Police Traumatic Events Checklist

A GUIDE FOR USE WITH TRIM 2023

Police CareUK

POLICE Federation

by Jessica Miller, Mary Elliott-Davies

WHY THIS GUIDANCE

Trauma Risk Management (TRiM) offers a supportive environment for those who have experienced a potentially traumatic incident to acknowledge and gain some clarity on what happened and to understand the implications it may have on wellbeing.
PTEC is a visual tool which can contribute to the well-structured conversations of TRiM, without disrupting the natural psychological processing of events.

"PTEC can be another good way to start initial conversations in TRiM"

TRIM TRAINER

FORCES WORKING WITH TRIM

Many forces have a flourishing TRiM programme being delivered with the support of expert trainers and developed in house with ongoing Continued Professional Development for their practitioners.
Each force may have their own TRiM infrastructure of activation, referrals, assessment and monitoring, involving wellbeing teams, Occupational Health, Blue Light Champions and other intermediaries.
How PTEC might contribute to local TRiM procedures, material and systems will no doubt differ from force to force.

Some ideas for how PTEC might dovetail with TRiM are offered below, based on the experiences of forces using both.

PTEC IN PRACTICE

POST-INCIDENT TRiM
PTEC helps officers and staff make links between the event in question and other past events they may have experienced. This often leads to greater clarity about their resiliences as well as their vulnerabilities going forward - as individuals and as a team.

INDIVIDUAL TRiM
PTEC lists events which may not always trigger a TRiM intervention but which may still be personally traumatic. Making PTEC available in force may help develop TRiM practitioners' reach to individuals needing one-to-one support.

TRiM PERSPECTIVE
PTEC offers a visual correlation between events and the *situational contexts* in which they arise, making it easier for TRiM users to identify what else an individual or force needs to make sense of in order to progress from the incident.

"It's not always about what they *saw* – it's whatever else was going on"

FORCE SENIOR PSYCHOLOGIST

Police Care UK

POLICE Federation

A GUIDE FOR USE WITH TRIM