

“PTEC enables us to
acknowledge our more
difficult policing experiences
are both real and shared”

(Dr Jessica Miller,
Director of Research, Police Care UK)



PTEC tools



PTEC Matrix

POLICE TRAUMATIC EVENTS CHECKLIST		A	B	C	D	E	COVID19	A	A
This matrix shows the most common 'worst' experiences described in UK policing. It also offers situational factors at the time that can exacerbate any event.		Gruesome scenes (eg disrupted bodies, gory injuries)	Organisation pressure (eg resources, bullying, being investigated)	Cumulative exposure (eg a build up of smaller traumas)	Being a first person on scene	Personal resonance (eg victim was known, it was a birthday, etc)	Victim vulnerability (eg elderly, deprivation)	OTHER (please describe)	None
1	Incidents involving children (eg fatalities, abuse or exploitation)								
2	Sudden or unnatural death (eg murder, suicide or hanging)								
3	Road traffic collision or rail incident								
4	Dead bodies (seeing or working with one or several)								
5	Serious injury / physical assault to yourself								
6	Major incident (eg terrorism or transport disasters)								
7	Supporting families (eg death messages, family liaison)								
8	Incidents involving weapons (eg knives, firearms, taser)								
9	Vicarious or secondary trauma (eg calls, files, images, audio, BWV)								
10	Incidents involving fire or explosions								
COVID19	Exposure to toxic or infectious hazards								
	OTHER (Please describe)								



How to use PTEC

Police Traumatic Events Checklist

HOW TO USE PTEC 2023



by Jessica Miller, Mary Elliott-Davies



Risk Assessment



PTEC Risk Assessment

Risks of not using PTEC

www.policecare.org.uk

KEY		
A	B	C
Risk Level 1-25	Impact Score 1-5	Likelihood Score 1-5
1-5 = Low	1 = No impact	1 = Not at all likely
6-10 = Low/medium	3 = Moderate impact	3 = Neither likely or not likely
16-20 = Medium/high	5 = Significant impact	5 = Certain
21-25 = High		

Ref	General description of the risk of not launching PTEC	A	B	C	Risk Score	Guidance
1	Individual: Officers become aware of PTEC, and feel deprived of it (moral injury)	Low/Medium	3	3	9	PTEC is already available in the academic material and interest in new trauma tools can grow and ease expectations. Early communications on forces interest in PTEC is advised internally from May 2023 when PTEC will be more widely known.
2	Individual: Officers become aware of PTEC and use it without guidance or support	Low/Medium	3	3	9	While PTEC is a wellbeing tool, it is advisable to make guidance readily available with links to further support included clearly on the tool.





 **PTEC for wellbeing leads**


[Read More →](#)

 **PTEC for TRiM**

[Read More →](#)

 **PTEC for Trauma Triage**

[Read More →](#)

 **PTEC for supervisors**

[Read More →](#)

 **PTEC for recruitment**

[Read More →](#)

 **PTEC for peer support**

[Read More →](#)

 **PTEC for leaders**

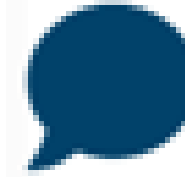
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 **PTEC for individuals**

[Read More →](#)

 **PTEC for force systems**

[Read More →](#)



How to use PTEC

- **Why this Guidance**
- Practical examples
- Quotes from users
- FAQs
- ‘What next’ suggestions



THE CONVERSATION STARTER FOR INDIVIDUALS, TEAMS, PEER SUPPORT

The fact that over 18000 officers and staff took the opportunity to address trauma in an anonymous online survey in 2019 (7000 in great detail) is perhaps evidence in itself that trauma exposure in policing is something that deserves attention. Yet this doesn't mean that trauma is easy to talk about.





How to use
PTEC

Police
Care^{UK}

THE TECHNICAL TOOL

DIGITISING FOR PROACTIVE MONITORING



PTEC is a versatile tool which can be digitised using survey software as well as some existing force systems.

Police
Care^{UK}



THE LOG DATES, NUMBERS OR NAMES

PTEC is a simple, flexible tool that can be used in pragmatic and dynamic ways. It can monitor exposures from which there has been a negative impact as well as exposures to which there has been a resilient response. It can be used manually or digitally by individuals, teams and managers to monitor wellbeing.

X Example of a major fatal incident with personal resonance (eg a birthday).

31 Example of recording an individual's experience over a year using dates

IIII Example of creating a tally of exposures for an individual/team/role

JL AM SM Example of inserting initials to explore team experiences of a single incident



UNDERSTANDING EXPERIENCES INVESTIGATING THEMES AND PATTERNS



PTEC can also be used as a reflective tool to work through why some incidents may have impact on some days (or people) more than others.



Risk Assessment

- Already out there
 - Not having guidance
 - Need for systemic support
- Individuals: the smallest step

Police Care UK PTEC Risk Assessment
Risks of using PTEC
www.policecare.org.uk

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Ref	General description of launching PTEC
1a	Individuals: Being intrigued & being overwhelmed.
b	Individuals: Using PTEC raise difficult feelings or emotions individual completing the tool
c	Individuals: Sharing without guidance.
d	Individuals: Not knowing if they need help or not, and where it from.
e	Individuals: Individuals being reously/unnecessarily identified by their managers (or others) needing help or support.
f	Individuals: Individuals wary of being supported in using PTEC
2a	Forces: Revealing a (previous) hidden PTSD prevalence.
b	Forces: increased OH and EA referrals
c	Forces: misuse of PTEC raise sickness levels and early retirement claims

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PTEC Case Studies



Case Study:
PTEC for forces
deciding how to
use PTEC



Case Study:
Supporting
wellness and
trauma
exposure with
PTEC



Case Study:
Using PTEC to
manage trauma
exposure in
teams

The cover features the Police CareUK logo in the top right corner. The title 'Police Traumatic Events Checklist (PTEC)' is prominently displayed in white text on a dark blue background. Below the title, it reads 'CASE STUDY: For forces deciding how to use PTEC'. At the bottom left is the Police Federation logo, and at the bottom right is the author's name 'By Dr Jessica Miller'. The bottom image shows a close-up of a police officer's uniform, including a peaked cap and a checkered collar.

The cover features the Police CareUK logo in the top right corner. The title 'Police Traumatic Events Checklist (PTEC)' is prominently displayed in white text on a dark blue background. Below the title, it reads 'CASE STUDY: Supporting Wellness and Trauma Exposure with PTEC'. At the bottom left is the Police Federation logo, and at the bottom right is the author's name 'By Dr Jessica Miller'. The bottom image shows a collage including a police officer's helmet, a person's face, and the SURFWELL logo.

The cover features the Police CareUK logo in the top right corner. The title 'Police Traumatic Events Checklist (PTEC)' is prominently displayed in white text on a dark blue background. Below the title, it reads 'CASE STUDY: Using PTEC to manage trauma exposure in teams'. At the bottom left is the Police Federation logo, and at the bottom right is the author's name 'By Dr Jessica Miller'. The bottom image shows a group of police officers in full uniform standing in a line.



PTEC for individuals

"Glancing at PTEC, I soon realised all these years later why I found that incident so tough - it's like I've given myself permission to move on"

TRIM PRACTITIONER AND PEER SUPPORTER

- MONITORING YOUR TRAUMA EXPOSURE AT WORK
- IDENTIFYING EVENTS THAT STAND OUT SO YOU CAN SEEK HELP
- RECOGNISING FACTORS OF WHAT MAKES SOME SITUATIONS HARDER OR EASIER
- STARTING CONVERSATIONS WITH YOUR LINE MANAGER, PEER OR THERAPIST




PTEC for supervisors

"[My manager] wants me to be OK, but he can't deal with me *not being OK*"

FORMER COMMS OPERATOR, NOW WELLBEING COORDINATOR

PTEC eases the pressure of feeling the need to be a therapist as well as a good manager. It encourages a shared responsibility between officer and manager to manage trauma.

- PTEC helps identify areas of individuals' **resilience as well as vulnerability**, identifying those who might need support, as well as those who may be able to support others
- Regularly using PTEC in teams enables managers to work with the reality that an event might be traumatic for someone on **one day**, and not all on another day
- PTEC enables managers to be more diligent about the **situational factors** of an event that might otherwise go unnoticed (eg victims resembling a loved one)
- Applying PTEC might open **new opportunities** for handovers, job allocation, sickness monitoring, Occupational Health referrals, and even team building.



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PTEC

Police Traumatic Events Checklist

This matters

“Dr Jessica Miller, Director of Research at Police Care UK and Research Associate and Principal Investigator at the University of Cambridge Trauma Resilience in UK Policing project. Her research has found that over 90% police officers (in a national context) report being exposed to traumatic events (when a traumatic event is defined as “an extremely threatening or horrific event or series of events”) (Brewin et al., 2020).

In another piece of research⁸-1,153 officers were asked to identify the experiences that troubled or troubles them most and to give a brief description of this. Researchers then coded these experiences for frequency of mentions. The most frequently mentioned traumatic events were those involving children, road traffic accidents, murders, suicides and dead bodies. She also identified **situational contexts** that can exacerbate these incidents:

- Gruesome experiences such as disrupted bodies, gory injuries, horror
- Organisational pressure including lacking resources, support, being under investigation
- Cumulative exposure to trauma
- Personal resonance (such as when a victim resembles someone or is known)
- Being first on scene

THE POLICING MIND

DEVELOPING TRAUMA RESILIENCE
FOR A NEW ERA

JESSICA K. MILLER



