

Police Traumatic Events Checklist

A GUIDE FOR LEADERS
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WHY THIS GUIDANCE?

Be it a mere conversation starter or a new means of monitoring trauma exposure across the organisation, PTEC brings opportunities for change.

It can empower individuals to self reflect on the common ground of their most vulnerable and resilient moments in a fresh and honest way.

PTEC may also bring new organisational insight into the reality of trauma load and the risks to psychological resilience that come with specific roles.

"PTEC brings people together from all ranks and roles to take stock and say, 'This is what we do'.

CHIEF INSPECTOR, FIREARMS

PTEC IN PRACTICE

Trauma impact is mitigated by leadership, peer support and reflective practice.

PTEC can help forces improve on each of these critical factors.

Leaders can communicate in new ways with PTEC, challenging stigma by developing a common language around everyday exposure and our responses to it. Leaders can encourage the force's use of technology and human resources to accept trauma exposure as business-as-usual and reduce its hidden fiscal and humane cost. PTEC can enhance the impact of Peer Support by enabling early conversations, connecting those who might benefit from a simple chat with each other or from being reminded of all there is already in place through wellbeing interventions.

PTEC can also inspire confidence in individuals to take time to acknowledge their experiences, priming them for early help-seeking if needed, and encouraging them to understand their own latent resilience and that of those around them.

"If First Aid training grew out of the Stephen Lawrence enquiry. Could trauma monitoring follow the 1 in 5 with PTSD revelation?"

EX NEGOTIATOR AND TRAUMA TRAINER

"Not another intervention or tool!"

Keep it simple: what is the smallest change you can make with PTEC today?

PTEC allows forces to take a step back from fighting trauma exposure by accepting it.

"What if PTEC opens the floodgates?"

PTEC is designed to empower individuals to build natural peer support or access help quickly in an informed way to improve treatment outcomes.

PTEC does not indicate trauma impact or PTSD any more than it does trauma *resilience*. Long-term, the expectation is that PTEC will reduce pressure on force wellbeing resources.

"The high risk roles still have to be done, with or without PTEC"

They do. By openly acknowledging trauma exposure in policing, leaders demonstrate they are switched on enough and care enough to do what needs to be done to manage it well.

WHAT NEXT FOR YOUR LEADERSHIP? What message can you give with PTEC?

Can you use PTEC to normalise (not medicalise) natural responses to common trauma?

How can your line managers and your technology help embed PTEC into BAU?