

Police Traumatic Events Checklist

A GUIDE FOR PEER SUPPORT
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WHY THIS GUIDANCE

The support of peers is recognised as one of the most effective protective factors against the impact of trauma in high risk and front line work.

With fewer opportunities to find those natural moments to have a cuppa mid-shift or an informal "what did you think of that, then?!" after an intense day, structuring peer support has perhaps never been so important. However, even with well-run peer support programmes, making the most of the time peers have to engage can be a challenge. PTEC can help maximise peer support by offering a visual guide to conversations so that officers and staff can explore their experiences safely and in a timely way.

Peer Support is where PTEC can bring common ground to life.

"You can't beat the lived experience of a cop"

TRIM TRAINER AND SUPERVISOR

PTEC IN PRACTICE

- Using PTEC is a practical way of giving peers permission to explore trauma impact without resorting to a sense of being alone if they have been negatively affected.
- Using PTEC with each other is like having a friendly objective eye on experiences, helping us identify personal factors that might make incidents harder or easier.
- PTEC can reveal common underlying themes peers have when dealing with trauma exposure, enriching peer support and even professional development.
- PTEC can be used within teams to explore difference in reactions to shared events.
- PTEC can direct peer support to situational factors other than the event itself, which may require more focussed attention to improve trauma resilience than individuals might have acknowledged on their own. Examples include: working conditions, how to balance home and personal life, the impact of Covid, experiences of officer suicide, of bullying or of financial or health worries.
- PTEC can help shed light on individuals' states of mind that might be less about a specific incident or exposure, but more about other dynamics at the time.

"Small kindnesses go a long way for many officers and staff"

POLICE TRAUMA RESEARCHER

PROTECTING PEERS WITH PTEC

Peer Support aims to offer a reliable, steady environment where individuals can trust that others have shared intentions for wanting themselves and peers to be well.

PTEC can really bring out the care peers have over others' wellbeing in a force.

Using PTEC in a Peer Support environment may help protect officers against a culture of bravado (of playing 'Top Trumps' on trauma exposure). By demonstrating traumatic situations as very common ground, PTEC reminds us of our *resilience* as well as vulnerability- and of the many factors which can influence both on any one day.