

## **Response to Trauma**

1. Preoccupation with their own actions during the event; issues of responsibility and guilt
2. Specific fears, triggered by traumatic reminders
3. Retelling and replaying of the event (traumatic play)
4. Fear of being overwhelmed by their feelings (of crying, of being angry)
5. Impaired concentration and learning
6. Sleep disturbances (bad dreams, fear of sleeping alone)
7. Concerns about their own and others' safety
8. Altered and inconsistent behavior, (e.g., unusually aggressive or reckless behavior, inhibitions)
9. Somatic complaints
10. Hesitation to disturb parent with own anxieties
11. Concern for other victims and their families
12. Feeling disturbed, confused and frightened by their grief responses; fear of ghosts

## **First Aid**

1. Help to express their secretive imaginings about the event.
2. Help to identify and articulate traumatic reminders and anxieties; encourage them not to generalize.
3. Permit them to talk and act it out, address distortions, and acknowledge normality of feelings and reactions.
4. Encourage expression of fear, anger, sadness, in your supportive presence.
5. Encourage them to let teachers know when thoughts and feelings interfere with learning.
6. Support them in reporting dreams; provide information about why we have bad dreams.
7. Help to share worries; reassure with realistic information.
8. Help to cope with the challenge to his/her own impulse control (e.g., acknowledge, "It must be hard to feel so angry").
9. Help identify the physical sensations they felt during the event and link when possible.
10. Offer to meet with children and parent(s), to help children let parents know how they are feeling.
11. Encourage constructive activities on behalf of the injured or deceased.
12. Help to retain positive memories as they work through the more intrusive traumatic memories