

Trauma Mitigation: Developing a Program of Research

Aftermath Dynamics and Management:
Through the Lens of the Virginia Tech Incident

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Richard Schwester, Ph.D.
Academy for Critical Incident Analysis (ACIA), John Jay College

Elements of Mass Trauma Intervention

(Hobfoll et al. 2007)

1. Safety

-- Moving people to places of safety and making sure that they feel safe.

2. Efficacy

-- Belief that individual actions will engender positive outcomes.

Elements of Mass Trauma Intervention

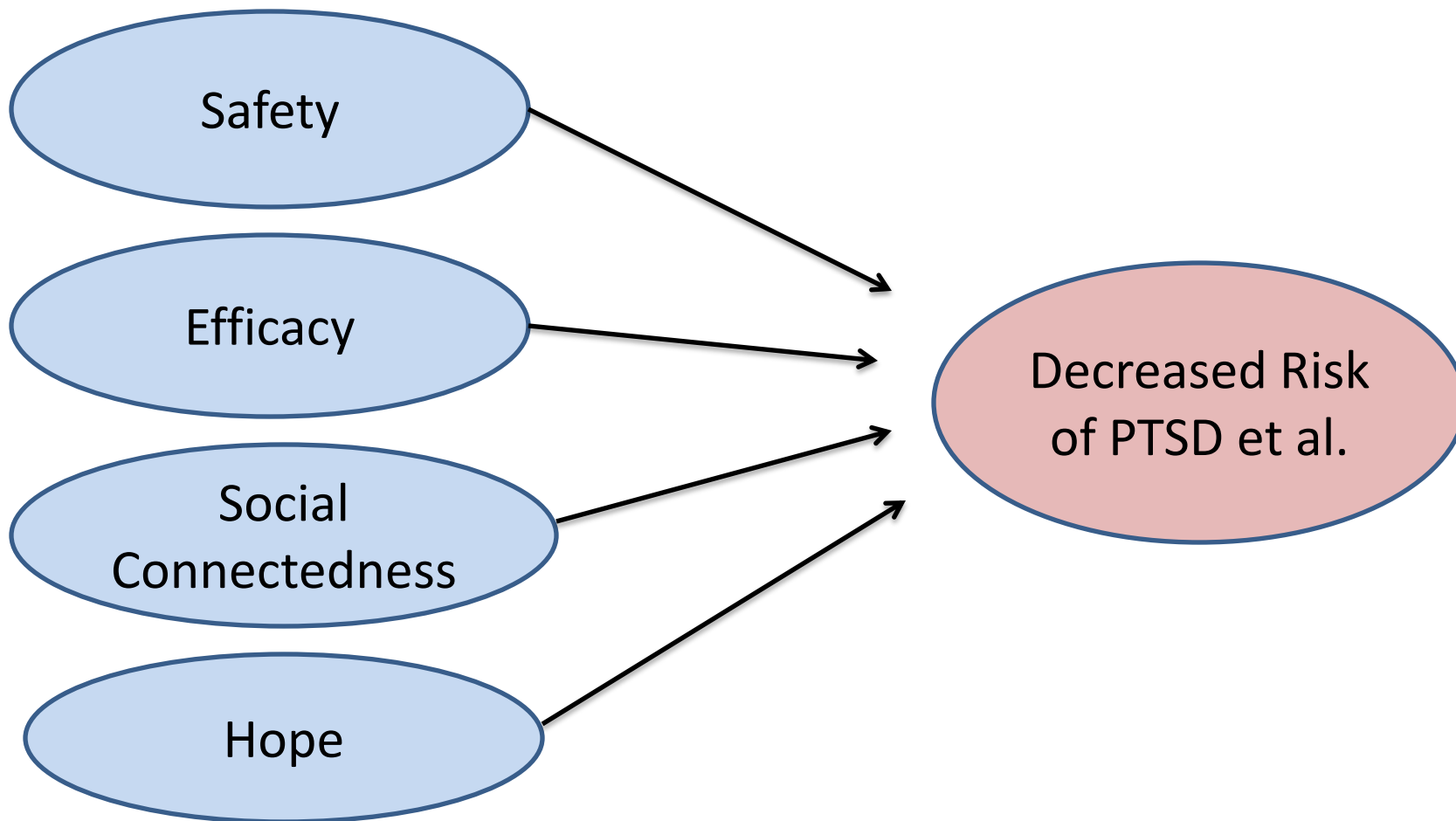
(Hobfoll et al. 2007)

3. Social Connectedness

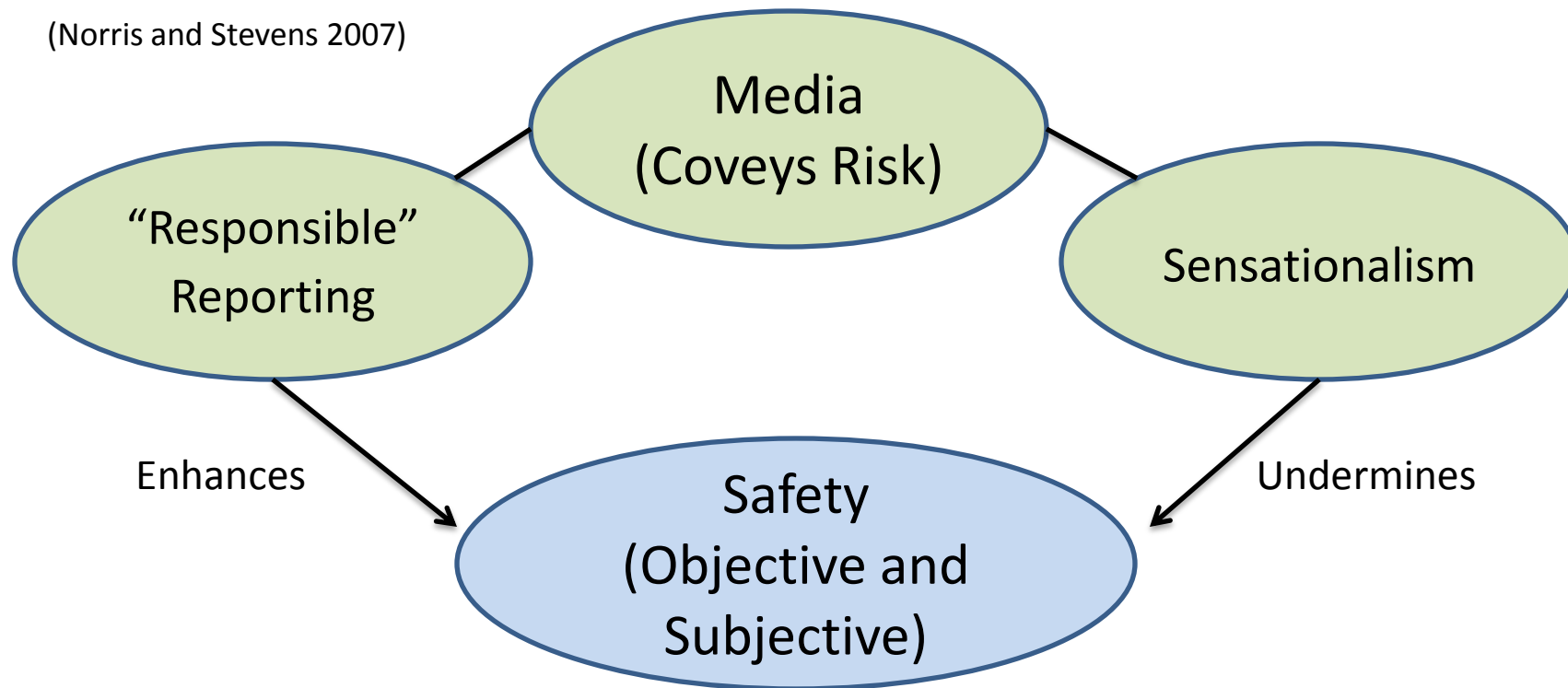
-- Emotional understanding, acceptance, sharing experiences, and mutual instruction about coping.

4. Hope

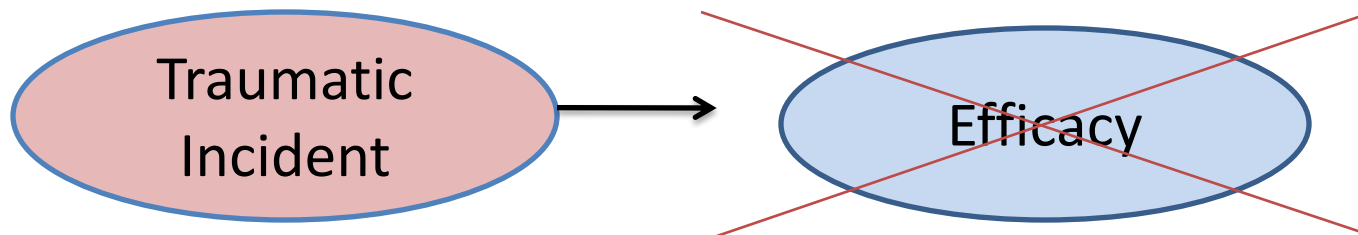
-- Reversing the “shattered worldview.”



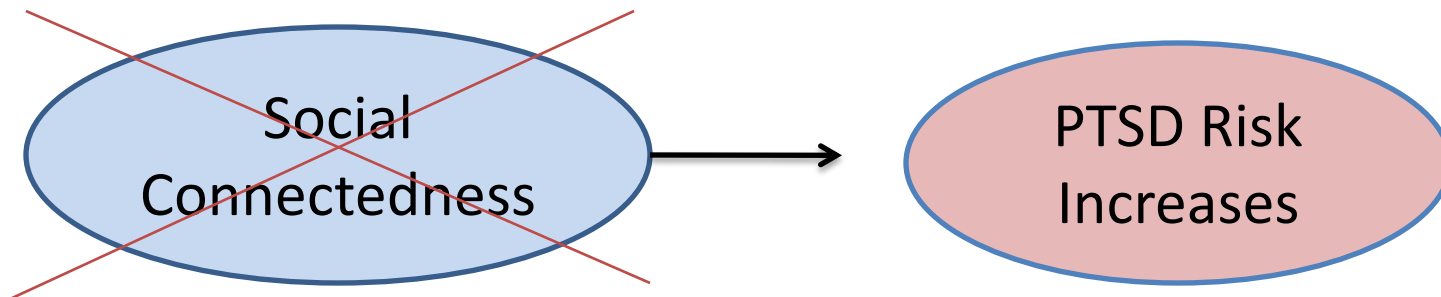
(Norris and Stevens 2007)



-- Research Topic 1: Examine differences in media coverage across several university incidents and their impacts in terms of perceptions of safety and by extension PTSD et al.



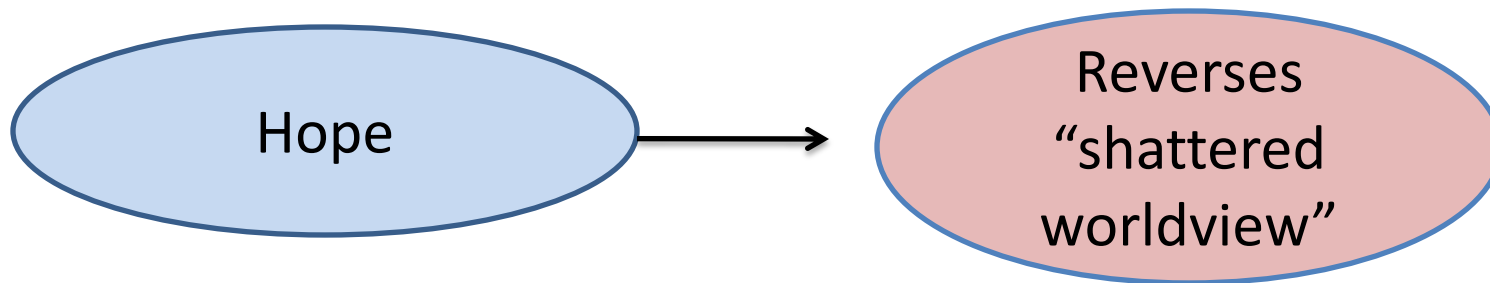
- Trauma causes people to lose their sense of competency in facing and handling crisis.
- Tools for promoting efficacy post crisis – e.g., cognitive behavior therapy (CBT).
- People must feel they have the ability to be efficacious.
- Research Topic 2: Examine student perceptions of self-efficacy.



-- Absence of social connectedness increases risk for onset of PTSD.

-- Greater social support = greater emotional well being following a critical incident.

-- Research Topic 3: Examine university-based social support “mechanisms”; Examine the “loved ones” link.



- Renewed optimism.
- Renewed focus on future planning.
- Need for trauma victims to “get their lives back in place” (Norris and Stevens 2007).
- Research Topic 4: Examine different university approaches to getting students lives “back in place” and identify best practices.