

Police Traumatic Events Checklist

A GUIDE FOR TRAUMA TRIAGE
OCC HEALTH/ EAPs/ CHARITIES
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WHY THIS GUIDANCE

Occupational Health, Employee Assistance Programmes and clinical assessment teams increasingly receive referrals related to police trauma.

Practitioners and providers are not always specialists in policing and *how* events can cause distress.

Even for those who are specialists, it is common for officers and staff to present with a multitude of issues that require some 'unpicking' to determine the best course of action.

PTEC offers people responsible for triage fresh clarity on trauma exposure cases, encourages more accurate discussion around the cause(s) of distress, and inspires officers and staff to take more of an active role in the decision-making on their referral for treatment or their signposting for alternative support.

"We're here to keep you at work, not the other way round"

OCC HEALTH LEAD & PSYCHOLOGIST

PTEC IN PRACTICE

After a person has completed PTEC, important issues may arise which may be useful to consider in managing their wellbeing going forward. Such issues might include:

- If there is a specific incident that is unique in its impact
 - and if that incident occurred more than 4 weeks ago, so psychological intervention (such as EMDR) may be appropriate (see NICE guidelines on PTSD)
 - or if further watching and waiting is the most sensible course of action
- If there were situational factors that could require other forms of support (such as financial, relationship or bereavement advice)
- If there are multiple incidents that are indistinguishable which may require other trauma-focussed therapies
- If cumulative trauma exposure is presenting difficulties requiring more intensive psychotherapy (such as that to treat Complex PTSD)
 - and if that cumulative load may be addressed managerially by the force
- If there are organisational factors compromising trauma resilience that might be addressed by signposting to other initiatives or processes in force.

POSSIBLE FUTURE BENEFITS OF PTEC

Successful treatment outcomes can depend heavily on a therapist's ability to identify patterns of trauma themes, triggers and contexts- PTEC may help clarify these.

PTEC may encourage early conversations to trigger earlier help-seeking and referrals to those best placed to deal with the type of trauma officers and staff are presenting.

PTEC may help prevent unnecessary medicalisation of trauma exposure and encourages individuals, managers and teams to be more proactive in prevention.