

Managing

Trauma

in Network Rail



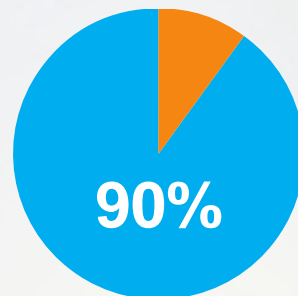
everyone fit
for the future

Coping with Trauma

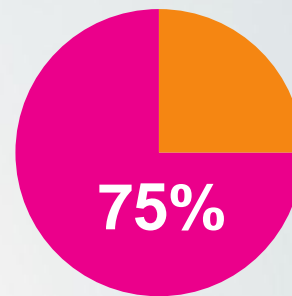
Three general types of potentially traumatic events

- ⊖ Man made (terrorism)
- ⊖ Natural disasters (earthquakes, floods)
- ⊖ Common everyday events (road traffic incidents, assault, serious accident)

Perception of event by individual determines whether it is 'traumatic' or not.



of men



of women

are able to carry on as normal
following a potentially traumatic incident

What is 'normal' after a traumatic incident?

Responses to potentially traumatic incidents are typically grouped into four categories:



Physical

sweating, dry mouth, easily startled, trembling, shaking



Cognitive

confusion, poor attention, preoccupation with trauma, on edge



Emotional

feeling numb, hopeless, helpless, worry, nightmares, depressed



Behavioural

irritable, anger, aggression, isolation, difficulty sleeping, use of intoxicating substances, violence, self harm



Supporting others through 'Watchful Waiting'

FACT: Most people will recover naturally within four weeks of an incident

FACT: Support from line managers and co-workers helps speed up recovery

FACT: A small number of people may need to be sign-posted to focused support services if any of the following are present **more than four weeks** after the incident



- ⊖ Depressed mood
- ⊖ Change in sense of humor
- ⊖ Complaining of not sleeping
- ⊖ Loss of energy
- ⊖ Weight loss / gain
- ⊖ Indecisiveness and inability to concentrate
- ⊖ Talks about suicide or death
- ⊖ Self blame and talks about guilt
- ⊖ Anger / short tempered
- ⊖ Increased alcohol / drug use



What does and doesn't work for post-traumatic conditions'

- ⊖ Counselling – **doesn't** 
- ⊖ Mass de-briefing – **doesn't** 
- ⊖ Eye movement desensitisation & reprogramming (EMDR) – **does** 
- ⊖ Trauma-focused cognitive behavioural therapy (CBT) – **does** 
- ⊖ Peer support – **does** 

Resources to help...

Visit www.safety.networkrail.co.uk/healthandwellbeing for:

- ⊖ Videos
- ⊖ Posters
- ⊖ Presentations
- ⊖ Articles
- ⊖ 'Ask our experts'

*Contact our Employee Assistance Programme
'Validium' for further support on 0800 358 4858*

