

# A COMMON SENSE APPROACH TO EMOTIONAL TRAUMA AND WHY WE ASK, "WHY?" presented by Judy Salisbury

Slide 1

**LPNEQUIP.ORG**  
*LOGOS PRESENTATIONS NURSING*

**MODULE - #4**

Presented by Judy Salisbury  
Founder/President  
Logos Presentations  
1087 Lewis River Road, Suite #249  
Woodland, WA 98674  
www.LPNequip.org

Copyright © 2019 by Judy Salisbury  
All rights reserved.

---

---

---

---

---

---

---

---

---

---

Slide 2

*A COMMON SENSE APPROACH TO EMOTIONAL  
TRAUMA AND WHY WE ASK, "WHY?"*

- ▶ Growing prevalence, effects staff, & res.
- ▶ You can recognize, understand, thrive.
- ▶ Be helper vs. helpless.

Copyright © 2019 by Judy Salisbury  
All rights reserved.

---

---

---

---

---

---

---

---

---

---

Slide 3

**THREE SEGMENTS**

- ▶ 1) ET causes, sufferers, signs/symptoms.
- ▶ 2) What to do for yourself and others.
- ▶ 3) The common threads to help answer, "Why?"

Copyright © 2019 by Judy Salisbury  
All rights reserved.

---

---

---

---

---

---

---

---

---

---

Slide 4

**WHY DISCUSS EMOTIONAL TRAUMA?**

- ▶ The prevalence of ET.
- ▶ A unique perspective/qualification.
- ▶ "The science says." (Observe/Repeat)

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 5

**Beware Those Scientific Studies -- Most are Wrong, Researcher Warns** (by Ivan Couronne [AFP](#) July 5, 2018)

Washington (AFP) - A few years ago, two researchers... touched on a known but persistent problem in the research world: too few studies have large enough samples to support generalized conclusions.

But pressure on researchers, competition between journals and the media's insatiable appetite for new studies announcing revolutionary breakthroughs has meant such articles continue to be published.

"The majority of papers that get published, even in serious journals, are pretty sloppy," said John Ioannidis, professor of medicine at Stanford University, who specializes in the study of scientific studies. This sworn enemy of bad research published a widely cited article in 2005 entitled: "Why Most Published Research Findings Are False."

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 6

**CONSIDER THIS:**

- ▶ **IT ISN'T THE END ALL:**

Aesthetics

Mathematics

Metaphysics

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 7

**1) EMOTIONAL TRAUMA DEFINED**

**WHAT ARE THE CAUSES?**

- Prolonged abusive events – child/spouse
- Singular traumatic event – assault, death, accident
- Culmination of witnessed events – EMS

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 8

**1) EMOTIONAL TRAUMA DEFINED**

**WHO DOES IT EFFECT?**

- Employees – finding res. deceased/injured.
- Friends or family members – all react differently.
- YOU!

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 9

**1) EMOTIONAL TRAUMA DEFINED**

**WHO DOES IT EFFECT?**

- Residents losing independence and mobility.
- Having to sell home for care.
- Needing help of others. Family too busy.

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 10

**1) EMOTIONAL TRAUMA DEFINED**

**• SIGNS/SYMPTOMS?**

- Isolation/Despondency
- Perceived loss of control, overwhelmed.
- Lack of self esteem.

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 11

**1) EMOTIONAL TRAUMA DEFINED**

**• SIGNS/SYMPTOMS?**

- Anniversary reactions.
- Nightmares.
- Eating disorders.

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 12

**1) EMOTIONAL TRAUMA DEFINED**

**• SIGNS/SYMPTOMS?**

- Anger/Paranoia.
- Flashbacks and scrolling the wall.
- Feeling stuck.

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 13

**1) EMOTIONAL TRAUMA DEFINED**

**• SIGNS/SYMPTOMS?**

Fear keeps us stuck.

Fear lies.

How often does what we fear come true?

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 14

**2) "WHAT TO DO, WHAT TO DO, WHAT TO DO?"**

**• EMBRACE THE OPPOSITE: *TRUTH* vs. *LIES***

• "I'll never get better, ET defines me."

"No one cares/understands."

"Needing help is a sign of weakness."

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 15

**2) "WHAT TO DO, WHAT TO DO, WHAT TO DO?"**

**• EMBRACE THE OPPOSITE: *TRUTH* vs. *LIES***

Show skills/abilities, needed/loved.

Ask what evidence for negative self talk?

Don't rob others of the honor of helping.

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 16

2) "WHAT TO DO, WHAT TO DO,  
WHAT TO DO?"

• **EMBRACE THE OPPOSITE: *Express vs. Suppress***

- Use of drugs or alcohol to suppress normal human emotions.
- "Nothing's wrong." Refusal to talk.
- Outbursts to stop the conversation.

Copyright © 2019 by Judy Salisbury  
All Rights Reserved. All rights reserved.

---

---

---

---

---

---

---

---

Slide 17

2) "WHAT TO DO, WHAT TO DO,  
WHAT TO DO?"

• **EMBRACE THE OPPOSITE: *Engage vs. Isolation***

- Pulls back from family and friends.
- Stops going to usual functions.
- Quits work or previous volunteer service.

Copyright © 2019 by Judy Salisbury  
All Rights Reserved. All rights reserved.

---

---

---

---

---

---

---

---

Slide 18

2) "WHAT TO DO, WHAT TO DO,  
WHAT TO DO?"

• **THE REAL PATIENT**

- Why not a CNA?
- Who knew?
- Redeeming the pain.

Copyright © 2019 by Judy Salisbury  
All Rights Reserved. All rights reserved.

---

---

---

---

---

---

---

---

Slide 19

2) "WHAT TO DO, WHAT TO DO,  
WHAT TO DO?"

"When all our hopes are gone,  
'Tis well our hands keep toiling on  
For others sake:  
For strength to bear is found in duty done;  
And he is best indeed who learns to make  
The joy of others cure his own heartache."  
Streams in the Desert, Oct. 30th

Copyright © 2019 by Judy Salisbury  
All Rights Reserved. All rights reserved.

---

---

---

---

---

---

---

---

Slide 20

2) "WHAT TO DO, WHAT TO DO,  
WHAT TO DO?"

• **LOOK FOR WARNING SIGNS:**

- Reckless or impulsive behavior.
- Communicating suicidal thoughts.
- Sudden, upbeat personality change.

Copyright © 2019 by Judy Salisbury  
All Rights Reserved. All rights reserved.

---

---

---

---

---

---

---

---

Slide 21

2) "WHAT TO DO, WHAT TO DO,  
WHAT TO DO?"

• **HELPFUL HINTS:**

- Discuss as a group, but don't force it.  
LISTEN!
- Write an uplifting note to the family.
- Have them focus on the positive/good.

Copyright © 2019 by Judy Salisbury  
All Rights Reserved. All rights reserved.

---

---

---

---

---

---

---

---

Slide 22

**3) COMMON THREADS**

- **FLIGHT or FIGHT**
- Does it exist?
- What is its impact?
- How does it relate to ET?

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 23

**3) COMMON THREADS**

- **THE CONSCIENCE**
- Is there such a thing?
- Condone, justify, deny, or confess.
- Was Jiminy Cricket right?

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

Slide 24

**3) COMMON THREADS**

- **THE WHY QUESTION**
- Do we have the answer?
- Okay to call the Chaplain.
- A vertical prompt?

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---



Slide 25

### 3) COMMON THREADS

- **EMBRACE THE OPPOSITE: *PURSUE* vs. *AVOID***
  - We become angry at what actually exists.
  - Passive acknowledgement of existence.
  - Know intuitively attributes & character.

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

---

---

Slide 26

### 3) COMMON THREADS

- **THEIR PURPOSE**
  - Flight or fight = Physical
  - Conscience = Moral
  - “Why?” = Spiritual

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

---

---

Slide 27

### WRAPPING IT UP...

- Growing prevalence, effects staff & res.
- Recognize it, gain a greater understanding and thrive.
- Be a helper vs. helpless.

Copyright © 2019 by Judy Salisbury. All rights reserved.

---

---

---

---

---

---

---

---

---

---