

# Preventing PTSD in Survivors of Traumas, at work and elsewhere.

It is difficult to know what to do after a major incident, but ‘nothing’ is rarely the best option.

A 3-day course for 6-15 people (2-day version also available).

## Executive Summary:

The focus of this course is to provide an overall plan for post-incident management – to prevent major long-term effects taking hold. It is possible that the ‘therapy’ you do shortly following an incident may be helpful for ever.

The course is intended for both of two purposes: (a) where a major incident has occurred at work, e.g. an assault, a suicide, etc and (b) where a major incident has occurred in the locality, e.g. a factory explosion. It is not about treating PTSD, it is about preventing it. This is a difficult area and one where there are few established guidelines. We are therefore pleased to have built a well received input to address this very important topic.

## Who should attend:

People who attend this course normally fall into one of two categories:

1. Professionals who see patients in 1:1 treatment settings and have a significant degree of clinical skill.
2. ‘Whole teams’ (either in inpatient or community settings) seeking to have a common approach.

## The Course Covers:

- The 3 phases to excellent organisational support:
- Getting the terminology right: briefing, de-briefing and ‘stress-debriefing’.
- How major incidents can lead to major effects, but also how repeated non-major incidents can lead to major effects.
- Understanding what happened. This is the bedrock of everything else you do. If the person feels you don’t fully understand what happened they will take no notice of anything you subsequently say.
- One of the things that most distresses people is that their reactions are ‘wrong’ or ‘abnormal’. So, one of the best things we can do is – once we really know what the reactions are – to reassure them that they are valid and reasonable. How?
- Immediately after a trauma, one of our most basic wishes

is to get real support from our fellow human beings. Unfortunately this is as often unhelpful as it is helpful. Getting it right.

- People who have been through a trauma need to make sense of it for themselves. How to help them do so.
- Cognitive re-structuring. Identifying hot thoughts relating to the event ... and cooling them down.
- Working with a group. As a general rule, we recommend you avoid group intervention. Nevertheless it is sometimes right ... and sometimes unavoidable.
- Individual case studies. To apply the taught material.
- Complex case exercise. Planning on how to handle a significant incident involving a group of people.

## What this course will do for you:

- You will have clarified your thinking: you will know what is and is not PTSD, and the importance of preventing the development of PTSD if possible.
- You will have a repertoire of skills with which to intervene to help people post-incident.
- You will have the chance to practise skills and planning in a safe environment.

### Delegates’ Feedback

Average presentation rating: **96%**



Average relevance rating: **95%**



### Written Feedback:

“The best course I have been on in years. I feel empowered to make a change.”

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Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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