

## **Response to Trauma**

1. Helplessness and passivity
2. Generalized fear
3. Cognitive confusion (e.g., do not understand that the danger is over)
4. Difficulty identifying what is bothering them
5. Lack of verbalizations - selective mutism, repetitive nonverbal traumatic play, unvoiced questions
6. Attributing magical qualities to traumatic reminders
7. Sleep disturbances (night terrors and nightmares; fear of going to sleep; fear of being alone, especially at night)
8. Anxious attachment (e.g., clinging to parents)
9. Regressive symptoms (thumb sucking, enuresis, regressive speech)
10. Anxieties related to incomplete understanding about death; fantasies of "fixing up" the dead; expectations that a dead person will return

## **First Aid**

1. Provide support, rest, comfort, food, and an opportunity to play or draw.
2. Reestablish adult protective shield.
3. Give repeated, concrete clarifications.
4. Provide emotional labels for common reactions.
5. Help to verbalize general feelings and complaints.
6. Separate what happened from physical reminders such as the place where the trauma occurred.
7. Encourage them to let their parents know.
8. Provide consistent care taking (e.g., assurance of being picked up from school).
9. Tolerate regressive symptoms in a time-limited manner
10. Give explanations about the physical reality of death.

