

# Dealing with Trauma as a Nation: How crisis intervention services can help.

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Richmond Foundation Annual Conference  
17<sup>th</sup> October 2019  
Malta



# My talk

- Trauma
- Early trauma
- A.C.E. study and the impact of trauma
- Acute trauma
- Crisis intervention centers
- Israel as an example
- EMDR Therapy



## Terrorism

Terrorists attack intends to Create Mass Casualties that have a Demoralizing Psychological Impact upon the populace, and cause a loss of confidence in the Government in furtherance of their political or social objectives.



## DISASTER MEDICINE

MASS CASUALTIES  
BIOHAZARDS  
NATURAL DISASTERS

With Daniel Koops  
Lucy Murray  
Agnieszka



SEPT. 11, 2001: A DAY OF TRAGEDY

The Charlotte Observer

# ATTACK ON AMERICA

Flash prediction: We will win the war against terrorism



...The attack on America...



## BE READY FOR ANYTHING

DO YOU WANT TO WANT TO PROTECT THE PEOPLE YOU LOVE FROM NATURAL DISASTERS, MASS SHOOTINGS, AND FINANCIAL CATASTROPHES? DO YOU WANT TO LEARN HOW TO SURVIVE?



# What is Trauma

A traumatic event is defined in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) as **an event (or series of events) in which an individual has been personally or indirectly exposed to actual or threatened death, serious injury, or sexual violence**. There is a wide spectrum of psychological responses to traumatic events, ranging from normal, transient, non-debilitating symptoms to a transient **ASR** to an acute, time-limited and clinically-significant clinical disorder (**ASD**) to a persistent disorder (**PTSD**) that may become chronic, if untreated

# EMDR's definition of Trauma

- Any event that has a lasting negative impact on the life of a person, family, community or a nation.
- Natural disaster (e.g., Earthquake, Hurricane)
- Man made disaster (e.g., War, Terrorism)
- Transport disaster (e.g., Air, Sea)
- Industrial disaster (e.g., Bridge, Dam)
- Health disaster (e.g., Epidemic, Famine)



# The good news about Malta and natural disasters

- List of countries by natural disaster risk
- 
- *World Risk Index*, calculated by the [United Nations University](#) Institute for Environment and Human Security (UNU-EHS) and featured in the 2016 World Risk Report (WRR 2016)



# The risk scale

- Risk is at its highest where a high level of exposure to natural hazards coincides with very vulnerable societies.



## Legend [\[edit\]](#)

- Very low chance of disasters
- Low chance of disasters
- Medium chance of disasters
- High chance of disasters
- Very high chance of disasters




# Malta is not here

163	<a href="#">Cambodia</a>	16.58%	16.90%	17.17%	16.58%
164	<a href="#">Costa Rica</a>	17.00%	16.94%	17.38%	16.74%
165	<a href="#">Brunei</a>	17.00%	15.58%	15.92%	14.08%
166	<a href="#">Solomon Islands</a>	19.14%	18.11%	18.15%	23.51%
167	<a href="#">Bangladesh</a>	19.17%	19.81%	20.22%	17.45%
168	<a href="#">Guatemala</a>	19.88%	20.88%	20.75%	20.88%
169	<a href="#">Philippines</a>	26.70%	27.52%	27.98%	24.32%
170	<a href="#">Tonga</a>	29.33%	28.23%	28.62%	29.08%
171	<a href="#">Vanuatu</a>	36.28%	36.43%	36.31%	32.00%
		2016	2013	2012	2011



# Malta is not even here

64	 <a href="#">Nepal</a>	5.12%	5.53%	5.69%	6.15%
65	<a href="#">Botswana</a>	5.14%	5.37%	5.21%	5.56%
66	<a href="#">Turkey</a>	5.20%	5.52%	5.68%	5.38%
67	<a href="#">Hungary</a>	5.32%	5.69%	5.87%	5.49%
68	<a href="#">Namibia</a>	5.37%	5.68%	5.72%	6.63%
69	<a href="#">Tunisia</a>	5.40%	5.90%	5.90%	5.72%
70	<a href="#">Azerbaijan</a>	5.54%	6.19%	6.25%	5.86%
71	<a href="#">South Africa</a>	5.58%	5.80%	5.90%	5.71%
72	<a href="#">Laos</a>	5.59%	5.71%	5.73%	5.80%
73	<a href="#">Syria</a>	5.69%	5.67%	5.68%	6.19%
74	<a href="#">Macedonia</a>	5.87%	6.28%	6.10%	6.80%

# Malta is here



## Rankings by country

Rank	Country	2016 <sup>[2][3]</sup>	2013 <sup>[4]</sup>	2012 <sup>[5]</sup>	2011 <sup>[6]</sup>
1	<a href="#">Qatar</a>	0.74%	0.11%	0.10%	0.02%
2	<a href="#">Malta</a>	0.60%	0.61%	0.61%	0.72%
3	<a href="#">Saudi Arabia</a>	1.14%	1.32%	1.31%	1.26%
4	<a href="#">Barbados</a>	1.32%	1.16%	1.15%	2.44%
5	<a href="#">Grenada</a>	1.42%	1.44%	1.46%	2.29%
6	<a href="#">Iceland</a>	1.52%	1.55%	1.53%	1.56%
7	<a href="#">Bahrain</a>	1.69%	1.81%	1.81%	1.66%
8	<a href="#">Kiribati</a>	1.78%	1.78%	1.78%	1.88%
9	<a href="#">United Arab Emirates</a>	1.97%	2.10%	2.07%	4.09%
10	<a href="#">Sweden</a>	2.12%	2.26%	2.15%	2.00%

# But...

- Plane crash in Malta kills 5 in surveillance operation **CNN**, October 24, 2016



# And more...

- Malta needs EU help to cope with its immigration crisis **The Guardian (2013)**
- Malta receives the highest number of asylum applications in the world in relation to its population. Only EU help can alleviate a growing sense of despair



# On the other hand...

The Malta Disaster By [Isaac Roblett](#) March 25, 2019



Last Saturday marked a low point in Faroese national team results. The 2-1 loss against a Maltese team ranked 87 places below the Faroese Islands is akin to Cyprus beating France in terms of world rankings.

# Not only front page news

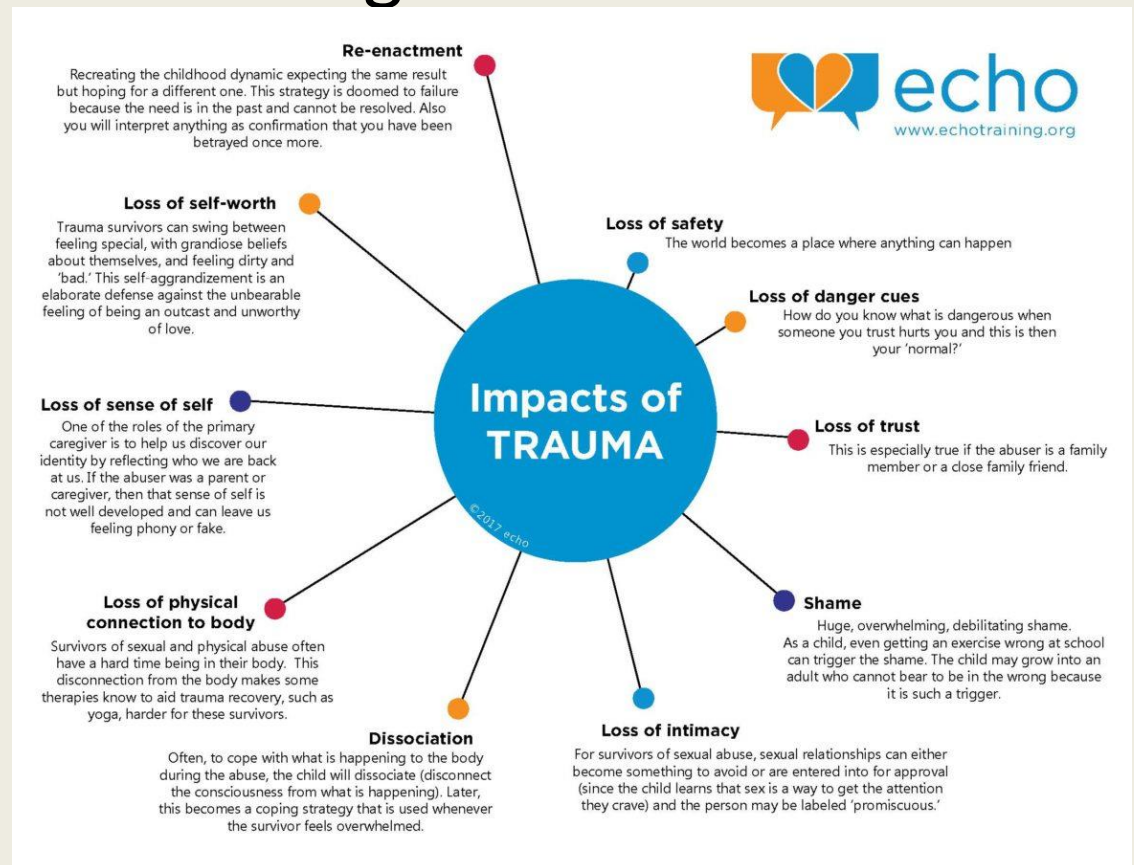
- Any event that has a lasting negative impact on the life of a person, family, community or a nation.
- “Capital T” trauma vs “Small t” trauma
- Accidents
- Major illnesses
- Crimes
- Loss
- Family violence





# The impact of Trauma

- Multi – layered and lasting
- Psychology
- Health
- Addiction
- Education
- Work
- Family life
- Life expectancy



# The impact of trauma

- Personal
- Family
- Community
- Economy
- Nation



**"We weren't what I would call a 'touchy-feely' family"**

# The A.C.E study

## Adverse Childhood Experiences

- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Emotional neglect
- Domestic violence
- Household subst. abuse
- Household mental illness
- Parental separation / divorce
- Incarcerated household member

### Adverse Childhood Experiences Are Common

#### Household dysfunction:

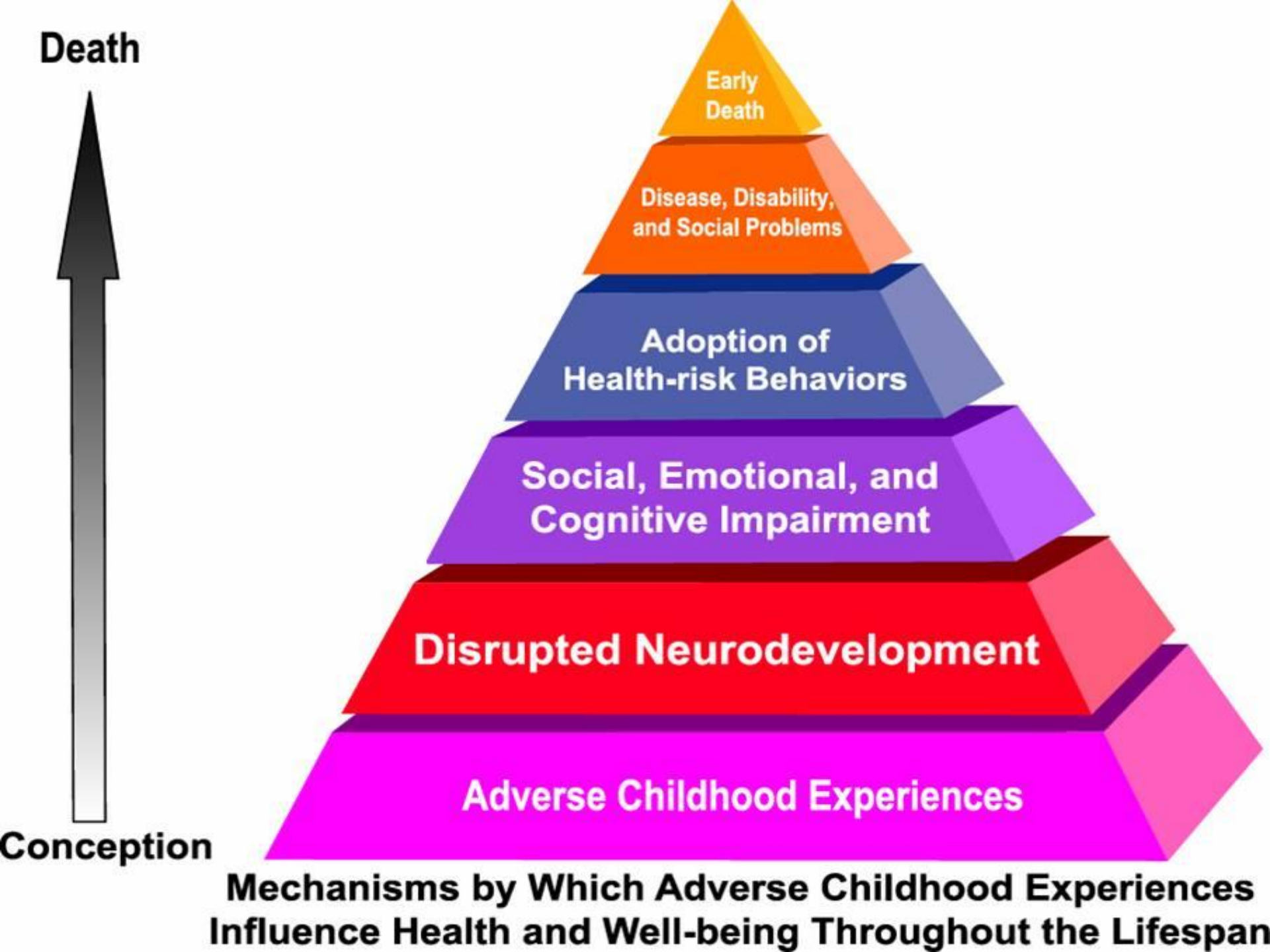
Substance abuse	27%
Parental sep/divorce	23%
Mental illness	17%
Battered mother	13%
Criminal behavior	6%

#### Abuse:

Psychological	11%
Physical	28%
Sexual	21%

#### Neglect:

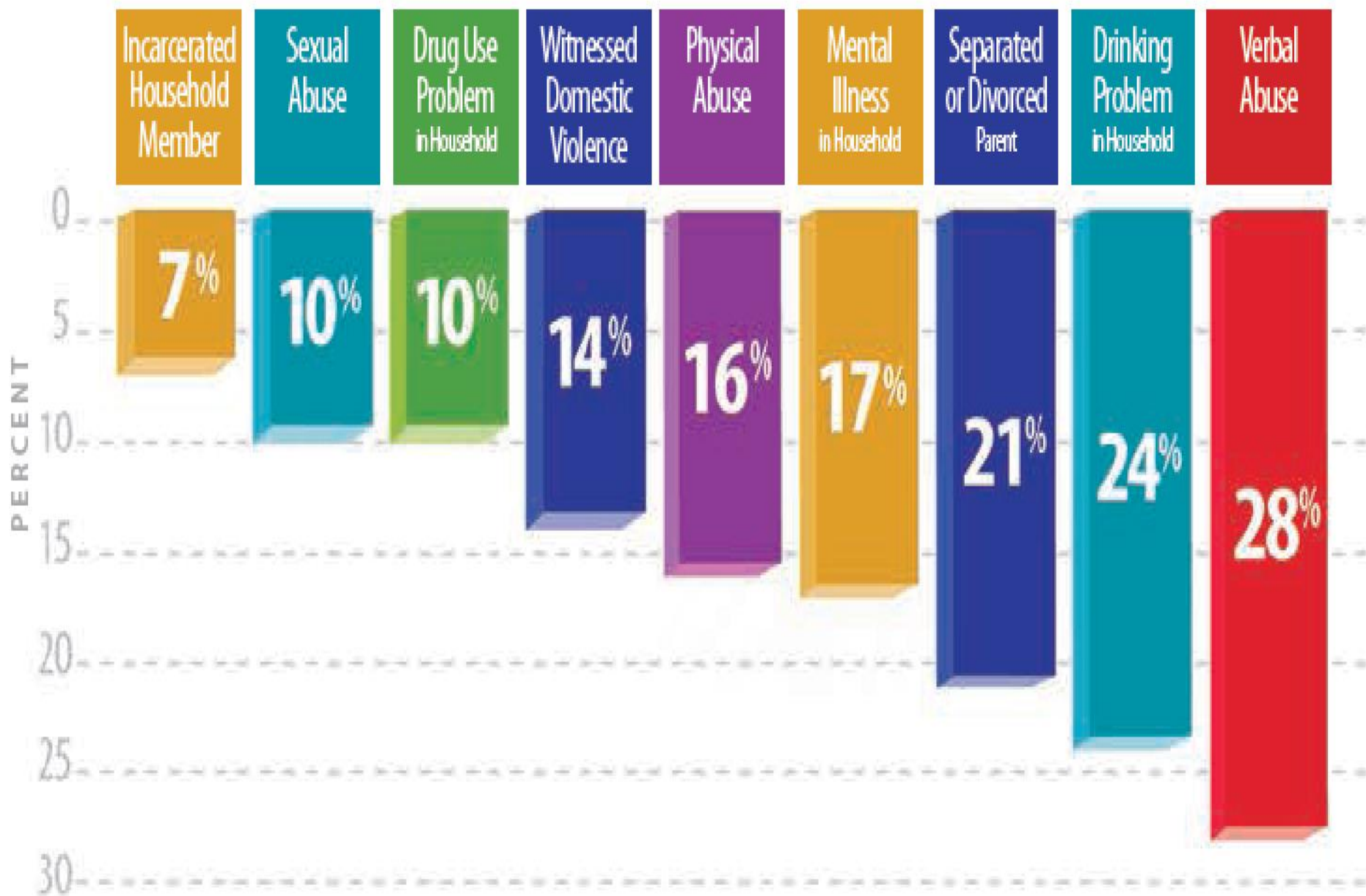
Emotional	15%
Physical	10%





# PREVALENCE OF INDIVIDUAL ACES

MINNESOTA 2011

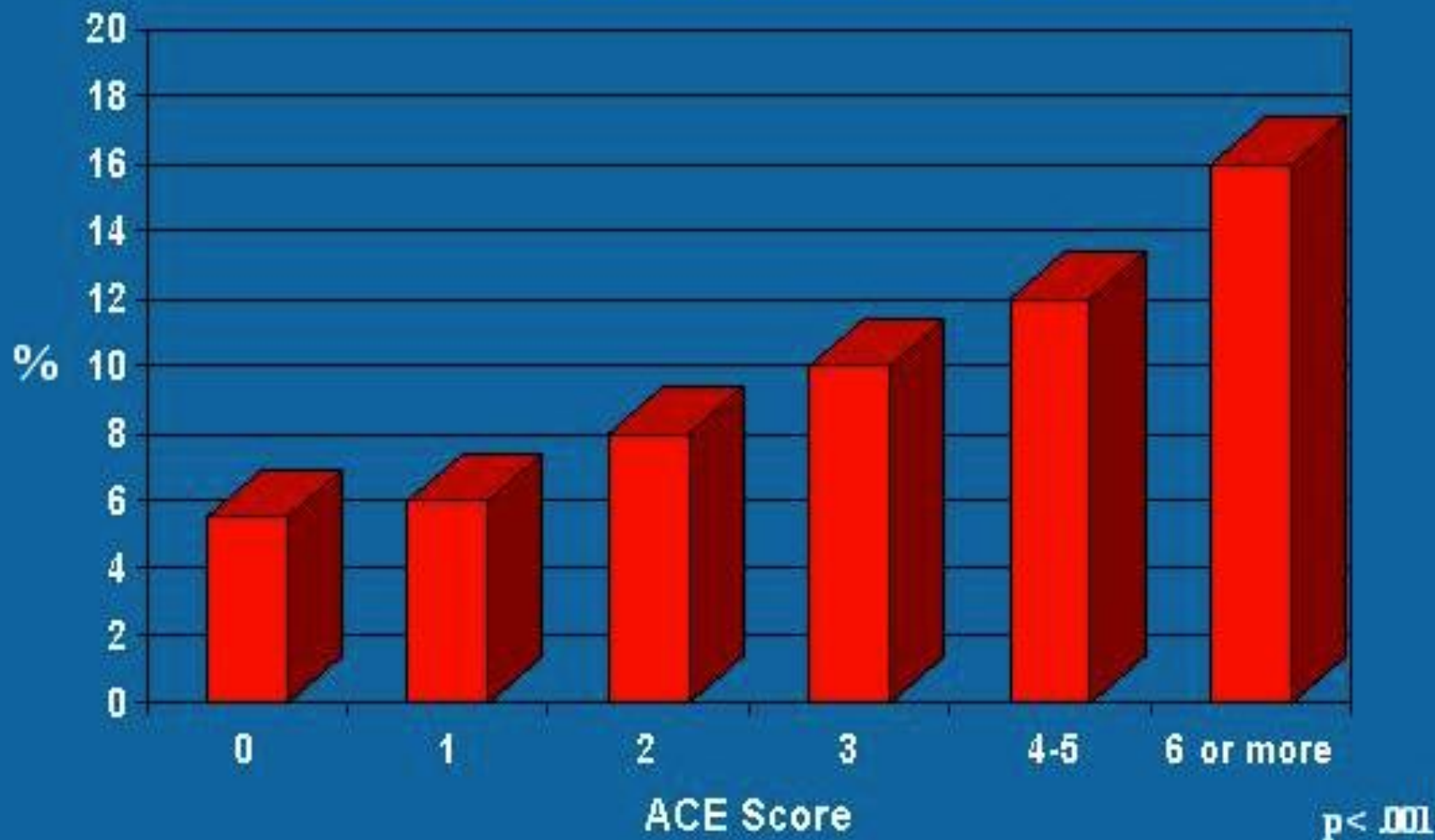


# Childhood Experiences vs. Adult Alcoholism

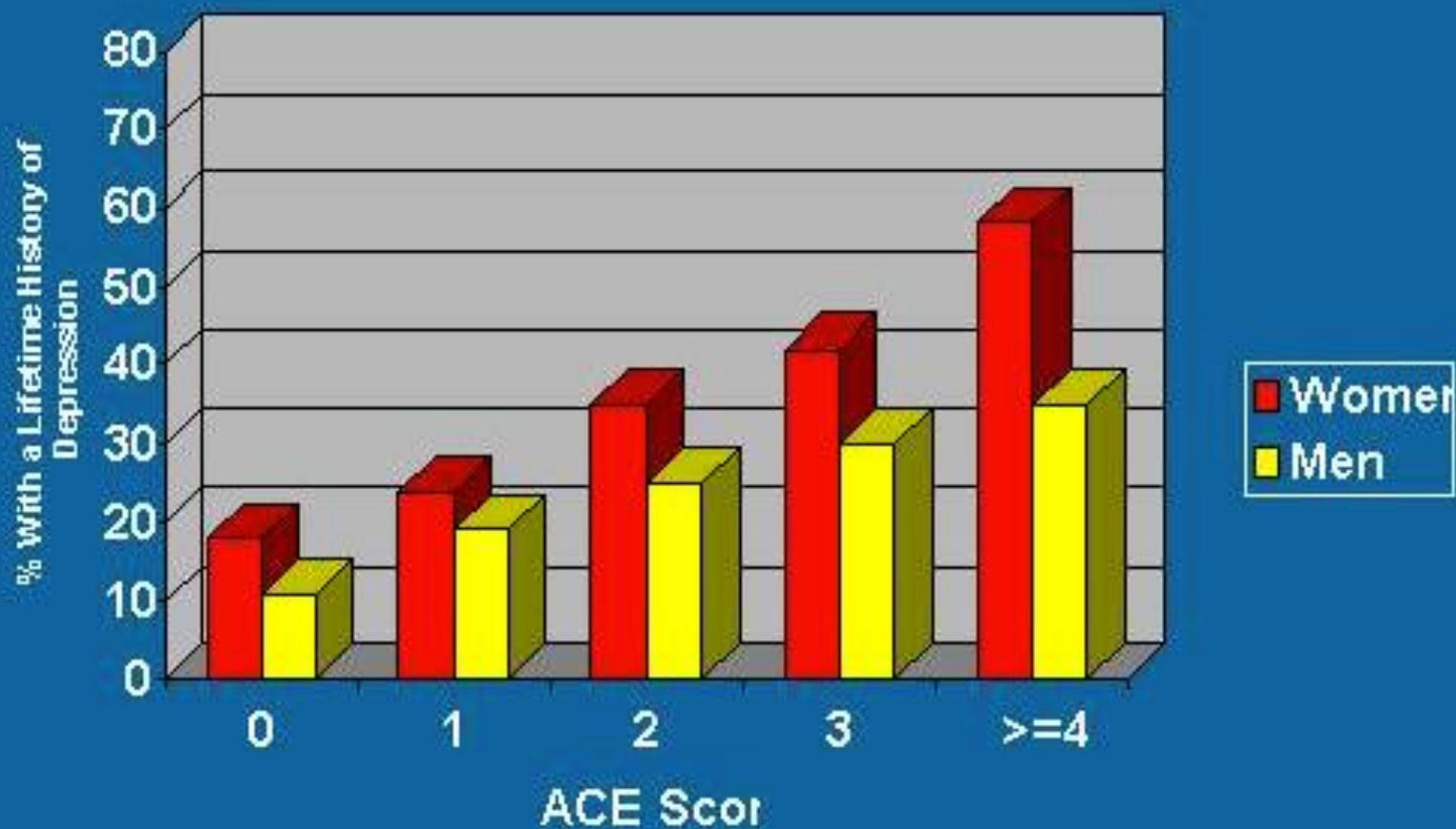




# Adverse Childhood Experiences vs. Smoking as an Adult



# Childhood Experiences Underlie Chronic Depression



# ACES can have lasting effects on....



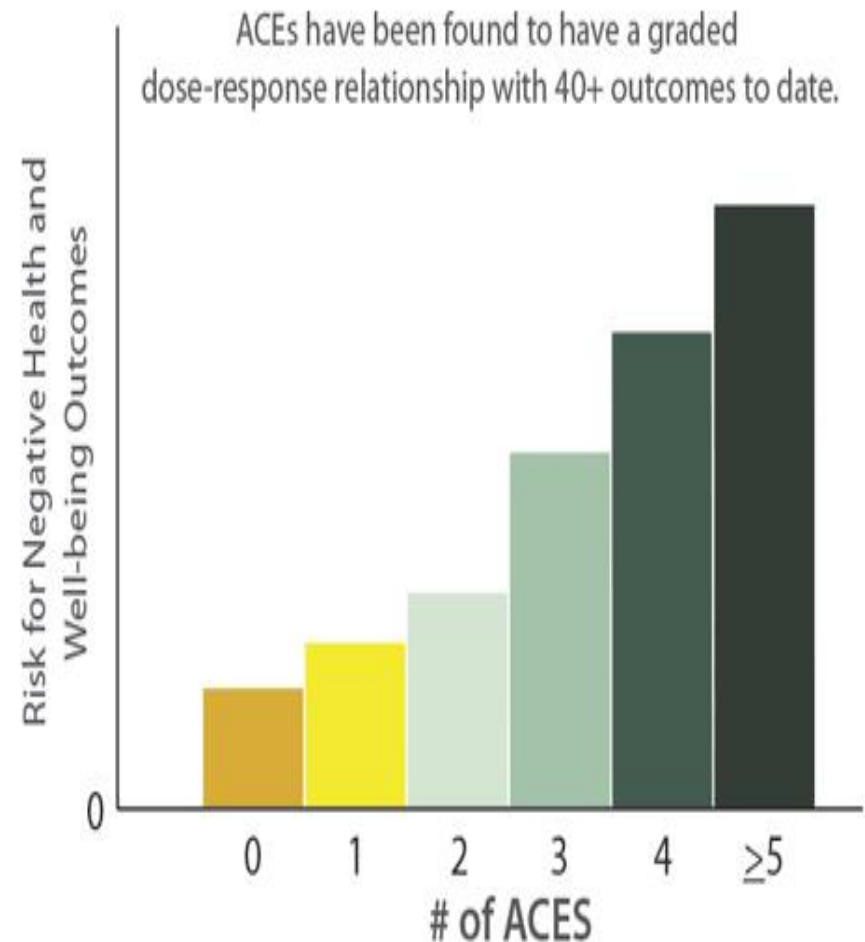
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



\*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

# LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.



# ECONOMIC TOLL

The Centers for Disease Control and Prevention (CDC) estimates the lifetime costs associated with child maltreatment at **\$124 billion**.



# ADVERSE CHILDHOOD EXPERIENCES IMPACT ADULTHOOD

If ACEs could be eliminated...

61↑

Work productivity could increase by 61%.

67↓

Suicide & life dissatisfaction could decrease by 67%.

56↓

Anxiety could be reduced by 56%.

Source: <http://www.aceinterface.com>

**CHILD ABUSE & NEGLECT ARE PREVENTABLE ACEs.**

# It is not only childhood trauma

- Any event that has a lasting negative impact on the life of a person, family, community or a nation.
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- Man made disaster (e.g., War, Terrorism)
- Transport disaster (e.g., Air, Sea)
- Industrial disaster (e.g., Bridge, Dam)
- Health disaster (e.g., Epidemic, Famine)



# Acute Stress Reaction (ASR)

ASR is defined as a transient normal reaction to traumatic stress and is not a DSM-5 diagnosis, although symptoms may be temporarily debilitating. Onset of stress-related signs and symptoms may be simultaneous or within minutes of the traumatic event or may follow the trauma after an interval of hours or several days. In most cases, symptoms will resolve rapidly with simple measures, such as reassurance, rest, and ensuring safety.

# Acute Stress Disorder

ASD, a diagnosis defined by DSM-5, can also occur after exposure to a traumatic event. **Symptoms must last at least three days but less than one month after exposure to the traumatic event** for an individual to be eligible for this diagnosis.

**Intrusions**

**Negative mood**

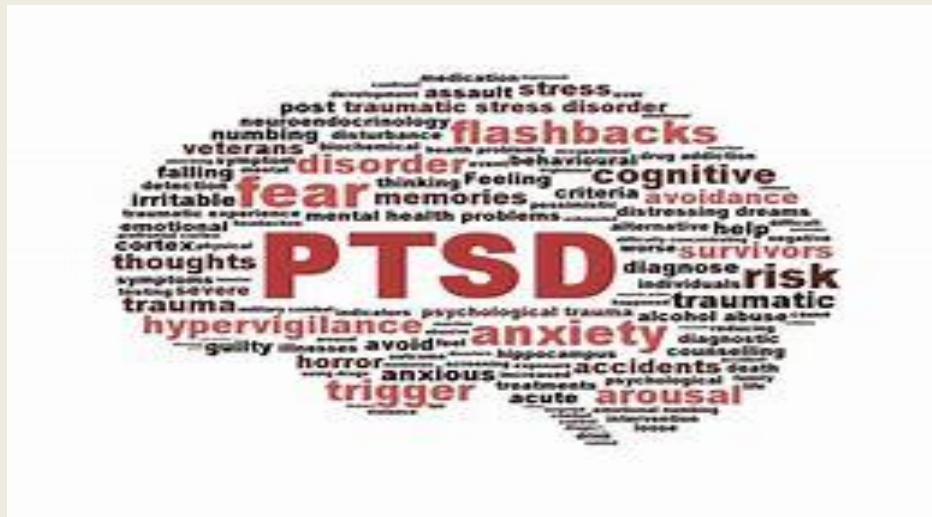
**Dissociation**

**Avoidance**

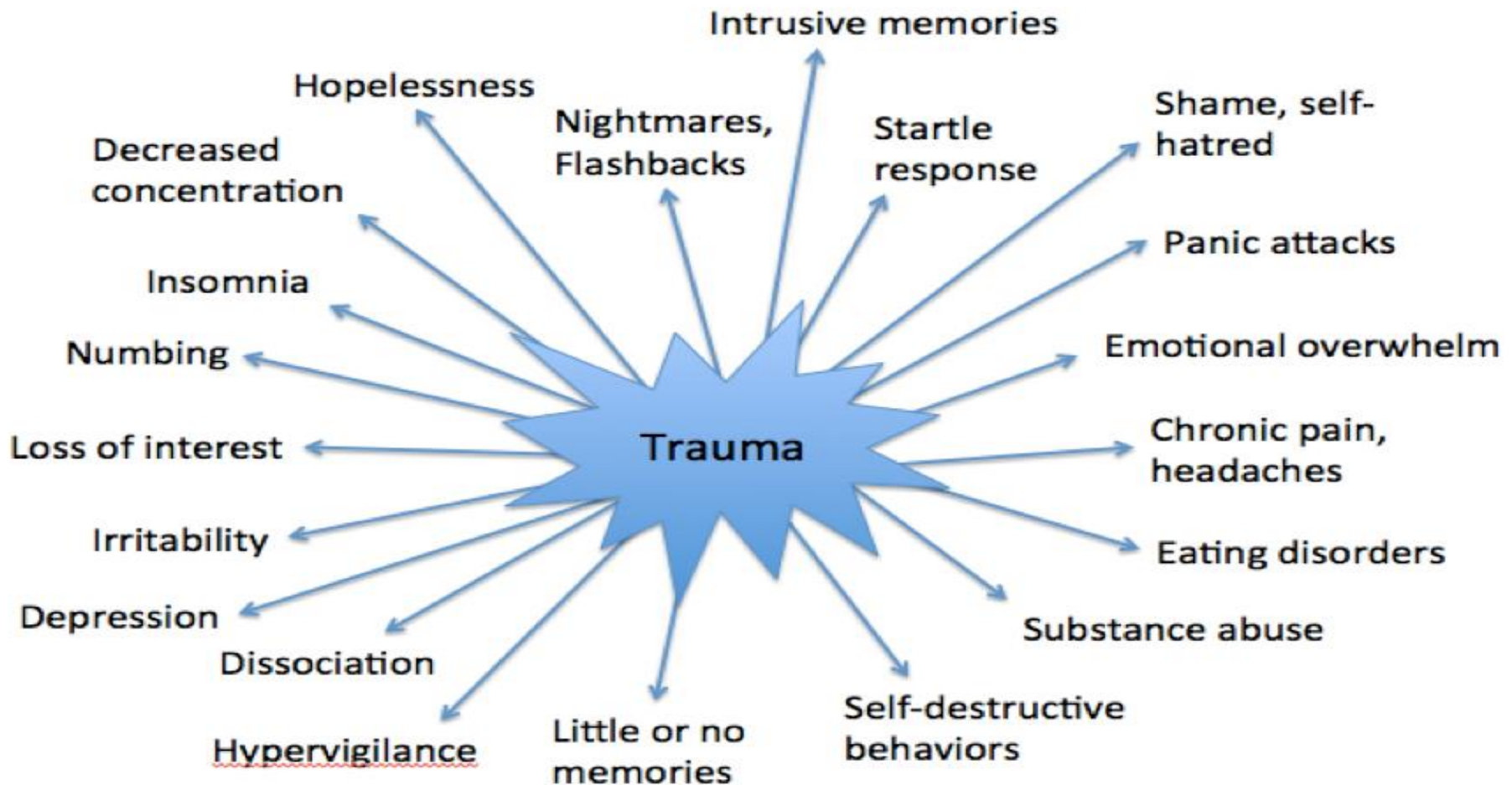
**Arousal**

# Post Traumatic Stress Disorder (PTSD)

PTSD is a clinically-significant condition with symptoms that have persisted for more than one month after exposure to a traumatic event and caused significant distress or impairment in social, occupational, or other important areas of functioning



# *Trauma survivors have symptoms instead of memories*



# EMDR's view of the ASR-ASD-PTSD continuum

- Mind-Body-Behavior are one
- The PTSD disorders are “memory disorders”
- Pathogenic memories as the root of many types of pathology
- Traumatic events (“T”-“t”) can lead to different symptoms
- Adaptive processing of pathogenic memories can lead to recovery

SOLUTIONS



PROBLEMS

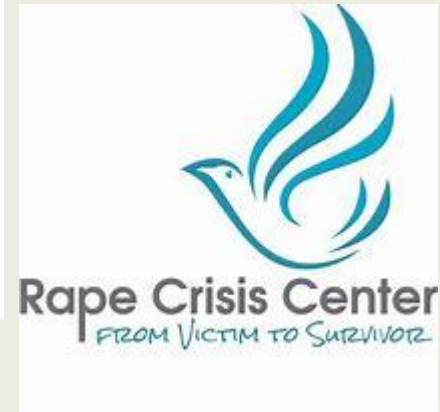




WE ARE  
HERE  
TO HELP



CRISIS CENTER  
OF WEST TEXAS  
RESPOND | SHELTER | EDUCATE

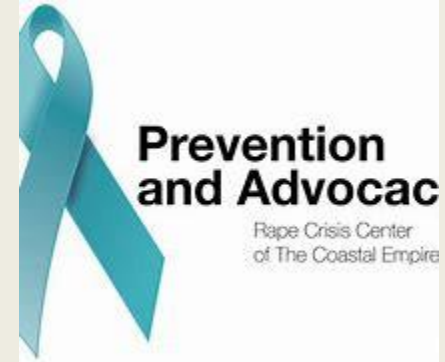


CRISIS  
SUPPORT  
SERVICES  
OF NEVADA

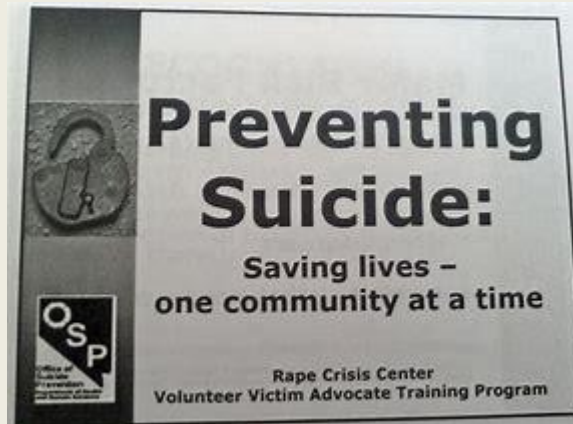
Veterans  
Crisis Line



1-800-273-8255  
DRESS



24/7/365 mental health  
and addiction crisis services  
Call (844) 493-TALK  
OR  
(970) 494-4200  
OR  
WALK INTO 1217 RIVERSIDE AVE.,  
FT. COLLINS, CO 80524  
We can help, no matter your age,  
income, or insurance status.



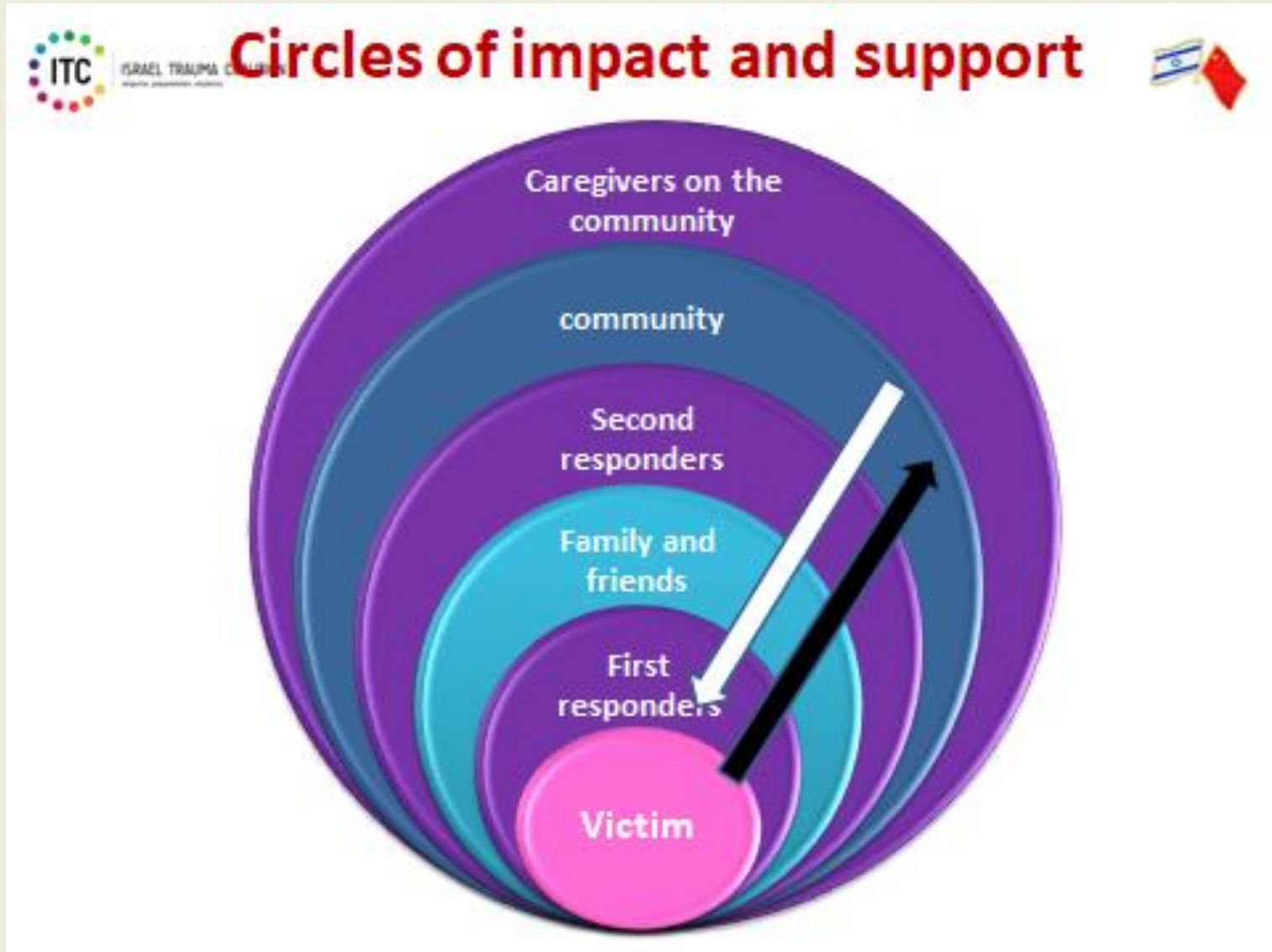
# Crisis Intervention Centers

- Part of existing medical institutions
- Independent centers
- Providing emergency interventions
- Providing out reach emergency services
- Providing follow up services
- Integrating emergency and longer term services

# Crisis Intervention Centers (2)

- Training
  - Medical and Mental Health personal
  - Social Services personal
  - Educational system personal
  - First responders & Military Personal
- Prevention
  - Schools
  - Public education
  - Work force

# Crisis Intervention Centers (3)





# Time Continuum

Before

During

After

# Age Continuum

Early  
Childhood

Children

Adolescents

Adults

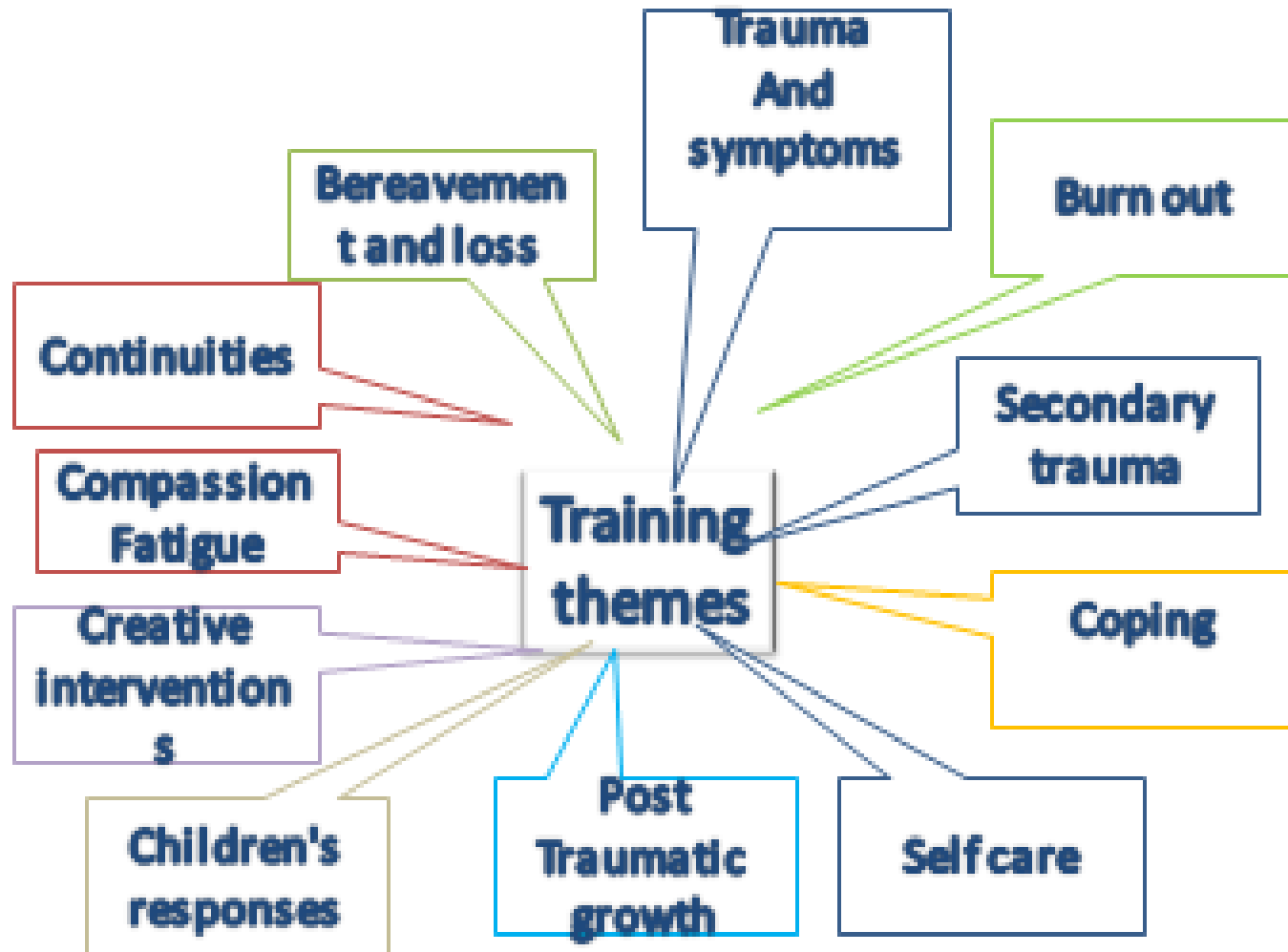
Elderly

# Exposure Continuum

Low

Medium

High





# Eye Movement Desensitization & Reprocessing (EMDR) Therapy

- Psychotherapy approach focusing on the impact of pathogenic memories on human mental health, physical health and functioning.
- Focused, resource sensitive
- Client – centered
- Integrative

# EMDR Therapy

- Supported by extensive research.
- Part of multiple Treatment Guidelines
- One of two WHO recommended treatments for PTSD and stress related disorders
- Multiple protocols for different disorders / conditions / populations
- Specific (research based) protocols for acute treatments

# EMDR Therapy video

- Bessel Van der Kolk
- Tape showing a traffic accident survivor before and after EMDR Therapy.
- Notice the difference in her experience of the memory of the accident.
- Emotion, voice, body, memory

Central Corridor  
Elevator →

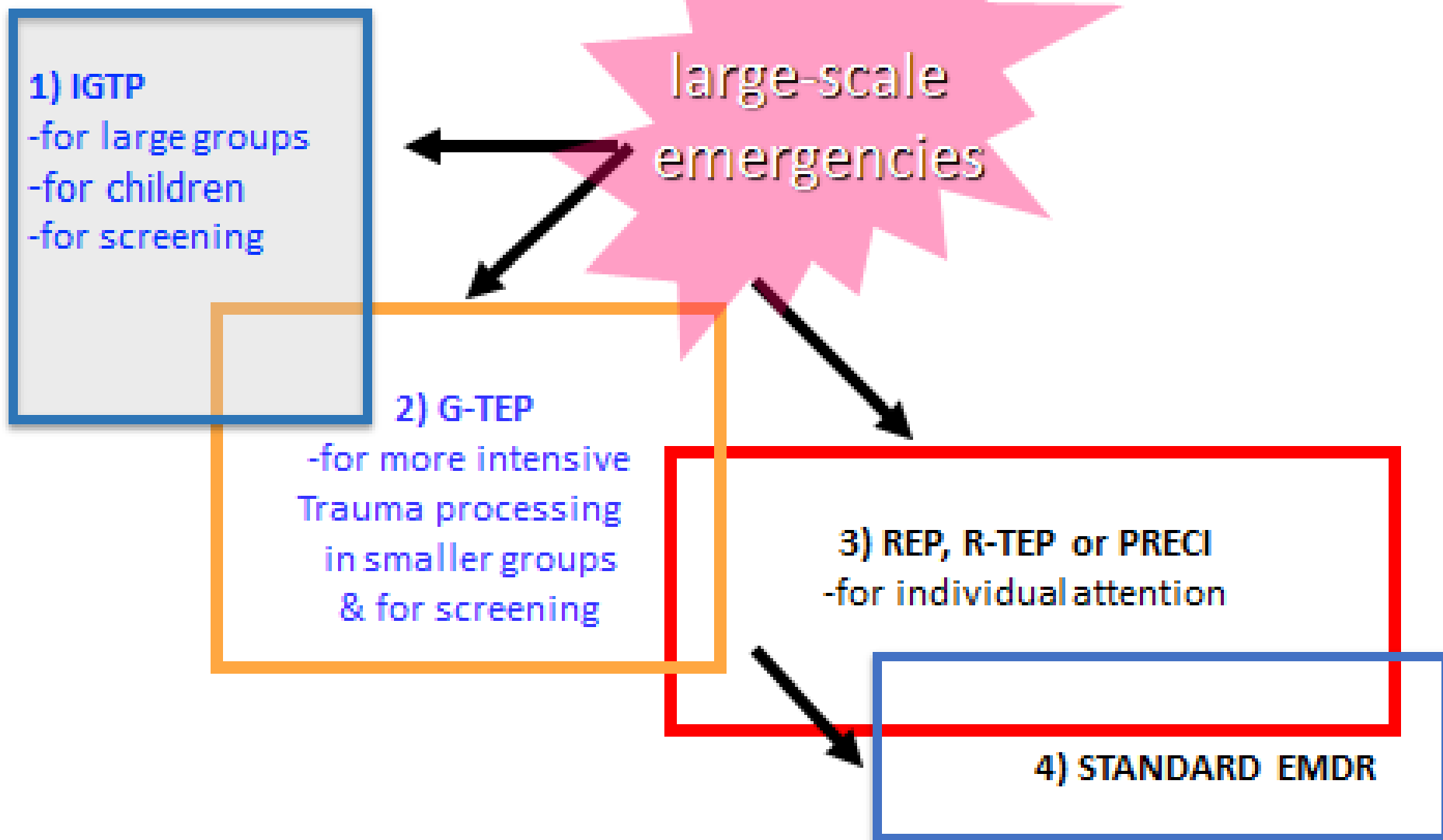


# Acute Interventions

- 30 years of experience
- International, multiple cultures / languages
- Supported by research
- Multiple individual and group protocols
- Different professions of therapists
- Different traumatic events / conditions

# Hierarchical intervention strategies

## In Early EMDR Intervention (EEI)

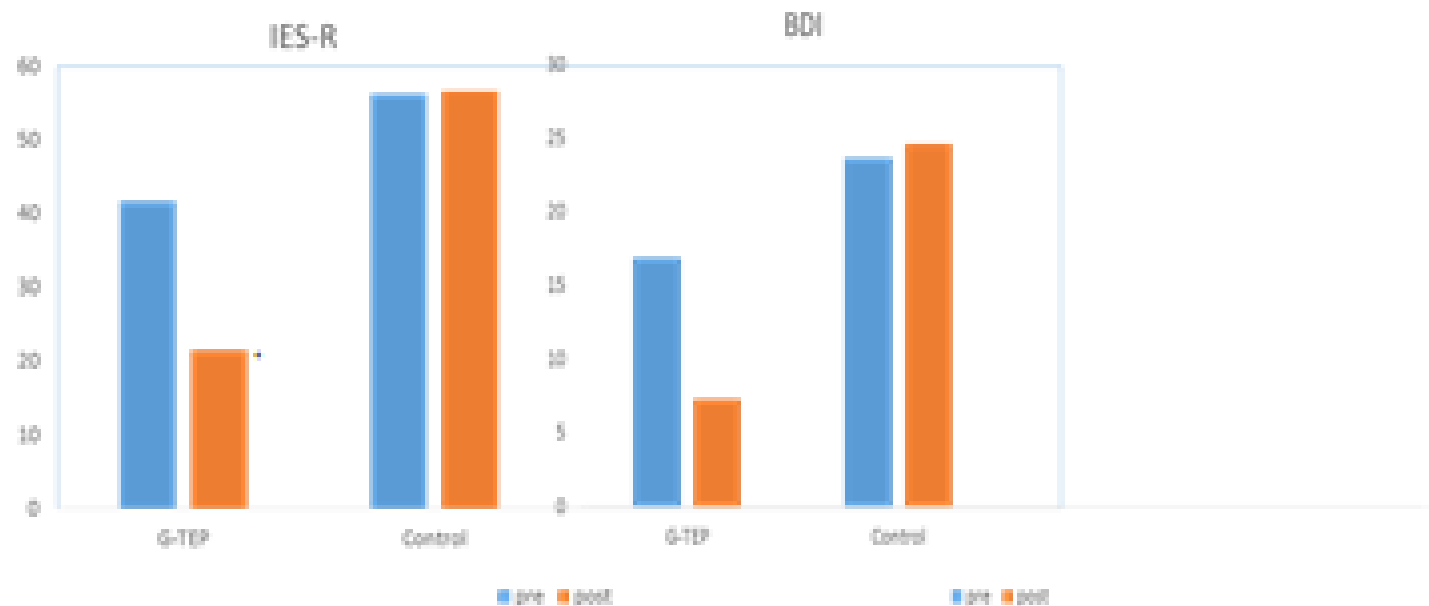




# Evaluating the EMDR Group Traumatic Episode Protocol (EMDR G-TEP) with Refugees: A Field Study

Lehnung, Shapiro, Schreiber & Hofmann.

Journal of EMDR Practice and Research, Volume 11, Number 3, 2017



2 sessions of EMDR G-TEP.

18 Arabic speaking refugees from Syria and Iraq who had come to Germany during the previous five months assigned to treatment and or to delayed treatment waitlist.

Impact of Event Scale Revised (IES-R) and the Beck's

The examination of the effects of the EMDR Group Traumatic Episode Protocol on anxiety, trauma, and depression in patients living with a Cancer diagnosis within the past year.

Amanda Roberts, (JEMDR, 2018)

N=35; 2 X 90 minute sessions

## CUMULATIVE PERCENTAGE CHANGES FOR ENTIRE SAMPLE AT FOLLOW-UP

DEPRESSION

-42.7%

TRAUMA

-31.6%

STATE

-9.0%

TRAIT

-11.9%

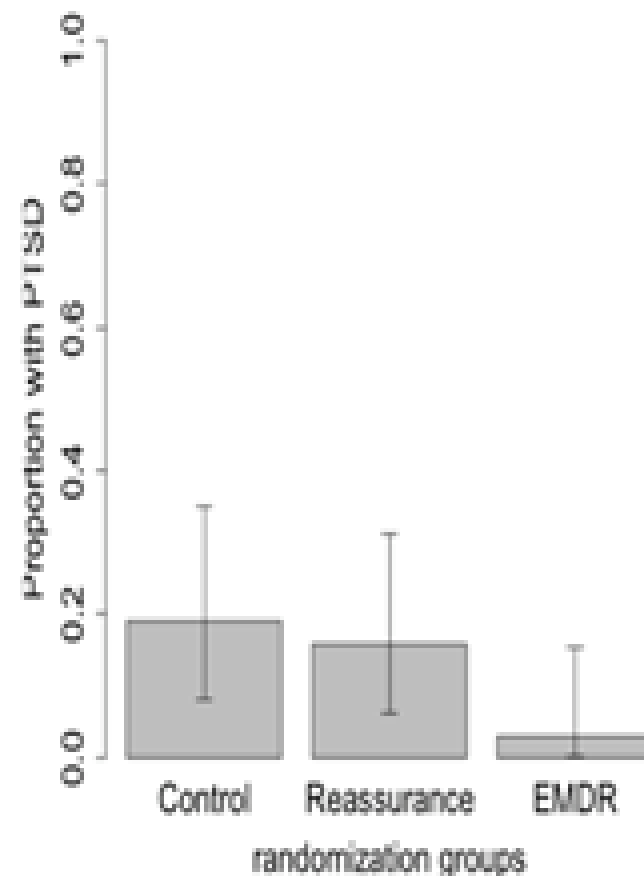
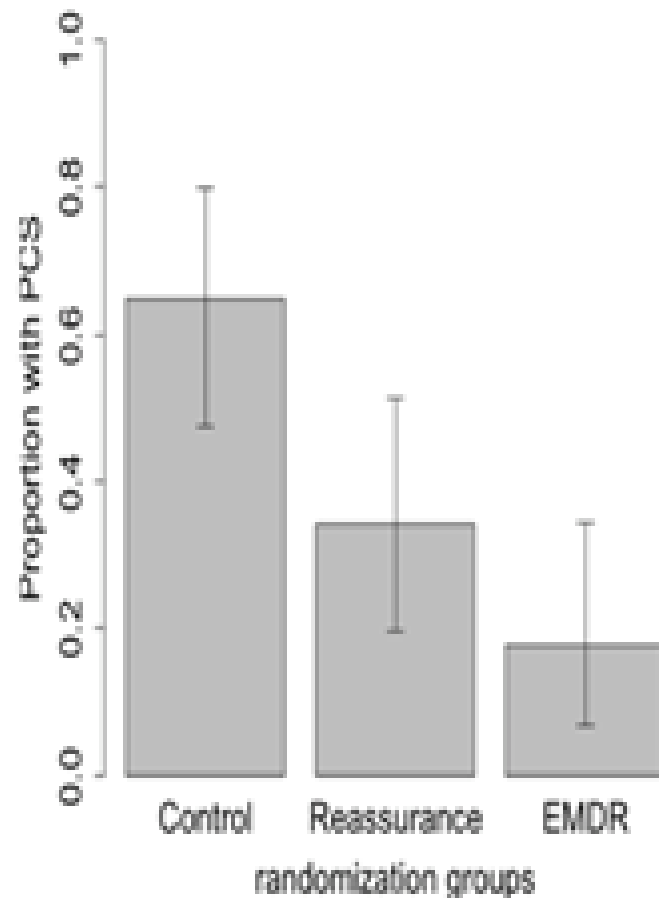
Prevention of Post-Traumatic Stress Disorder and “Post-Concussion-Like Syndrome” for patients presenting at the Emergency Room: A Randomized controlled study of early Eye Movement Desensitization and Reprocessing (EMDR) Intervention versus reassurance and usual care (Journal of Psychiatric Research 2018)

**SOFTER** (SymptOMs Following Trauma: Emergency Response).

Gils-Jardiné et. al., University Hospital of Bordeaux, 2017

Figure 1. Proportion of patients with PCSLS at 3-months

Figure 2. Proportion of patients with PTSD at 3-months



# Summary

- Traumatic events are very common
- Traumatic events have a broad and at times lasting impact
- Crisis interventions can help reduce / prevent the negative impact
- Crisis intervention centers / services are important elements in supporting the health of the nation
- EMDR Therapy is one of the best ways to deal with both acute and long term trauma

# Thank you

- For being here
- For your interest in healing and in post traumatic growth
- For supporting the growth and development of Malta and its people
  
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