

# Police Traumatic Events Checklist

A GUIDE FOR WELLBEING LEADS  
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# WHY THIS GUIDANCE

Wellbeing in policing comprises many things about being in the police and about being human: physical health, mental health, relationships, working conditions and our sense of who we are in the world.

The 2020s has seen an increase in awareness that trauma exposure can have profound effects on mental ill-health as well as resilience. Understanding the extent to which trauma exposure features in the wellbeing of officers and staff is vital for supporting frontline work. PTEC is a tool which can add clarity on the whole picture of a person's experience, current circumstances and even past events which may all effect their response to a difficult job at work. In doing so, PTEC can facilitate more informed referrals and support wider professional development in force.

"Which drop of rain gets you wet?"

WELLBEING TRAINER, TRIM PRACTITIONER AND PEER SUPPORTER

## PTEC IN PRACTICE

PTEC is a visual tool for wellbeing leads to use with officers and staff who present with issues relating to trauma exposure at work. It can be used in wellbeing provision to:

- Start a conversation about recent experiences with officers who find it difficult to articulate what has happened or who aren't used to talking about vulnerability
- Distinguish between whether an event itself needs addressing or whether what was happening *around the event* was more the cause of distress
- Identify if there are *single* events which individuals could do with professional support processing or whether their unease is the result of *cumulative* exposure
- Understand the dynamic between working conditions within force and home (or earlier) life which may influence trauma resilience but require different attention
- Reveal where individuals are building up trauma resilience and how their wellbeing may be enhanced by refining their skills of dealing with certain jobs
- Share experiences of resilience and vulnerability for wider peer support
- Provide some objectivity to common experiences that can feel intensely personal

"Sometimes seeing something as being obviously difficult is all we really need. It's that validation we don't often get"

POLICE CONSTABLE AND WELLBEING CHAMPION

## THINGS TO REMEMBER

PTEC is a tool to help offer wellbeing advice to individuals and is not an end in itself. Provision in force needs to be well signposted to complement the application of PTEC. PTEC raising trauma awareness does not mean an inevitable rise in wellbeing demand. PTEC can help individuals understand themselves better to direct themselves to better self care, taking up opportunities for peer support, opening up conversations with loved ones, and referring themselves to interventions already in place in force. PTEC may facilitate earlier help-seeking and increase a shared sense of wellbeing in force simply by recognising trauma exposure as a common reality of the job.