

Understanding and Responding to Trauma/Catastrophe Communal/Trauma

Sunday

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BASIC POINTS

1. Take charge. Provide opportunity to gather. Define the time and purpose
2. Talk honestly. Anticipate challenging religious s'char v'onesh type questions
Don't be afraid to say "I don't know"
3. Encourage expression of feeling
4. Normalize feelings (pay attention to your emotional pulse)
5. Comfort
6. Emphasize safety – especially with children
7. Advise – limit exposure to news
8. Get back to normal routine – school, work, exercise – help people go on living and not feel guilty
9. Structure an activity (shiva visit, writing cards, advocacy, collecting money)
10. Create educational opportunity
11. Be aware of secondary trauma – to rabbis, teachers, etc

PTSD:

Overused word

INTERPERSONAL VIOLENCE cause much more

Exposure to EXTREME stressor or traumatic event –

Re-experiencing of the event (intrusive thoughts, flashbacks, nightmares)

Avoidance of reminders

Hyperarousal – sleep disturbance, irritable, dif concentrating, vigilant