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

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#### MODULE - #4

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#### 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.

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#### **THREE SEGMENTS**

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



WHY DISCUSS EMOTIONAL TRAUMA? The prevalence of ET.

A unique perspective/qualification.

"The science says." (Observe/Repeat)

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Beware Those Scientific Studies -- Most are Wrong, Researcher Warns (by Ivan Couronne <u>AFP</u>•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 swom enemy of bad research published a widely cited article in 2005 entitled: "Why Most Published Research Findings Are False."

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### CONSIDER THIS: I I SN'T THE END ALL: Acsthetics Mathematics Metaphysics

# EMOTIONAL TRAUMA DEFINED WHAT ARE THE CAUSES? Prolonged abusive events - child/spouse Singular traumatic event - assault, death, accident Culmination of witnessed events - EMS

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1) EMOTIONAL TRAUMA DEFINED

#### WHO DOES IT EFFECT?

Employees - finding res. deceased/injured.

Friends or family members – all react differently.

• YOU!

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#### 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.



# EMOTIONAL TRAUMA DEFINED SIGNS/SYMPTOMS? Isolation/Despondency Perceived loss of control, overwhelmed. Lack of self esteem.

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1) EMOTIONAL TRAUMA DEFINED

SIGNS/SYMPTOMS?

Anniversary reactions.

Nightmares.

Eating disorders.

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## EMOTIONAL TRAUMA DEFINED SIGNS/SYMPTOMS? Anger/Paranoia. Flashbacks and scrolling the wall. Feeling stuck.

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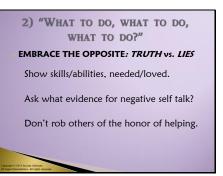


 2) "WHAT TO DO, WHAT TO DO, WHAT TO DO?"
 EMBRACE THE OPPOSITE: TRUTH vs. LIES
 "I'll never get better, ET defines me."

"No one cares/understands."

"Needing help is a sign of weakness."

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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.

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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.

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2) "What to bo, what to bo, what to bo, what to bo?"
THE REAL PATIENT
Why not a CNA?
Who knew?
Redeeming the pain.

#### 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

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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.

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#### "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.

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#### **3) COMMON THREADS**

FLIGHT or FIGHT
Does it exist?

What is its impact?

How does it relate to ET?

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**3) COMMON THREADS** 

THE CONSCIENCE

Is there such a thing?

Condone, justify, deny, or confess.

Was Jiminy Cricket right?

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#### 3) COMMON THREADS

#### THE WHY QUESTION

Do we have the answer?

Okay to call the Chaplain.

A vertical prompt?

#### 3) COMMON THREADS

EMBRACE THE OPPOSITE: PURSUE vs. AVOID

We become angry at what actually exists.

Passive acknowledgement of existence.

Know intuitively attributes & character.

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#### 3) COMMON THREADS

THEIR PURPOSE

Flight or fight = Physical

Conscience = Moral

"Why?" = Spiritual

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#### WRAPPING IT UP...

• Growing prevalence, effects staff & res.

Recognize it, gain a greater understanding and thrive.

Be a helper vs. helpless.