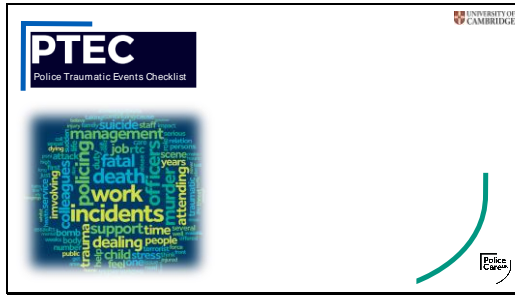


Slide 1

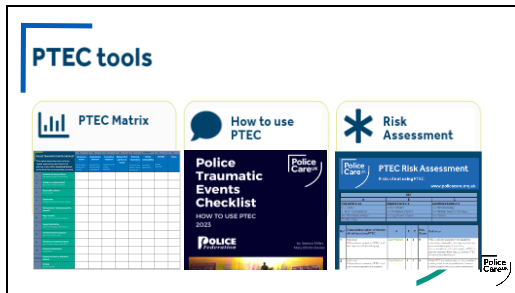


Slide 2



This is a simple summary of the value of PTEC in policing. There are many different ways to use PTEC as individuals, teams and whole organisations. Nonetheless, it will always come down to acknowledging the reality of the job.

Slide 3



The Police Traumatic Events Checklist isn't just a list. It comes in a package of useful materials to help individuals, teams and whole forces decide how they want to use it. The list actually sits within a matrix and is in grid format. It comes with a How to Use PTEC Guide which explains all the practical ways in which the matrix can be completed (such as a tally, or a visual aid or a digital resource). The matrix and guide comes with two Risk Assessments : one to help force decision-makers weigh up the pros and cons of using it, and one to weight up the pros and cons of not using it.

These Risk Assessments help to show why the College of Policing intend to refer to PTEC in their forthcoming APP on wellbeing for 2024: the benefits and opportunities are very clear.

Slide 4

Police Traumatic Events Checklist	Location	Time of day	Weather	Visibility	Road conditions	Traffic volume	Proximity to other vehicles or pedestrians
1. Involvement in a road traffic collision							
2. Assault							
3. Road traffic collision							
4. Assault							
5. Involvement in a road traffic collision							
6. Assault							
7. Assault							
8. Assault							
9. Assault							
10. Assault							

This is the matrix

You will see that the checklist of police traumatic events runs down the first column on the right. These are the top ten most common 'worst' reported incidents experienced in UK policing represented by 1531 descriptions of trauma, over 4564 reference points to traumatic components of incidents, taken from a sample of over 18 000 serving police and staff (from the Policing: The Job & The Life survey 2019 undertaken by The University of Cambridge with Police Care UK). It is important to note that these are listed in order of frequency: the most common first. (They do not differ in severity, they all share the same quality of being officers' and staff's worst ever experiences). The list of incidents represents 75% of UK policing's worst reported experiences (this is a normal distribution and the remaining 25% were so unusual and unique that they didn't fit in to these ten categories- and this reflects well that we can't always put human experience entirely into neat boxes that we can all relate to!) Along the top row are a list of situational factors extracted from

these 1531 descriptions. These are components of experiences that participants wanted to explain were also happening at the time of the incident they found to be their worst. Understanding these conditions (also called 'peritraumatic factors') helps individuals, teams and even whole forces to understand what can lower general resilience during incidents.

About the content

The point of PTEC is to share common ground and so, in a way, the content should not come as a surprise – but many people find it very interesting to see it laid out in front of them, possibly for the first time.

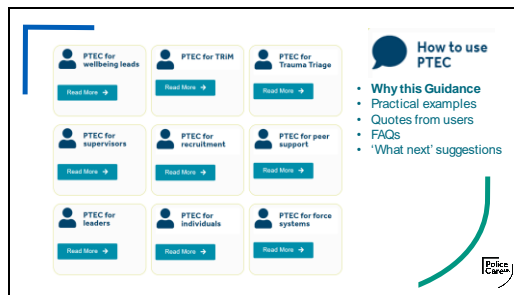
The top incidents described as being the worst are those involving harm to children and sudden or unnatural death. This can be explained by evolution: as a species, we are most wired to protect the young and avoid death if we can. The top situational factor is gruesomeness (which may again be explained by a natural aversion to seeing the human body badly harmed). Interestingly, the second most common condition that likely adds to the traumatic impact of an incident is organizational pressure (such as lack of resources, behavioural issues in the workplace and being under investigation). The 2019 research also showed that there are several conditions in the workplace that can lead to PTSD when combined with trauma exposure. This shows just how critical how we are with each other and how we are managed in each force is for resilience.

A note on Covid

You will see that there is also space made to reflect on the impact of the

pandemic on how trauma exposure is experienced in policing, should that need to be explored for individuals or processes that have been effected.

Slide 5

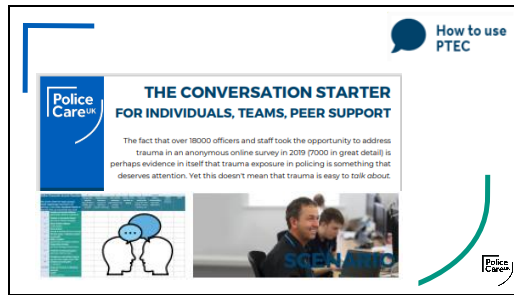


There is a comprehensive series of guidance materials to support its application in wellbeing, TRiM, trauma triage, supervisions, recruitment, peer support, leadership, force systems and of course individuals (for anyone coming across PTEC in policing).

The guidance explains why that area of business might benefit from managing trauma exposure more overtly, practical examples of how that might help, quotes from those who have tried and tested this before, and some frequently asked questions.

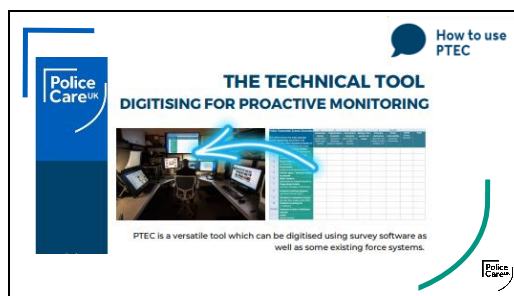
Even by just reading the guidance, you are contributing to systemic change in policing by becoming more trauma-informed and confident in understanding the necessary place that trauma exposure and its management has in everyday life in the job.

Slide 6



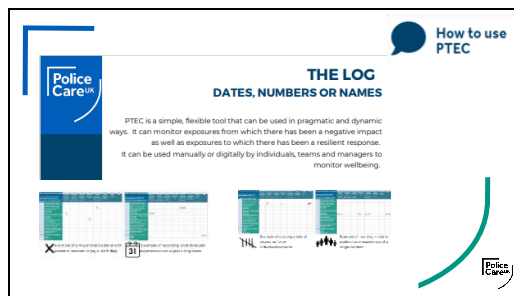
A good way of getting familiar with PTEC is to read the How to Use PTEC Guide and follow the most simple ways in which people can find it useful. Perhaps the most obvious benefit of PTEC is that it eases (once potentially difficult) conversations that would be really good to have to maintain resilience.

Slide 7



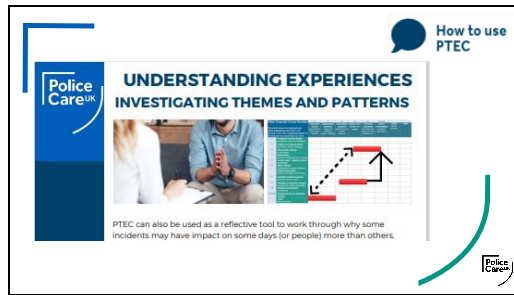
For those who are more technically or process-minded, how PTEC can be digitized or automated is worth looking into. The National Police Wellbeing Service and the NPCC are keen to support several forces tracking trauma exposure using PTEC from 2023. This can be done to monitor exposure, to manage resource allocation and to automate referrals and trigger interventions.

Slide 8



PTEC can also collect data in many different ways: for individuals, managers or whole systems. Each box in the matrix can contain marks, tallies, dates or even IDs (such as collar numbers or anonymized unique identifiers)

Slide 9



For those who wish to use PTEC as a more investigative tool into the nature of trauma exposure and management in individuals, team or whole forces, identifying relationships and patterns between incidents and situational factors can be very helpful.

By doing this, we can better understand our very personal habits of thought, resiliences and vulnerabilities in one moment in time (or over time). We can also understand team vulnerabilities and resiliences based on who has attended what in which circumstances.

What is important to remember when noting patterns of thoughts and behaviour is that patterns will change over time, as the human brain changes and adapts to experience over time.

(This is a good example of a risk factor for using PTEC, which you will find in the Risk Assessments: it is important to respect that what PTEC may help us understand will have a time limit, as resiliences and vulnerabilities in the way we work change over time, and so to regularly check in with patterns to see how they change is really responsible way to use PTEC to manage trauma).

Risk Assessment

- Already out there
- Not having guidance
- Need for systemic support
Individuals: the smallest step

The two Risk Assessments are important for anyone making a decision to use PTEC with anyone other than themselves.

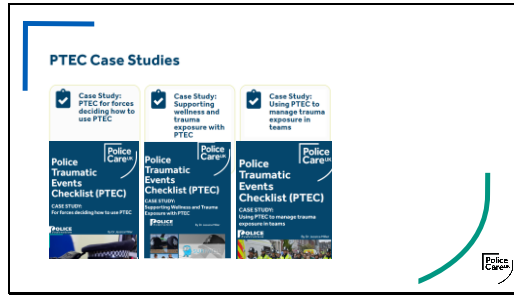
Much work by several forces and a national steering group has gone into identifying and mitigating against all potential risks of using PTEC.

Trauma is, by nature, a high-risk area of work in policing and it is to be expected (and respected) that decision-makers need to take time to work out its most appropriate and valuable application. Much of this thinking has been done for us within the Risk Assessment and yet if there are other risks not outlined, there is space in each template to add your own observations and considerations.

The Risk Assessment for not using PTEC is a vital read. PTEC is already in the public domain and has been since its paper was peer reviewed here: [The development of a UK police traumatic events checklist - JK Miller, CR Brewin, M Soffia, M Elliott-Davies, BJ Burchell, A Peart, 2022 \(sagepub.com\)](#)

With the forthcoming APP from The College of Policing recommending PTEC being imminent for 2024, forces will need good reason not to see any application of PTEC being beneficial.

Slide 11

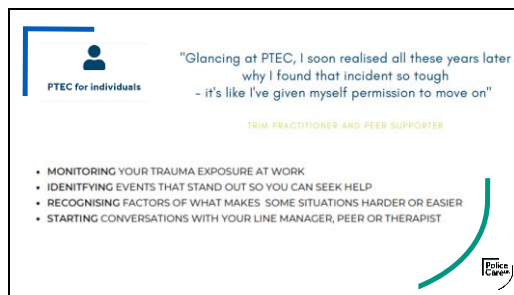


To help forces understand how applying PTEC in force can play out (ie how things are envisioned, how they are engaged with, how they land, and what can be learned along the way), we have produced three case studies from two forces in consultation with the national steering group in 2022 and 2023.

The case studies cover:

- How to assess risk and make decisions within force on PTEC application
- How PTEC can support wellness interventions
- How PTEC can be used with supervisors to manage trauma exposure in small teams

Slide 12



Here is an excerpt from the Guidance for Individuals.

It offers a quote and examples of how each of us might use PTEC to responsibly manage our trauma exposure, our vulnerability and our resilience.

Slide 13

Here is an excerpt from the Guidance for Supervisors (and managers) It offers a quote and examples of how PTEC can be used to tap into teams' resilience as well as vulnerability, how to appreciate how trauma resilience may be tracked over time as it shifts and changes with collective experience, and how to take on board working conditions within the team and managerial responsibilities and opportunities that PTEC may shed light on.

Slide 14

Again, it is important to continually keep in mind the simple value of PTEC, no matter how we choose to use it (or change how we use it over time).

Slide 15

PTEC can help change how police officers and staff experience their wider work. If we can develop a common language in forces, in communities, among decision-making bodies and politicians that reflects the simple reality that the nature of the job is such that sometimes it's going to hurt, we can help manage this in a resilient and pragmatic way. The more we do this, the more we protect each other and maintain our pride and performance in a job like no other.

Slide 16



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For more information visit:
[Police Traumatic Events Checklist \(PTEC\) - Police Care UK](#)

