

Index

- abreactions, permitting through debriefing 167, 168
- abuse risk of traumatized people 308
- accreditation of debriefers 323–4, 334
- accumulative loss phenomena 264
- acquired immune deficiency syndrome *see* AIDS
- active component identification 356
- acute interventions, necessity 313–14
- acute stress disorder
 - diagnosis 308
 - motor vehicle accidents 147
- acute stress reaction, military personnel 169, 170
- adolescents 83
 - CISD 216
 - cognitive distortions 220
 - critical life-threatening events 213–14, 215–16
 - effectiveness of debriefing 220–1
 - group debriefing 216–17
 - individual debriefing 217
 - late-stage debriefing 11
 - peer group 198
 - preventive role of debriefing 220
 - process of debriefing 217–19
 - psychological interventions 215–16
 - PTSD 215
 - risk factors 215
 - school bus crash 217–18, 219
 - school shooting 221
 - ship sinking 218
 - shooting of parent 217
 - significant event response 198
 - timing of debriefing 219
 - trauma reactions 214
- adverse outcomes of debriefing 174
- adverse stress outcomes 1
- adversity, normal reactions 249
- affective overload 311

- after-action review process 228
- age
- children 201, 202
 - health care workers 258, 260
 - patients of health care workers 259
- aid agencies 338
- AIDS
- helper volunteers 263
 - see also* human immunodeficiency virus (HIV)
- alcohol abuse 331
- Australian Aboriginals 247
- alcohol use
- body handling 116
 - motor vehicle accidents 149
 - palliative carers 258, 260
 - police in body recovery 126
 - for self-regulation 331
- altruism 354
- anger
- motor vehicle accidents 149
 - survivors 345
- anomie* 282–3
- antenatal classes 274–5
- anticipation of body handling 109–10
- anxiety
- childbirth 274
 - motor vehicle accidents 147
 - phobic 148
 - separation 343–4
 - travel 148
 - see also* state anxiety scores
- apatheia* 47
- application of debriefing techniques 2, 325
- arousal 3
- Assaulted Staff Action Program 284–8
- assault rate 286
 - flexibility 287
 - hospital costs 286–7
 - philosophy 284
 - services 285–6
 - structure 284–5
- attachment behaviours 329
- attachment formation 343
- attachment–bonding system 343–4, 346
- attenders at debriefings 32, 35–6, 39
- compelled 312, 313
- Australian Aboriginals
- alcohol abuse 247
 - contemporary issues 246–7
 - incarceration 246, 247
 - mental health 246–9
 - PTSD 246–7
 - responses to acute trauma 250–1
 - stolen generation 251
 - substance abuse 246, 247
 - suicide 246, 247
 - traumatization 242, 243–51
- autakeia* 47
- avoidance coping strategy 178, 298
- awareness of stress responses 179
- battle fatigue 306
- behavioural disorders, primary prevention 231
- behavioural therapies 331
- beliefs, driving debriefing movement 354–5
- bereavement 7–8
- management 330–1
 - massive road trauma 138
 - traumatic 8, 64–5
- body bags, opening 111
- body handling 108–9
- accidental mutilation 111
 - anticipation 109–10
 - children's bodies 111
 - disclosure 108–9
 - effectiveness of debriefing 166–7
 - glove wearing 111
 - grotesque remains 111
 - identification with deceased 111–12
 - looting 112
 - military personnel 183
 - morbidity minimization 112
 - opening body bags 111
 - police officers 118–19, 183
 - recovery 108
 - retrieval from massive road trauma 132
 - sensory stimulation 111
 - stress measurement 110
 - stressors 109–10
 - war graves team study 112–16
 - see also* war graves duties
- bond rupture responses 343–4
- brain damage, head injury 149
- briefing 2
- definition 59
 - linkages to debriefing 357
- buddy support 33, 43, 52
- war graves duties 116

362 Index

- buddy support (*cont.*)
 - burn victims 82, 351
 - burnout 255
 - group stress debriefing 54
 - health care workers 261, 263, 266
 - palliative care/serious illness care facilities 258
- cancer care 255
 - patient mental illness 260
- caregivers, expectations 261
- catastrophic memory 11, 17
- category fallacy 249
- catharsis 331–2
- Catholic Church 47–8
- certification *see* accreditation
- childbirth
 - anxiety 274
 - death 274
 - dissociation during delivery 276
 - education 274–5
 - helplessness 274
 - hormonal changes 273
 - obstetric interventions 273
 - pain 273, 274
 - physiological changes 273
 - postnatal depression 272, 275, 276–7
 - pre-existing psychopathology 273–4
 - psychological outcome 275–7
 - psychosocial stresses 273
 - routine 275
 - stressor 273
- childbirth, traumatic 272–3
 - debriefing 276
 - exposure to death/serious injury 274
 - father's presence 274
 - psychosocial intervention 272
 - PTSD 272, 274, 275–6, 278
- children 10, 195–7
 - abduction of indigenous 244
 - adults with responsibility 199–200
 - age in trauma response 214
 - age-appropriate strategies 201–2
 - appropriateness of debriefing 197
 - CISD 199
 - CISM 208
 - clinical group debriefing 206–8
 - communication methods 206
 - conceptual development 221
 - debriefing process 202–9
 - developmental context 201–2
 - developmental level 222
 - disasters 199
 - group debriefing 206–8
 - techniques 209
 - group intervention 196
 - group process 202
 - handling of bodies 111
 - hostage 204–5
 - hurricane disaster 236
 - immaturity 200
 - incident group cohesiveness 199
 - individual interventions 206
 - late-stage debriefing 11
 - leadership of debriefing process 208–9
 - longer-term psychological recovery 236–7
 - parents in management strategies 201
 - patients of health care workers 259
 - peer group 202
 - post-incident process 200
 - psychological first aid 203–5
 - psychological impact of incident 208
 - psychological triage 209
 - PTSD 198
 - responsibility within incident 199–200
 - sense of safety 200
 - significant event response 197–8
 - small-group psychotherapy 197
 - stressed 197–8, 206
 - support services 76
 - Task Force Report interventions 219
 - traumatic experiences 195
 - traumatic reactions 198
 - traumatized 3
- civilian disasters
 - body recovery 118–19
 - volunteer body handlers 119
- civilian studies, effectiveness of debriefing 165–6
- classroom interventions 196
- CISD 216
- clinical debriefing 10
 - group for children 206–8
- clinical supervision, health care workers 266, 267
- Cochrane Collaboration review 334, 351
- cognitive appraisal 58
- cognitive distortions
 - adolescents 220
 - exposure to stressful events 231
 - psychological risks for development of symptoms 231

- survival-mode specific 234
- cognitive grip, motor vehicle accidents 150
- cognitive processing
 - psychological debriefing component 163
 - traumatic events 62
- cognitive reconstruction of events 26–8
- cognitive reframing, permitting through debriefing 167, 168
- cognitive therapies 331
- colonization, traumatization of Australian Aboriginals 242, 247
- combat
 - PTSD 161–2
 - self-esteem 52
 - stress 51–2, 161–2, 170
 - support 24
- combat stress reaction (CSR) 161–2, 169, 170
- commander role 43
- communication
 - initiation 43
 - skills of health care workers 266–7
- community
 - cultural history 232
 - groups and CISM 94
 - massive road trauma 133, 138–9
 - trauma 249
 - trauma membrane 329–30
- comorbidity, health care workers 255
- compensation
 - CISM 85, 99
 - motor vehicle accidents 149
- components of debriefing 33
- comrade support 52
- concensus 321–5
- conceptual development, children 221
- conceptualization of debriefing 355–6
- confidence, repair 55
- conflict 9
- conflicts of interest, underlying 196
- contraindications to debriefing 168
- coping 23–4, 81
 - mechanisms 3, 4, 34
 - overwhelming of skills 95
 - police in body recovery 126, 127
 - receiving information 105–6
- coping strategies
 - adaptive 54
 - personal 187
 - transcultural aspects 48
- coping styles 9, 58, 317
 - adaptive 333
- core debriefing issues 3–7
- cortisol production in traumatic stress 310
- cost-effectiveness studies, CISM 98–9
- counselling, motor vehicle accidents 155–6
- counsellors
 - child debriefing 197
 - outreach peer 235
- creative debriefing 196
- crisis 23–4
 - education 81
 - psychological 72
- crisis intervention 5–6, 59
 - broader social context 105
 - core principles 84
 - debriefing relationship 352
 - development 94–5
 - diversity 72
 - emergency workers in massive road trauma 141–2
 - factors 61
 - goals 72, 95
 - immediate environment 104–5
 - individual 75
 - loss 7–8
 - management support 105
 - military psychiatry 330
 - model 1
 - motor vehicle accidents 151
 - multicomponent 73–4, 84–6
 - person 104
 - suicide prevention programmes 73
 - targeted processes 63
 - timing 103, 104
- criteria defining successful debriefing 65–6
- critical event matrix analysis 60
- Critical Incident Stress Debriefing (CISD) 2, 5–6, 54, 59, 71–2, 196
 - adolescents 216
 - benefits 60
 - children 199
 - in CISM 76
 - classroom setting 216
 - common problems 196
 - components 73, 74
 - conceptual basis 94–6
 - definition 92
 - effects 102–3
 - emergency services 91–2, 164
 - evaluation studies 98–102

364 Index

- Critical Incident Stress Debriefing (CISD) (*cont.*)
 health care workers 255, 264–6
 human resource response to traumatic organizational
 experience 307
 motor vehicle accidents 150, 151
 procedure 228
 risks 103
- Critical Incident Stress Management (CISM) 2, 58, 59, 65–6,
 71–2
 breadth 179
 CISD 76
 community groups 94
 compensation 99
 components 74–7
 conceptual basis 94–6
 coping 81
 cost-effectiveness studies 98–9, 102
 crisis education 81
 debriefing as part of 105
 debriefing studies 81–4
 definition 92
 defusing 75–6
 demobilization after disaster 75
 development 308
 early intervention 79–80
 effectiveness 78–9
 effects 102–3
 emergency services 86, 91–2, 96–7
 evaluation studies 98–102
 evidence definitions 102
 expectancy 81
 expected outcomes 93–4
 expression opportunity 80
 factors in success and failure 79
 financial benefit-to-cost ratio 86
 follow-up services 76–7
 historical foundations 72–4
 history of development 93
 individual crisis intervention 75
 intervention timeline 77
 interventions 74
 key factors for success 78
 mental preparedness training 74–5
 models 101
 multicomponent 73, 84–6
 multidimensional 84–5
 negative outcome studies 81–2, 100–1
 on-scene support services 75
 ongoing for children 208
- peers 95–6
 support programmes 101
- positive outcome studies 98–102
- preincident training 74–5
- process variables 95–6
- professional referrals 76–7
- psychosocial support 80
- putative mechanisms of action 78–81
- reported value 98
- research 81–6
- residential programme 85–6
- risks 103
- sick leave 99
- support services for families/children 76
- training of debriefers 95–6
- training programmes 98
- critical incidents 309–10
 stress trauma relationship 310–11
 stresses 254
 support programme 85
- critical life-threatening events, adolescents 215–16
- cruelty, exposure to inexplicable 345
- cultural attitudes, acceptance of trauma 96
- cultural change, life experience management 229
- cultural circumstances of environment 232–3
- cultural frameworks, indigenous populations 241–3
- cultural interpretations, psychological traumatization 337
- cultural issues in psychological debriefing 232–3, 354–5,
 357
- cultural rituals 9–10, 43
- cultural theory of Durkheim 282–3
- culture-blindness 339
- customer, angry 282
- danger, group seeking 49
- death
 childbirth 274
 confrontation 64–5
 exposure to 22
 health care worker attitudes 264
 immersion 64
 social attitudes 264
 violent 109, 217
- debriefers 309
 accreditation 323–4, 334
 positive feedback 180
 training 95–6, 323–4, 334
see also facilitators; leaders
- decolonization processes 251

- defence forces *see* military personnel
- defusing 75–6, 103, 306
 peace-keeping soldiers 191
- delayed use of debriefing 234
 disasters 227–8, 352
 hurricane disaster 235–6
- demobilization 306
 after disaster 75
- dependence, disguised 198
- depression
 motor vehicle accidents 147
 postnatal 272, 275, 276–7
- developmental crises 72
- disaster relief workers 184–91
 exit debriefing 296
 informal meetings 296
 long duration 291
 multiple stressor debriefing 290–1, 291–300
 positive experience 309–10
 pre-disaster briefings 296
 see also emergency workers; rescue workers
- disasters 8, 9, 66, 182
 behaviour 328
 children 199
 CISM perceptions 83, 84
 complexity 32–3
 delayed debriefing 227–8
 demobilization after 75
 duration of event 314
 education 184
 emotional experiences 50–1
 follow-up 175–7
 mass and group debriefing 164
 psychiatric interventions 33
 psychological impact assessment 309
 reactions 184
 recovery in community 233
 rescue workers 64
 response 352
 stress 185
 reactions 50
 survivor families 64
 talking about 37–8, 39
 training 184
 types 182–4
 unprepared for 59
- disclosure
 body handling 108–9
 group debriefing 311
 topics 312
- disfigurement, motor vehicle accidents 149
- disharmony resolution 232
- dislocation 8
- disorder of extreme stress not otherwise specific (DESNOS)
 249
- displaced people 338, 339
- dissociation 23
 during delivery 276
- dissociative reactions, peritraumatic 191
- distancing 23
- distraction, active 311–12
- distress 3
 levels in military personnel 167
 motor vehicle accidents 149
 prolonged 17
- documentation process 329
- domestic violence 282
- duration of debriefing 179
- duration of psychological debriefing 168
- early intervention 79–80
- earthquake disaster workers 175–7, 187–9, 192, 352
 multiple stressor debriefing 293–5
- eating disorders, prevention 179
- eclectic model of debriefing 332
- education 6
 childbirth 274–5
 crisis 81
 disaster reactions 184
 family debriefing 293
 health care workers 262
 school culture in longer-term psychological debriefing
 237–8
 stress 95
- effectiveness of debriefing 175
 evaluation of multiple stressor debriefing 297
- efficacy of debriefing 18, 66, 229
 evaluation outcomes 197
- ego-defences 64
- elements of debriefing 322–3
 confrontational 323
 essential 103–5
- emergency departments 255
- emergency services 10
 CISD 91–2, 164
 CISM 86, 91–2, 96–7
 history of development 92–3
 Mitchell model 93–4, 97

366 Index

- emergency settings, studies 353–4
- emergency workers
- appropriateness of debriefing 323
 - exposed to repeated events 333
 - group debriefings 135–7
 - massive road trauma 132–3, 135–7
 - positive perceptions of debriefing 82, 83
 - stress reactions 83
 - trauma 110
 - trauma reduction 307
 - see also* disaster relief workers; rescue workers
- emergency workplace stressors 7
- emotion
- gender differences in expression 47
 - processing and exposure to stressful events 231
 - suppression 228
- emotional attachment, police in body recovery 127
- emotional distress, peritraumatic 183
- emotional experiences in disasters 50–1
- emotional information provision 177
- emotional processing, cognitive theories 220–1
- emotional reactivation in military personnel 166
- emotional support for health care workers 261–2
- emotional ventilation 33, 34, 52
- feelings 66
 - forced 312
 - motor vehicle accidents 150
 - psychological debriefing component 163
- emotional well-being of health care workers 266
- employees, violent 282
- employer's obligations 333–4
- entrapment 344–5
- ethics 355
- child debriefing 209
 - of debriefing 315
 - trauma work 308
- Ethics* (Aristotle) 47
- evaluation of debriefing 33–4, 357
- efficacy outcomes 197
- event reviewing by groups 27–8
- evidence for debriefing 324–5
- evil, exposure to inexplicable 345
- evolution theories 244
- existential–meaning system 345, 347
- expanded use of psychological debriefing 230–4
- expectancy 81
- exploitation risk of traumatized people 308
- exposure
- aids in trauma 152–3
 - cumulative 39
 - scales 36, 38
- expression, opportunity 80
- face validity of debriefing 175
- facilitators 309
- multiple stressor debriefing 298
 - pressures 314
 - see also* debriefers; leaders
- family
- childhood debriefing 199
 - disaster behaviour 329
 - massive road trauma 132
 - multiple stressor debriefing 291–3, 299–300
 - protective cocoon for child 200
 - psychosocial debriefing 166
 - support role 178
 - support services 76
- father, presence at traumatic childbirth 274
- fear, historical understanding 47
- females, emotion expression 47
- ferry capsized disaster 189–91, 192–3
- fetal monitoring, stress 274
- financial benefit-to-cost ratio, CISM 86
- fire brigades, training programmes 191–2
- First Nations 241, 250
- see also* indigenous populations
- first-line responders, emotion suppression 228
- fiscal restraint, health care setting 263
- follow-up services 76–7
- forgiveness 348
- formal debriefing 34, 40
- forward psychiatry principles 54
- Frederick Reaction Index 83
- friends
- motor vehicle accidents 151–2
 - support role 178
- front-line treatment
- effectiveness 169–70
 - PTSD 169
- genocide 66
- gestalt formation 104
- glove wearing 111
- grief
- leadership 47
 - normalizing 330–1
 - grief counselling 330–1
 - loss 7–8

- group cultural rituals 43
- group debriefing 4, 164, 313
 - adolescents 216–17
 - children 199, 206–8
 - composition for adolescents 219–20
 - development 307
 - disclosure 311
 - elements 323
 - emergency workers 135–7
 - fact phase 216
 - information phase 217
 - introduction 216
 - multiple stressor debriefing 291–2, 293–5, 299
 - self-reflection 311–12
 - thoughts about trauma 216–17
 - vulnerability induction 312
- group intervention
 - children 196, 199, 202
 - massive road trauma survivors 139–40
- group psychological interventions 43–4
- group psychology training 50
- group psychotherapy 329–30
 - military personnel 330
- group stress debriefing 12, 43, 44, 52–3
 - mental health professionals 54–5
 - military use 53–4
 - natural groups 45
 - professional team 44–5
 - random groups 45–6
 - rationale of group settings 49
 - reserve team 45
 - timing 54, 54–5
 - traditional 48
 - transcultural aspects 48
 - victims groups 46–7
- groups
 - formal sessions 164
 - incident for children 199
 - narrative sharing 4–5
 - natural 45
 - police cohesiveness in body recovery 126
 - random 45–6
 - rationale for settings 49
 - stress resistance 49–50
 - treatment of children 196, 199, 202
 - victim 46–7
- gruesomeness factor, police in body recovery 127
- guilt-provoking causal attributions 220
- Gulf War Graves Registration Team study 112–16
- harm possibility with debriefing 168–9
- head injury
 - brain damage 149
 - motor vehicle accidents 148–9
- healing of injustice 348
- healing work, traumatization 250
- health care workers
 - administrative issues 263
 - age 258, 260
 - Assaulted Staff Action Program 284–8
 - assaults by patients 281–4
 - burnout 261, 263, 266
 - cancer patients 260
 - child patients 259
 - CISD 255
 - models 264–6
 - clinical supervision 266, 267
 - communication skills 266–7
 - comorbidity 255
 - distress aggravation by interventions 265–6
 - education 262
 - emotional support 261–2
 - emotional well-being 266
 - expectations 261
 - HIV patient care 258, 259, 260
 - interpersonal relationships 261
 - job satisfaction 263
 - marital relationships 261
 - mental illness 262
 - motivation 260
 - mutual support 265
 - patient characteristics 260
 - patient suicide 260
 - personality 260–1
 - psychiatric patients 283–4
 - psychological morbidity 262
 - PTSD 255
 - self-esteem 263
 - shiftwork 261
 - social attitudes to death/dying 264
- stress
 - external factors 263
 - factors 259–60
 - protective factors 262–3
 - sociocultural issues 264
 - type of illness 259
- stressors 254
- suicide 262
- support groups 265

368 Index

- health care workers (*cont.*)
 team membership 263
 training 262
 trauma 255, 257
 volunteers 263
 workplace stress 255
- help, imperative 327–8
- helpfulness perceptions of debriefing 4, 354
- helping, altruistic 354
- helplessness, childbirth 274
- heroic appraisal 23
- historical descriptions 47
- historical group debriefing 1, 27–8, 163–4
- holistic framework 13
- Holocaust survivors 22, 23
- hormonal changes, childbirth 273
- hostages, children 204–5
- human immunodeficiency virus (HIV)
 psychiatric illness 260
 stress 258, 259
 treatment units 255
- human rights violations 344, 345
- humour
 'black' 109, 123, 126, 127
 police in body recovery 119, 123, 126, 127
- hurricane disaster 232–3, 234
 delayed use of debriefing 235–6
 PTSD 236
 school culture in longer-term psychological debriefing 237–8
- hypothalamus–pituitary–adrenal gland (HPA) reaction 310
- identity/role system 345, 347
- illness-susceptibility factors 316
- imagery, traumatic 221
- imaginal re-exposure 235
- immediacy concept 328–9
- incarceration, Australian Aboriginals 246, 247
- incident group cohesiveness, children 199
- indigenous populations 241–3
 management 243
 traumatization 243–51, 357
- individual debriefing
 adolescents 217
 childhood 199
 multiple stressor debriefing 291–2, 299
- individualized interventions, studies 351–2
- injustice, healing 348
- institutional settings 10
- instrumental debriefing 162–3
- integrated intervention 12–13
- integration, military personnel 166
- internal–external controllability 222
- interpersonal bonds 343
- interventions
 factors 61
 spectrum 61–2
 timing 54–5, 79–80
 vulnerability stage 179
- introversion 178
- intrusion phenomena 11
- intrusive nature of debriefing 311
- intrusive thoughts, negative 220, 221
- job satisfaction, health care workers 263
- justice system 344–5, 346–7
- knowledge dissemination about debriefing 357
- late-stage debriefing 11
- leaders
 childhood debriefing 203–4
 multiple stressor debriefing 295–6
 rescue workers 186
see also debriefers; facilitators
- leadership
 debriefing process for children 208–9
 grief 47
 preventive interventions 328
 stress management 53–4
 training 50
 war graves duties 116
- learning 6
 process of debriefing 355
- legal issues
 beliefs in debriefing 355
 child debriefing 209
 liability 307, 333
- life threat exposure 342
- life-threatening events, response 234
- liminality 345
- loneliness 23–4
- looting, body handling 112
- loss 256
 massive 343
 stressors 7–8

- uncertain fate 343
- males, emotion expression 47
- management process of debriefing 178
- management support, crisis interventions 105
- mandatory debriefing 312–13
- marginality 345
- marketing strategies 307, 308
- Marshall's historical group debriefing 163–4, 329
- mass deaths 52
- mass trauma 9, 337–8
see also violence, intentional mass
- massacre, anniversary debriefing 196–7
- medical care personnel, attenders at debriefings 35–6
- medical expertise 51
- medical settings, trauma 255
- medicalization of life 306
- medico-legal pressures 178–9
- megalopsychia* 47
- memory
 cellular 80
 revival of hurricane disaster 235
- men, coping styles 4
- mental health
 Australian Aboriginals 246–9
 problem predictors 50, 51
- mental health professionals
 group stress debriefing 54–5
 status 314
- mental illness
 cancer patients 260
 health care workers 262
- mental processing 21
- military debriefing 307–8
 effectiveness studies 166–7
- military personnel 161
 appropriateness of debriefing 323
 body handling/recovery 108, 183
 combatants 18, 20
 distress levels 167
 evacuation procedures 51–2
 group psychotherapy 330
 interventions with spouses 166
 narrative use 329
 naval helicopter rescue crews 189–91, 192–3
 peace-keeping 191, 193
 post-combat intervention 170–1
 PTSD 329
- military psychiatry 330
- military psychology 306
- military service settings 353–4
- miscarriage, debriefing 277–8, 351
- Mitchell model 82–3, 84
 CISM programmes 98, 101
 emergency services 93–4, 97
 modifications for nonemergency service workers 94
 specificity 93
- modalities of debriefing 313
- model of psychological debriefing 60
- models of debriefing 1–3, 65–6
- moral reasoning 18
- morale management, preventive interventions 328
- morbidity
 health care workers 262
 risk identification 168–9
 war graves team study 114, 115
- motivation, human 327
- motor vehicle accidents 145–6, 351, 352
 acute responses 147
 acute stress disorder 147
 adverse effects of debriefing 158
 alcohol use 149
 analogue studies 152–7
 anger 149
 anxiety 147
 CISD 150, 151
 cognitive grip 150
 compensation 149
 counselling 155–6
 crisis intervention 151, 153–4
 debriefing 150–1
 depression 147
 disfigurement 149
 distress 149
 emotional ventilation 150
 friends 151–2
 head injury 148–9
 impact extent 151
 incidence 145
 intervention
 delayed 155
 delivery 152
 early 153–7
 framework 151–2
 outreach 154–5
 late group debriefing 155

370 Index

- motor vehicle accidents (*cont.*)
 - pre-accident psychiatric problems 146
 - psychiatric consequences 146–7
 - psychological debriefing 156–7
 - psychological victims 151
 - PTSD 145, 146, 147–8, 149
 - relatives 151
 - rescuers 183–4
 - social consequences 149
 - survivors 145
 - trauma level 151
 - travel anxiety 148, 149
 - victims 151–2
 - witnesses 151
 - see also* road trauma, massive
- mourning
 - rituals 344
 - traumatic bereavement 64–5
- multiple stressor debriefing 290–1
 - coordination with management 297
 - coping strategies phase 294
 - disaster relief workers 291–300
 - disclosure of events phase 294
 - effectiveness evaluation 297
 - facilitators 298
 - family 291–3, 299–300
 - feelings and reactions phase 294
 - fine tuning guidelines 295–6
 - goals 291
 - group 291–2, 293–5, 299
 - individual 291–2, 299
 - leaders 295–6
 - mandatory/optional 298
 - misuse 299
 - multi-session 298–9
 - participant feedback 298
 - post intervention 297
 - research 297–8
 - single-session 298–9
 - termination phase 295
 - training for debriefers 298
- mutilation, accidental 111
- mutual support, health care workers 265
- mutuality 40
- narrative 3–5
 - exploring 17
 - group 27
 - sharing 4–5
- tradition 329
 - see also* talking
- natural debriefing 32, 34, 36–8, 39, 40
- natural talking 32
- naturalistic study design 176–7
- naval helicopter rescue crews 189–91, 192–3
- negative automatic thinking 220
- neurological excitation, threshold in trauma 80
- normalization, cognitive/emotional distortions 231
- normalizing framework 13
- numbing 23
- nurses
 - CISM perceptions 84
 - critical incidents 86
- objective domain 200
- obstetric interventions, childbirth 273
- obstetric trauma, debriefing 276
- occupational health, psychological debriefing development 228–9
- on-scene support services 75
- oncology care 257–8
 - pain relief 260
 - stress 259
 - treatment effects 260
- operational debriefing 1
- origins of debriefing, theoretical 328
- origins of psychological debriefing 228–30
- outcomes
 - assessment process 332–3
 - Cochrane Collaboration review 334
 - data for debriefing 327
 - expected of debriefing 324
 - long-term 324
 - mass violence 340
 - research 332–5, 352
 - short-term 324
- outreach peer counsellors 235
- paediatric services 255
- pain
 - childbirth 273, 274
 - relief in oncology care 260
 - transcultural aspects 48
- palliative care
 - alcohol use by carers 260
 - facilities 257–8
- parents
 - child debriefing 197

- child hostages 204–5
- child management strategies 201
- hospitalization of child hostages 205
- permission for child debriefing 209
- protective cocoon for child 200
- reconciliation of issues 201
- role 195
- shooting witnessed by adolescent 217
- surrogate 200
- participants, endorsement of debriefing 180
- pathogenesis, paradigm shifting 315–16
- pathogenic framework 308–9
- pathological norms 306
- patient characteristics, health care workers 260
- peace processes 339
- peace-keeping soldiers 193
 - defusing 191
- peer group
 - adolescents 198
 - child support 200
 - children 202
- peer support 34
 - outreach counsellors 235
 - peace-keeping soldiers 191
 - programmes 101
- peers
 - assistance in healing 163
 - CISM programmes 95–6
 - support role 178
 - training programmes 98
- perceived validity of debriefing 175
- persecution
 - fleeing 340
 - protective factors 340–1
 - survivors 344
- personality
 - facets 9
 - health care workers 260–1
- personnel groups 44–7
- phobic anxiety 148
- physical illness 9
- physiological arousal, reduction 21
- physiological changes, childbirth 273
- pictures of event, partial/incomplete 26
- play, repetitive 3
- police
 - debriefing 307–8
 - appropriateness 323
 - psychology 306
 - settings 353–4
- police in body recovery 118–19, 183
 - coping 126, 127
 - defusings/debriefings 120
 - emotional attachment 127
 - follow-up of officers 120–1, 124–5
 - group cohesiveness 126
 - gruesomeness factor 127
 - humour 119, 123, 126
 - psychiatric involvement 119–20
 - psychiatric presence 128
 - reponse to work 121, 122, 123
 - self-esteem 127
 - sick leave 124
 - skill acquisition 126, 127
 - value of work 126
- popularization of debriefing 307–8
- positive regard 80
- post-combat intervention 170–1
- post-concussional disorder 149
- post-conflict situations, PTSD 339–41
- post-event stress management support 229
- post-incident process, children 200
- post-trauma period
 - morbidity 12
 - stresses 340
 - understanding 315
- post-traumatic stress disorder (PTSD) 20–1
 - adolescents 215
 - Australian Aboriginals 246–7
 - avoidance of seeking help 114
 - childbirth 272
 - children 198
 - chronic 170
 - combat 161–2
 - criticism of concept 338–9
 - development 169
 - exposure scores 38
 - group stress debriefing 54
 - health care workers 255
 - hurricane disaster 236
 - mass violence risk 341
 - metabolizing incident 21
 - military personnel 329
 - motor vehicle accidents 145, 146, 147–8, 149
 - natural recovery curve 340
 - new criteria 308
 - outcome 38
 - post-conflict situations 339–41

372 Index

- post-traumatic stress disorder (PTSD) (*cont.*)
 - prevention 322
 - prior risk factors 20
 - survival-mode theory 234
 - symptoms 3
 - talking 38
 - traumatic childbirth 274, 275–6, 278
 - traumatic exposure 64
- post-traumatic stress reactions, rescue workers 183, 185
- post-traumatic stress syndromes, interactional paradigm 62
- pre-accident psychiatric problems 146
- predictors of mental health problems 50, 51
- preincident training 74–5
- prevention/preventive interventions 328
 - debriefing 162–3
 - aspects 12, 351
 - eating disorders 179
 - leadership 328
 - morale management 328
 - secondary 76
 - stress reactions 162
 - stressful events 95
- professional status
 - rescue workers 188, 189
 - war graves duties 116
- professional teams 44–5, 49–52
- Protestantism 48
- proximity to event, psychological debriefing 230
- pseudo-maturity 198
- psychiatric patients, assaults on staff 283
- psychiatric staff presence, police in body recovery 128
- psychic distress reduction 21
- psycho-education 6, 331
- psychological first aid 10
 - children 203–5
- psychological triage, children 209
- psychological vulnerability 9
- psychologists, child debriefing 197
- psychology, body of knowledge 96–7
- psychopharmacology 331
- psychosocial debriefing 2
- psychosocial interventions 352
 - childbirth 272
- psychosocial stresses, childbirth 273
- psychosocial support 80
- psychotherapy 11–12
 - small-group for children 197
- purpose of debriefing 179–80
- quality assurance, health care setting 263
- rage 344, 345
- randomized controlled studies 324–5
- reasonable care standards 313
- reconciliation 348
- recovery course, traumatic events 175
- recovery environment 32–3
- recovery phases, psychological tasks 233–4
- recovery work, traumatization 250
- refugees 8, 9, 338, 340
- relatives, motor vehicle accidents 151
- religious beliefs 47–8, 340–1, 345
- rescue operations 183
 - failure 50, 52
- rescue workers
 - design of debriefing 185–7
 - disasters 182–3, 184–91
 - earthquake 175–7, 187–9, 192
 - effectiveness of debriefing 165
 - follow-up 185
 - leaders 186
 - motor vehicle accidents 183–4
 - nonprofessional 185, 188, 189
 - post-traumatic stress reactions 183, 185
 - professionals 188, 189
 - stressors 186
 - see also* disaster relief workers; emergency workers
- research into debriefing 356
 - evaluation 357
 - implementation 356–7
- reserve teams 45, 49–52
- resistance factors 316
- response to traumatic incidents, routine 322
- responsibility, rescue professionals 52
- risk levels 66
- rituals 48
 - group cultural 43
 - mourning 344
 - use in war graves duties 116
- road trauma, massive 131–2
 - bereaved 138
 - body retrieval 132
 - community members 138–9
 - coordinated psychological intervention 138
 - effects 132–4
 - emergency workers 132–3, 135–7

- psychological debriefing 141–2
- family members 132
- follow-up 137–9
- local community 133
- psychological interventions 134–9
- psychological sequelae 133–4
- support provision 131–2
- survivors 132, 133, 134–5, 137–8
 - group intervention 139
 - injuries 137
 - psychological debriefing 139–41
 - systematic review 138
 - types of support 137
- victim ambivalence 134
 - see also* motor vehicle accidents
- role use, war graves duties 116
- ruminative thought 311
- safety
 - child's sense of 200
 - group environment 49
 - mass violence 342–3, 346
- salutatory consequences of sorrow 317
- salutogenesis, paradigm shifting 315–16
- school bus crash, adolescents 217–18, 219
- school culture in longer-term psychological debriefing 237–8
- school teacher, child support 197, 200
- science of debriefing 351–4
- screening for subsequent problem development 178
- secondary prevention 76
- security *see* safety
- sedatives 331
- self-disclosure 177–8
 - emotional 177–8
- self-efficacy 17, 24
 - experience 314
- self-esteem 44, 55
 - combat 52
 - health care workers 263
 - police in body recovery 127
- self-reflection 311–12
- self-reported helpfulness, validity 175
- sense of coherence 316
- sensory stimulation, body handling 111
- separation 8
 - anxiety 343–4
- service personnel *see* military personnel
- service provision of debriefing 178–9
- shiftwork, health care workers 261
- ship sinking, adolescents 218
- shooting, school 221
- sick leave
 - CISM 85, 99
 - police in body recovery 124
- siege at kindergarten 204–5
 - escapees 204
- situational crises 72
- skill acquisition, police in body recovery 126, 127
- sleep, healing qualities 331
- social class 10
- social cohesion 317
- social consequences, motor vehicle accidents 149
- social context, broad 105
- social disorganization 283
- social environment 104–5
- social structures 10
- social support 32, 33, 34, 40
 - crisis response 80
 - psychological debriefing component 163
 - psychological outcome in adversity 256
 - traumatic stress exposure moderation 232
 - see also* support
- soldiers *see* military personnel
- standardization of debriefing procedures 176
- state anxiety scores, debriefing 24, 25
- status, mental health professionals 314
- stoics 47
- story, premature closure 24, 26
- stress 2
 - adaptive response 256
 - adaptive systems 342–5
 - age-specific in children 198
 - children 197–8, 206
 - combat 51–2, 161–2, 170
 - critical incident 254
 - debriefing outcome 165
 - disaster 185
 - domains 342–5
 - education 95
 - fetal monitoring 274
 - group debriefing 12
 - group resistance 49–50
 - health care workers 254
 - HIV care 258
 - inoculation
 - antenatal classes 274–5
 - training 108
 - maladaptive response 256

374 Index

- stress (*cont.*)
- measurement in body handling 110
 - medicalization 6
 - mitigation 307–8
 - models 255–6
 - omnipresence 316
 - palliative care facilities 258
 - post-trauma period 340
 - reactions
 - disasters 50
 - naval helicopter rescue crews 190–1
 - reduction programmes 307
 - trauma and critical incident relationship 310–11
 - workplace 257
 - see also* traumatic stress
- stress management 6–7, 17
- CISM 85
 - coping 23–4
 - early interventions 18
 - group stress debriefing 44
 - leadership 53–4
 - premature closure of story 24, 26
 - training 306
 - traumatic events 22–3
- stress response syndromes 7, 59
- stressful events
- cognitive distortions 231
 - disequilibrium 5–6
 - emotion processing 231
 - preventive programmes 95
- stressor–stress response relationship 55
- stressors
- body handling 109–10
 - childbirth 273
 - chronic 8
 - dislocation 8
 - generic dimensions 64
 - health care workers, chronicity 254
 - loss 7–8
 - rescue workers 186
 - separation 8
 - traumatic 22, 59
 - traumatic event impact 64
- subjective domain 200
- substance abuse 282, 331
- Australian Aboriginals 246, 247
 - palliative care facilities 258
- suffering
- human response 17
 - reduction 18
 - transcultural aspects 48
- suicide
- Australian Aboriginals 246, 247
 - health care workers 262
 - patients of health care workers 260
- Superman reaction 184
- support
- comrade 52
 - process 34, 40
 - services for families/children 76
 - see also* social support
- support groups, health care workers 265
- survival mode 9
- theory of PTSD 234
- survivors
- anger 345
 - identity 345
 - massive road trauma 132, 133, 134–5, 137–8, 139–41
 - motor vehicle accidents 145
 - partial/incomplete pictures of event 26
- systematic time-extended approach to psychological debriefing 232
- talking 3–5, 32, 39, 104, 352
- about disaster 37–8
 - natural 32
 - scores 37, 38, 39
 - see also* narrative
- Task Force Report interventions, children 219
- teachers
- child debriefing 197
 - child support 200
- team membership 263
- terminology 306
- theories of debriefing 355–6
- therapeutic alliance absence 314
- therapeutic flexibility 23
- time-bound applications of debriefing 230
- time-extended approach to psychological debriefing 232
- timing
- crisis interventions 103, 104
- debriefing
- adolescents 219
 - for children 206
 - interventions 10–11
 - psychological debriefing 229, 229–30
- torture 9, 339, 345

- training
- debriefers 323–4, 334
 - for CISM 95–6
 - disaster reactions 184
 - health care workers 262
 - minimization of long-term trauma 334
- training programmes
- CISM 98
 - fire brigades 191–2
 - peers 98
- trauma
- abuse risk 308
 - acute in aboriginal settings 250–1
 - application of knowledge 96
 - bereavement 8
 - briefing linking with debriefings 61
 - chronic exposure 256–7
 - community 249
 - complex/complexity 151
 - conceptualization 338–9
 - counselling 2
 - cultural attitudes to acceptance 96
 - cultural sensitivity of experts 233
 - delayed response 100
 - emergency service workers 110
 - ethics of work 308
 - experience
 - children 196
 - formal response 317
 - positive value 316–17
 - prior 168
 - exploitation risk 308
 - exposure
 - aids 152–3
 - PTSD 64
 - generic dimensions 64
 - health care workers 255, 257
 - indigenous populations 242
 - individual personal 315
 - medical settings 255
 - membrane 80, 329–30
 - military 66
 - positive growth from experience 311
 - prevention 228
 - psychiatric interventions 33
 - psychic 46
 - psychobiology 313–14
 - reactions
 - adolescents 214
 - children 198
 - person–environment model 62–3
 - receiving information 105–6
 - recovery 95
 - simple 151
 - survivors 344
 - moral/social attitudes 328–9
 - terminology 92, 93
 - threshold for neurological excitation 80
 - verbal expression 80
- traumatic events
- classification of types 63
 - cognitive processes 62
 - complexity 22–3, 63
 - diversity 66
 - duration 314
 - individual responses 22–3
 - recovery course 175
 - self-directed efforts to resolve 314
 - stressor impacts 64
- traumatic imagery 221
- traumatic incidents
- appropriateness of debriefing 323
 - impact 308
- traumatic responses, risk 22
- traumatic stimuli, sensitization 39
- traumatic stress
- acute events 11
 - consensus seeking in debriefing 321–5
 - cortisol production 310
 - exposure 61
 - moderation and social support 232
 - models in health care settings 256–7
 - programme funding 339
 - syndrome comorbidity with psychiatric syndromes 255
 - theoretical framework 62–3
- traumatic stressor classes 63
- traumatization 3–4
- chronic 8
 - collective 249
 - effectiveness of debriefing on individuals 312–13
 - healing work 250
 - indigenous populations 243–51
 - psychological 337
 - recovery work 250
 - secondary 196–7
- traumatization of Australian Aboriginals 242
- abduction of children 244
 - alienation 244, 245, 246

376 Index

- traumatization of Australian Aboriginals (*cont.*)
 appropriateness of Western debriefing models 251
 collective 243–5
 colonization 247
 cumulative 243–5
 dispossession 243–4, 245
 exploitation of survivors 243–4
 health status 245, 246
 legislation 244, 245
 mental health responses 247–9
 protection policies 244
 self-determination 245–6
 social change 245
 theoretical framework 249–50
- travel anxiety, motor vehicle accidents 148, 149
- treaties, formal between colonizing and indigenous populations 243
- uptake of debriefing 352
- value of debriefing 18–19
- ventilation *see* emotional ventilation
- verbal expression, trauma 80
- verbalization 104
- veterans' clubs/groups 43, 46
- victim status 4
- victims
 ambivalence in massive road trauma 134
 groups 46–7
 negative consequence validation 311
- violence 9
 intentional mass 337–8, 357
 acute interventions 346–8
- adaptational framework 341
- attachment–bonding system 343–4
- existential–meaning system 345
- identity/role system 345
- justice system 344–5
- model for survivors 345–8
- outcomes 340
- protective factors 340–1
- PTSD risk 341
- safety system 342–3
- workplace 281–4
- violent death 109, 217
- volunteers, health care workers 263
- vulnerability induction, group debriefing
 312
- vulnerability stage, intervention 179
- war graves duties
 professional status 116
 psychological morbidity 114
 soldier training 115–16
 team study 112–16
see also body handling
- welfare workers, child debriefing 197
- witnesses, motor vehicle accidents 151
- work environment 104–5
- work groups 313
- workplace stress 257
 health care workers 255
- workplace violence 281–4
 causes 282–3
 psychiatric assaults 283–4
 psychological aftermath 283