

Stress,  
Fatigue,  
Anxious,  
Overwhelmed

## POST EMERGENCY MEASURES

Once the current emergency measures come to an end, you may wish to seek further psychological input. Such support can be accessed through the usual NHS channels via your GP and/or occupational health services.

## HOW WILL THIS HELP BE DELIVERED?

Due to social distancing, the Brief Trauma First Aid Sessions will be offered on-line via ZOOM or other appropriate platforms.

## HOW DO I ACCESS THIS HELP?

Following initial point of contact (see below), a therapist will then contact you to arrange an appointment

**Fiona MacAulay**

**Initial Point of Contact**


**Tel: 07784792661**

**Email:**


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Nightmares,  
Insomnia,  
Intrusive images,  
Flashbacks,



Irritable,  
Angry/losing temper,  
Intrusive thoughts,  
On edge/nervous,



Sad/depressed  
Crying,  
Hypervigilant,  
Feeling helpless/  
hopeless



## PSYCHOLOGICAL TRAUMA FIRST AID

**A booklet for NHS  
and Social Care Staff  
suffering Trauma as  
a result of providing  
Covid-19 care**

**Highland Trauma Services**

Services offered by an Independent Practitioner Group of Mental  
Health Trauma Professionals



## WHO ARE WE?

We are a group of seven fully qualified and experienced trauma mental health specialists from various mental health backgrounds. We are all qualified in Eye Movement Desensitisation and Reprocessing (EMDR) Therapy, and Brief Trauma Interventions. We have separate private practices and between us deliver a range of emotional health and wellbeing services to children and adults across the Highlands & Islands. Our clients come from a variety of occupations: NHS personnel, ambulance and paramedics, police, as well as the lay public.

We have come together as a group of independent practitioners to offer our services and expertise, some of which maybe available pro bono to our much valued and respected NHS and social care colleagues working on the front line during these unprecedented times. We each work within our respective codes of practice and professional standards, including EMDR UK, to ensure we offer services that are safe, confidential and of a high quality underpinned by the appropriate training, support, and supervision.

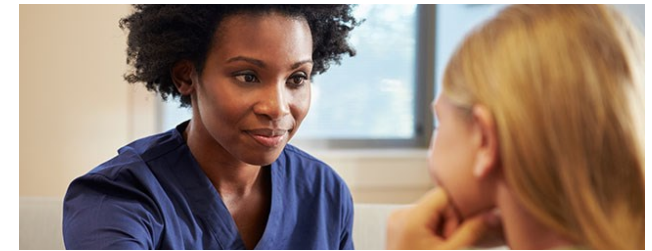
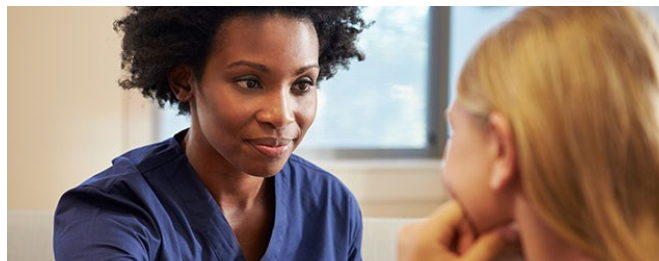
## WHAT WE ARE OFFERING?

Brief Trauma Interventions comprise of a number of valued and effective approaches used to reduce or ameliorate the emotional distress associated with recent upsetting and traumatic experiences. We are offering:

- On-line group work (maximum of 8 staff) or 1:1 session, to teach self-help stress management strategies, Emotional Freedom Technique (EFT), to help manage some of the symptoms of high anxiety.
- 1:1 on-line sessions comprising specialist brief trauma interventions, for NHS and social care staff. This will comprise a once only brief trauma session lasting approximately 50 minutes,
- In certain cases, it may be appropriate to offer 3-4 sessions of EMDR Recent Trauma Event Protocol (R-TEP) - this may incur a charge.

Due to the anticipated high volume of requests, these are the only interventions that we can offer during the current emergency.

**NB these specialist brief trauma (evidence-based) approaches are all effective for recent trauma experiences, and are endorsed by EMDR UK**



## WILL THIS BE HELPFUL FOR ME?

Experiencing a deeply distressing event can trigger post-traumatic stress. This can manifest as feelings of helplessness, having intrusive thoughts and images, nightmares, experiencing changes in mood, feeling anxious and/or confused, having sleepless nights, feelings of overwhelming sadness, and/or anger.

If you have had difficult or upsetting experiences as a result of your work treating and supporting people with Covid-19 and have experienced any psychological distress as a result of this, then brief trauma intervention can be helpful. The evidence tells us that if we intervene early, it can help us process emotional distress, and prevent it from getting worse.

Of course, people react quite differently to events, and for some people feelings may go away by themselves or with a brief intervention such as being offered here. For others, however, the feelings may be so overwhelming that they may need more intensive help straightaway. In this case, it would be necessary to access the more intensive help and support that is on offer from other services. These can be accessed through your GP and/or Occupational Health.