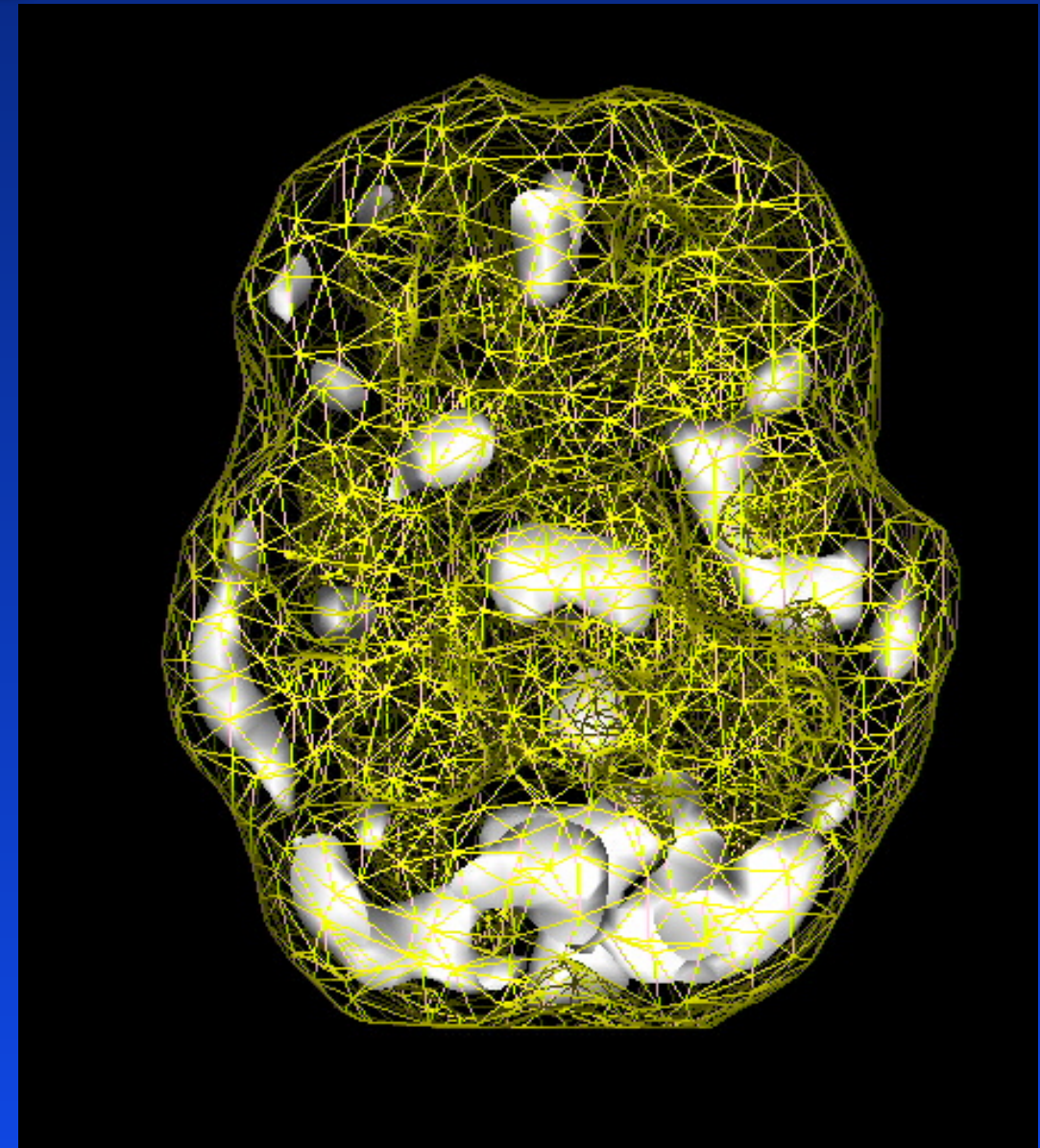
Psychological Hazmat

- Exposure to people in pain/grotesque death
- Exposure to unthinkable cruelty
- Exposure to innocent victims
- Plus concern for your safety
- Weight of responsibility
- Negative medial coverage
- Organizational Stress/Betrayal
- Wear and tear on family system (Slide Courtesy Robbie Adler-Tapia PhD)

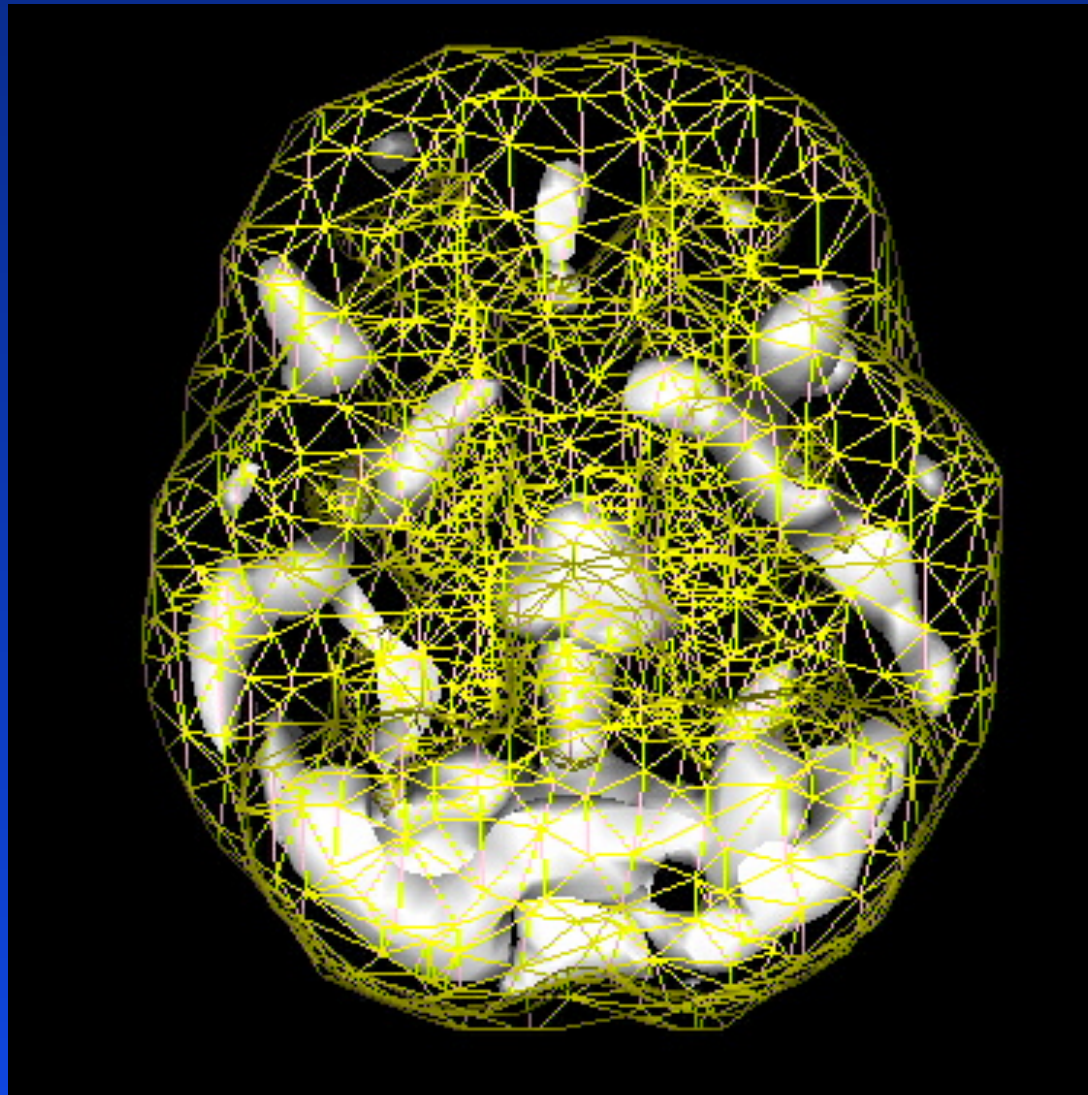
SPECT and PTSD

Diamond Pattern (LT)

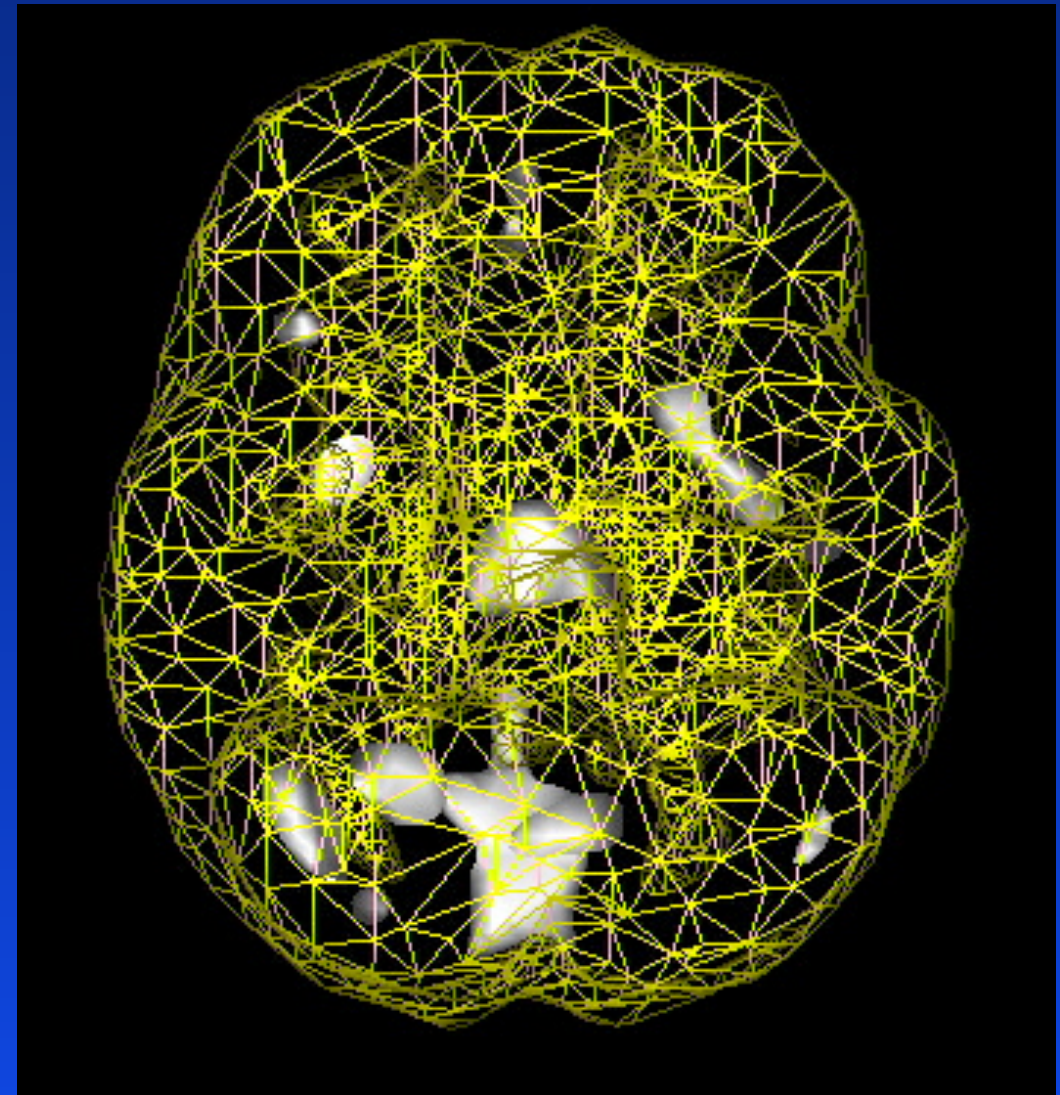
- Increased anterior cingulate
- Increased basal ganglia
- Increased thalamus (limbic)
- Increased right lateral temporal lobe



EMDR – KC
One Session

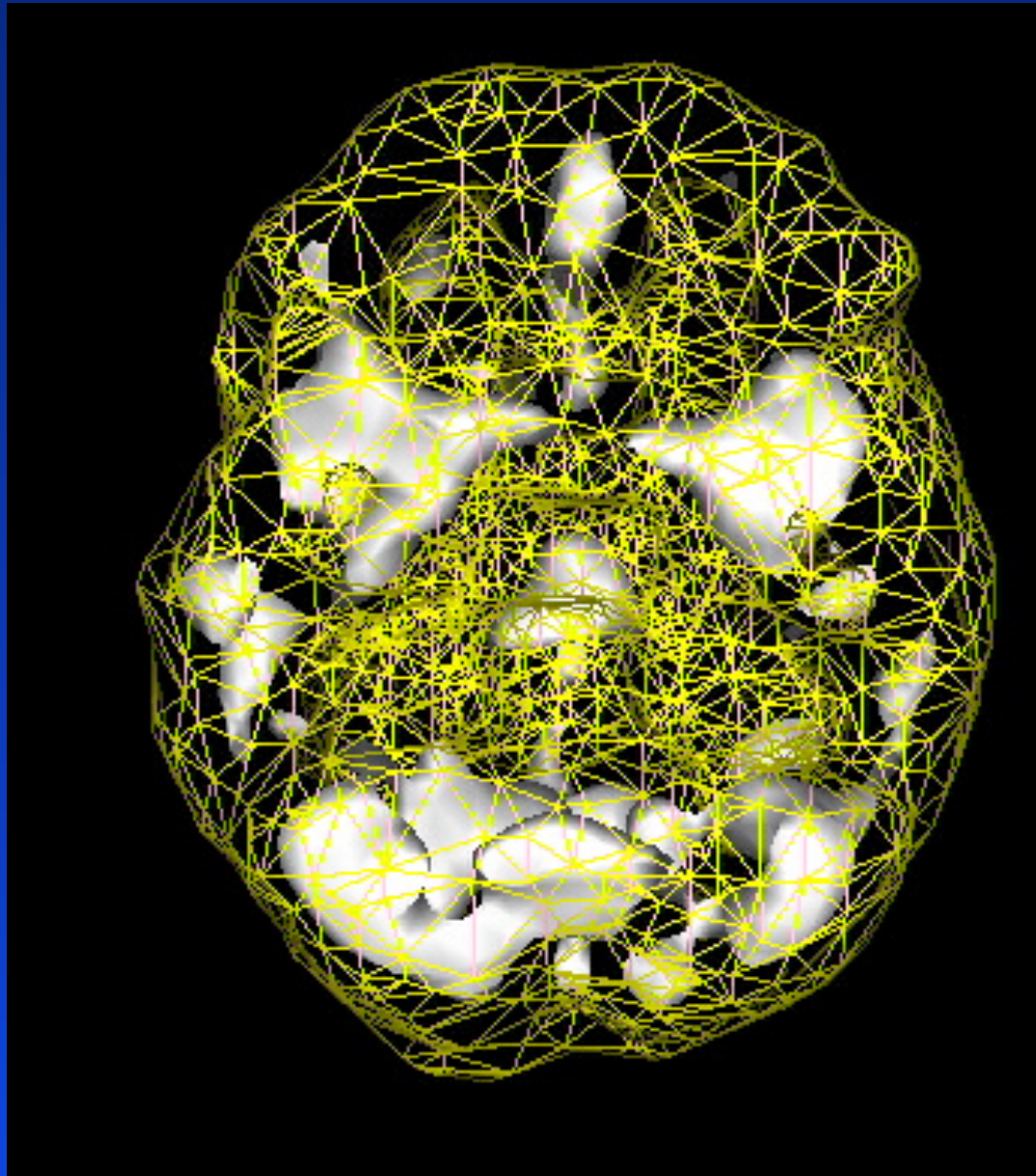


before

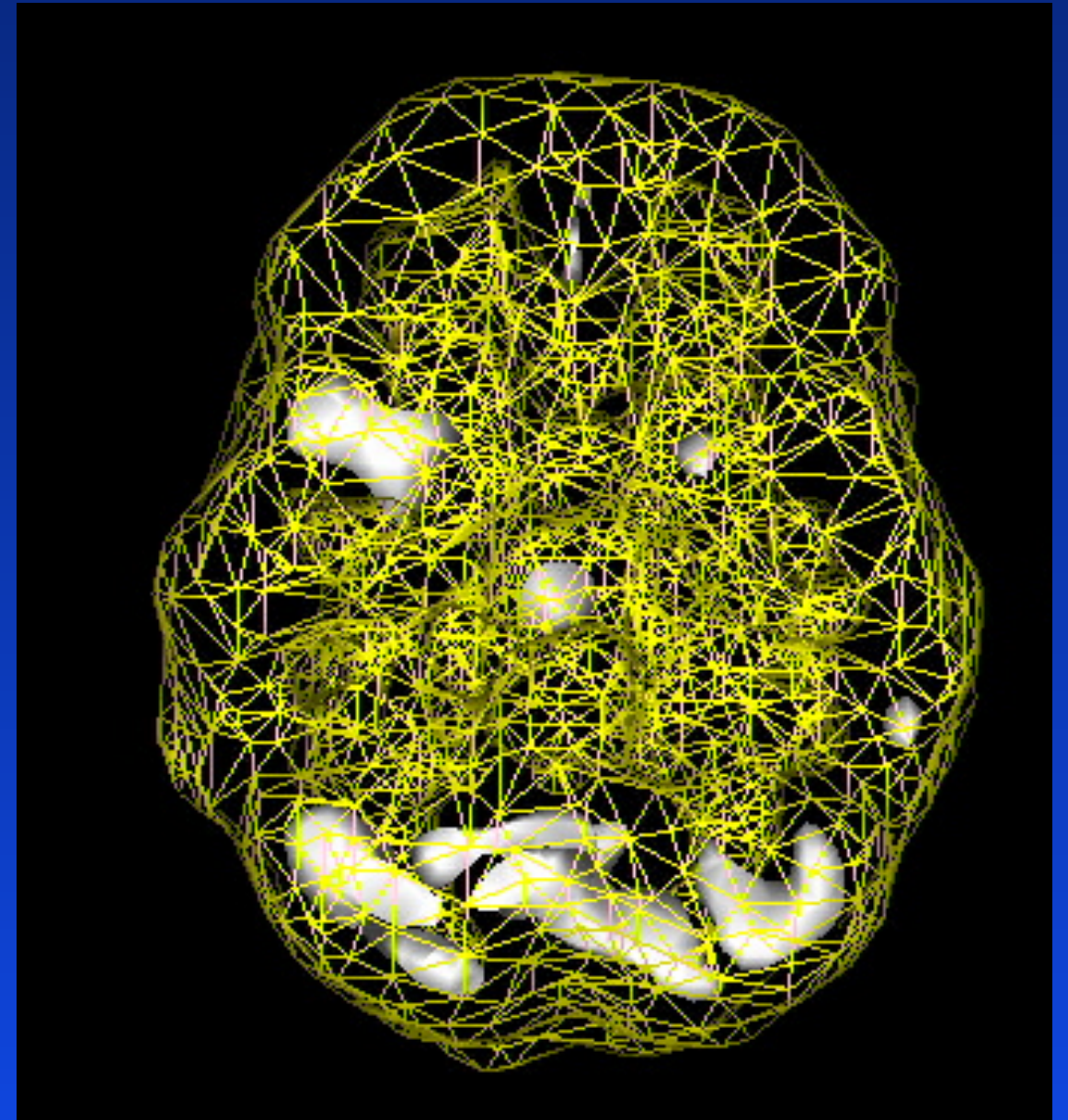


after

EMDR -- MH



before

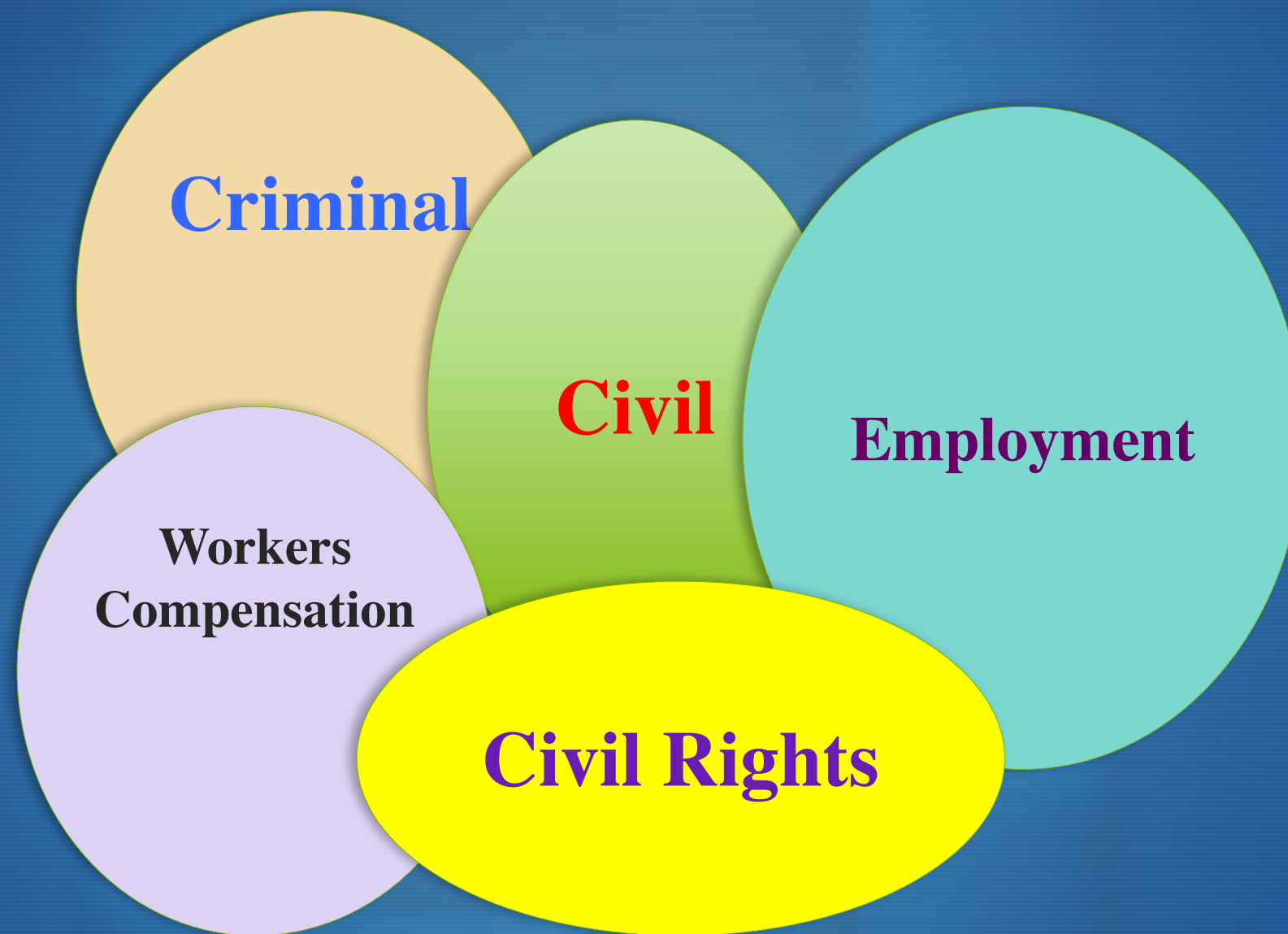


after

THANK YOU ALL!!

- GREP
- GTEP
- ASAP





Complicated Legal Quagmire for Injured LEOs & First Responders (slide courtesy Robbie Adler-Tapia PhD)

WHO IS MY CLIENT?

Is your client a victim and/or witness to crime?

Will your client's employer ask for written documentation?

How might your RTEP/GTEP possibly contaminate testimony?

Is it psychological first aid or therapy?

Do you have contract for therapy with EAP or department? In the US do you have a license in the state you are delivering therapy?

Can you provide zoom group later if they want it? (Slide Courtesy Robbie Adler-Tapia PhD)



COURAGE. You may not always have a comfortable life, and you will not always be able to solve all the world's problems at once, but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own.

-Michelle Obama