

The Therapist as a Resource for Critical Incident Responders

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Objectives

- Examine the stressors and impact on the mental health of First Responders to Critical Incidents.
- Review resources for addressing the needs of First Responders who have symptoms related to exposure to Critical Incidents.
- Explore categories of proactive engagement with First Responders before and during Critical Incidents.



Who are First Responders or Critical Incident Responders?

- Police Officers, Sheriff's Deputies, State Troopers, Probation and Parole Officers, Corrections Officers, Coroner's Office Investigators, Constables
- Fire Service Personnel-Fire Fighters, Fire Operators, Emergency Medical Personnel
- Primary Emergency Medical Responders-EMT's, Paramedics



**Are you ready to enter their
world?**





Types of Stressors experienced by First Responders

- Common Stressors of the job
- Stressors that often accompany the job
- Acute Stressors or Critical Incidents-Sometimes the possibility is enough to cause stress



The unavoidable impact of stress

Unchecked, extreme stress is an emotional and physical carnivore. It chews hungrily on so many of our law enforcement officers with its razor sharp fangs, and does so quietly, silently in every corner of their lives. It affects their job performance, their relationships and ultimately their health. (Grossman, 2008, loc. 344)



Some meaningful distinctions

- Stress
- Burnout
- Anxiety
- Depression
- ASD/PTSD



Available resources

- Critical Incident Stress Management
 - Field Debriefings
 - Individual Debriefings
 - Group Debriefings
- Post Critical Incident Seminars-<http://arleap.org/>
- Psychological First Aid
- Resiliency Training



Therapeutic Modalities

CBT

EMDR

Brain Spotting

EFT



Ways you can get involved

- EAP
- Reach out directly to local agencies
- Get involved in organizations providing resources: CISM providers, COPS, arleap
- Chaplaincy
- Training



Make a difference

