



East Sussex Healthcare
NHS Trust

Restoring the resilience to Groups of Healthcare staff during the cumulative traumatic experiences of Covid-19

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Lead Trauma Therapist



What we know about an NHS culture?

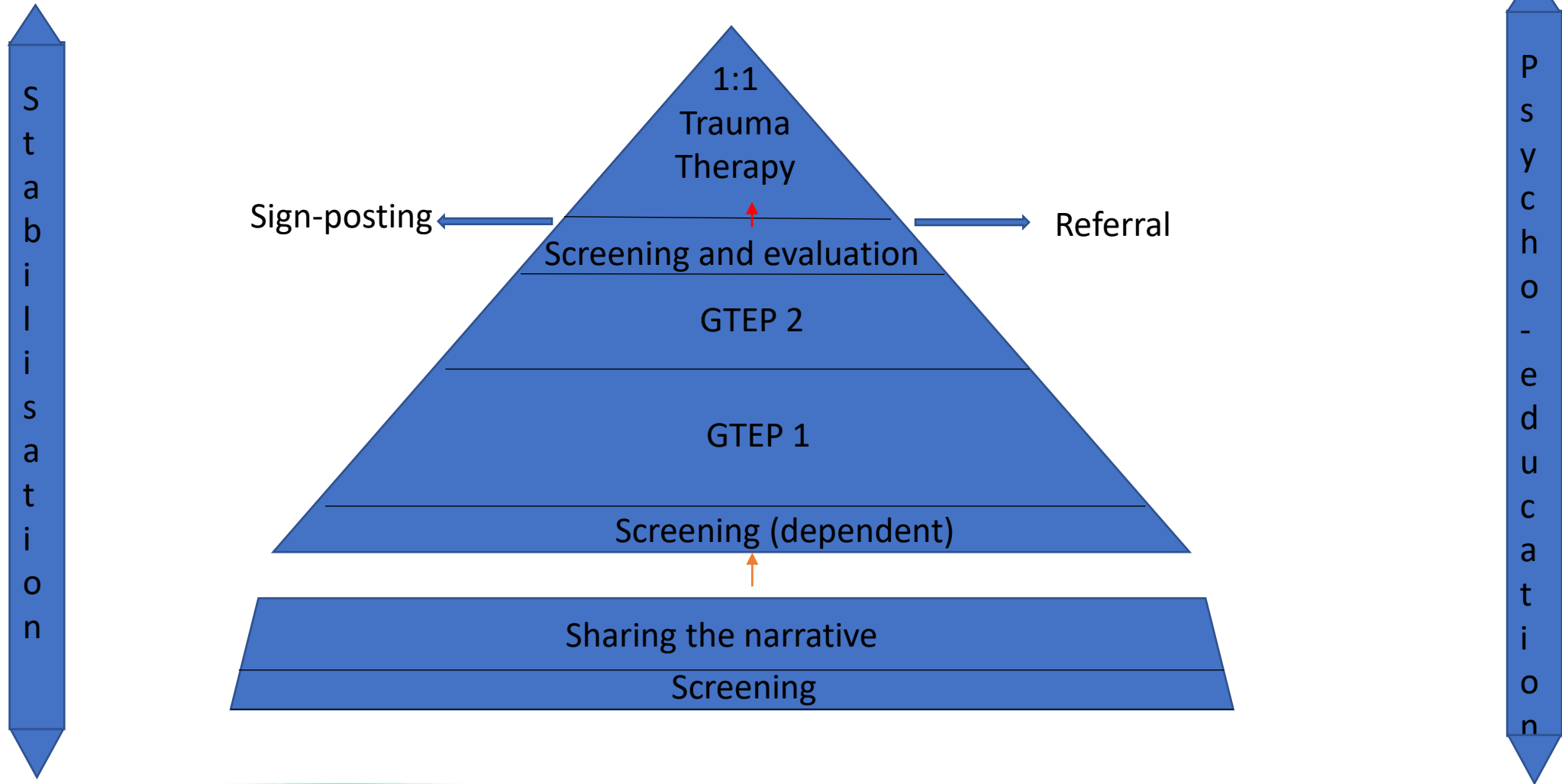
Resilience is perceived as:

- Getting on with it
- Exhaustion and over-working is a 'right of passage'/'badge of honour'
- "I don't do emotions"
- Self-care is a luxury

Vulnerability is perceived as:

- Unsafe
- Unable to do the job
- To be judged
- Seen as a weakness
- Not to be addressed
- A fear of overwhelm & breakdown
- Happens to other people

OH Psychological Support



Name _____



Step 5 DISTANCING DISTURBANCE

Step 3 GOOD MEMORY

Heading.....
..

[0-10] **Step 2 THE BEGINNING OF THE DIFFICULT TIME**

Heading

[0-10] **PoD3**

[0-10] **PoD6**

[0-10] **PoD2**

[0-10] **PoD5**

[0-10] **PoD 1**

[0-10] **PoD4**

Step 4 POSITIVE THOUGHTS

I can cope/ handle I have strengths
 I did what I could I can (learn to) choose how to respond.
 I'm safe (enough) now,
 Other.....

Step 6 OVERALL

Overall level of disturbance [0-10]

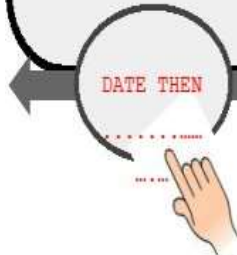
Positive thought that feels most true.....

Step 1 PRESENT SAFETY

Before After

[0-10] Earth - Air - Water - Light [0-10]

SAFE/CALM REMINDER.....



"Tap & follow with your eyes"

WHAT IS STILL DISTURBING NOW FROM THIS DIFFICULT TIME?



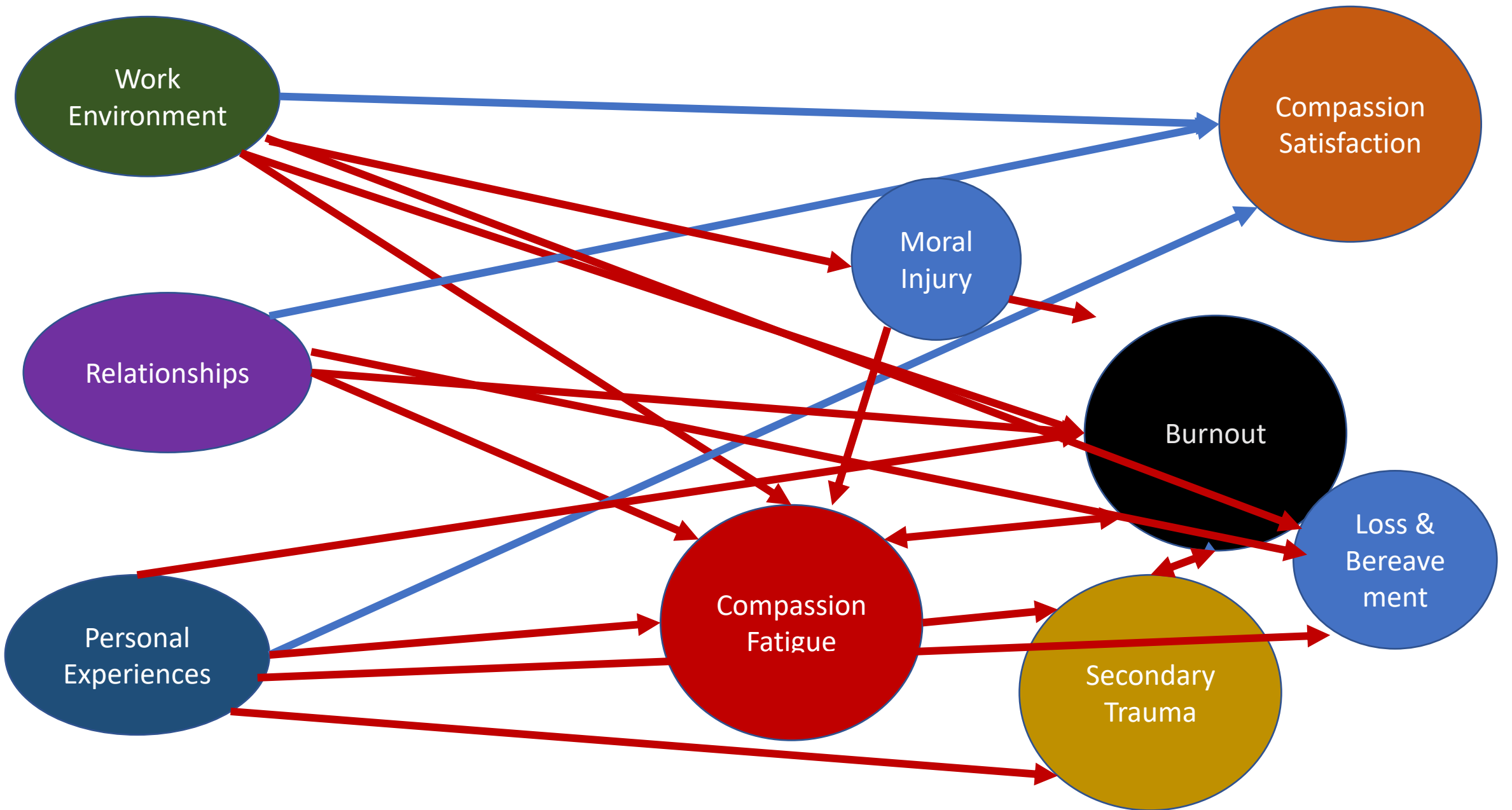
"Tap & follow with your eyes"



Common Themes

- Hopelessness & disempowerment
 - Moral Injury
 - Grief and Loss
 - Internal Isolation
 - Empathic Distress & Secondary Pain
 - Constant change
 - Decision fatigue
 - Lack of Choice
 - Home and work life merged
-
- Anger – self and others
 - Fear
 - Guilt & self blame
 - Shame
 -Redeployed staff





Group Resource Enhancement worksheet (G-REP)

Name

R 2 GOOD MEMORY

Heading.....
.....

R 5 Developing Resilience



R 3 POSITIVE THOUGHTS/ DESIRED FUTURE

- I am not alone.
- I can cope
- I am resilient
- I can do what I can
- Other.....
- I have strengths
- I can choose how to respond.
- I have faith
- I can learn from it

R 6 OVERALL

Episode Positive thought

[1-7]

R 1 SAFE /CALM/SPECIAL PLACE

Before [0-10] Earth -Air - Water - Light after [0-10]

Heading:.....

PQ 2

[1-7]

-
-
-

PQ 1

[1-7]

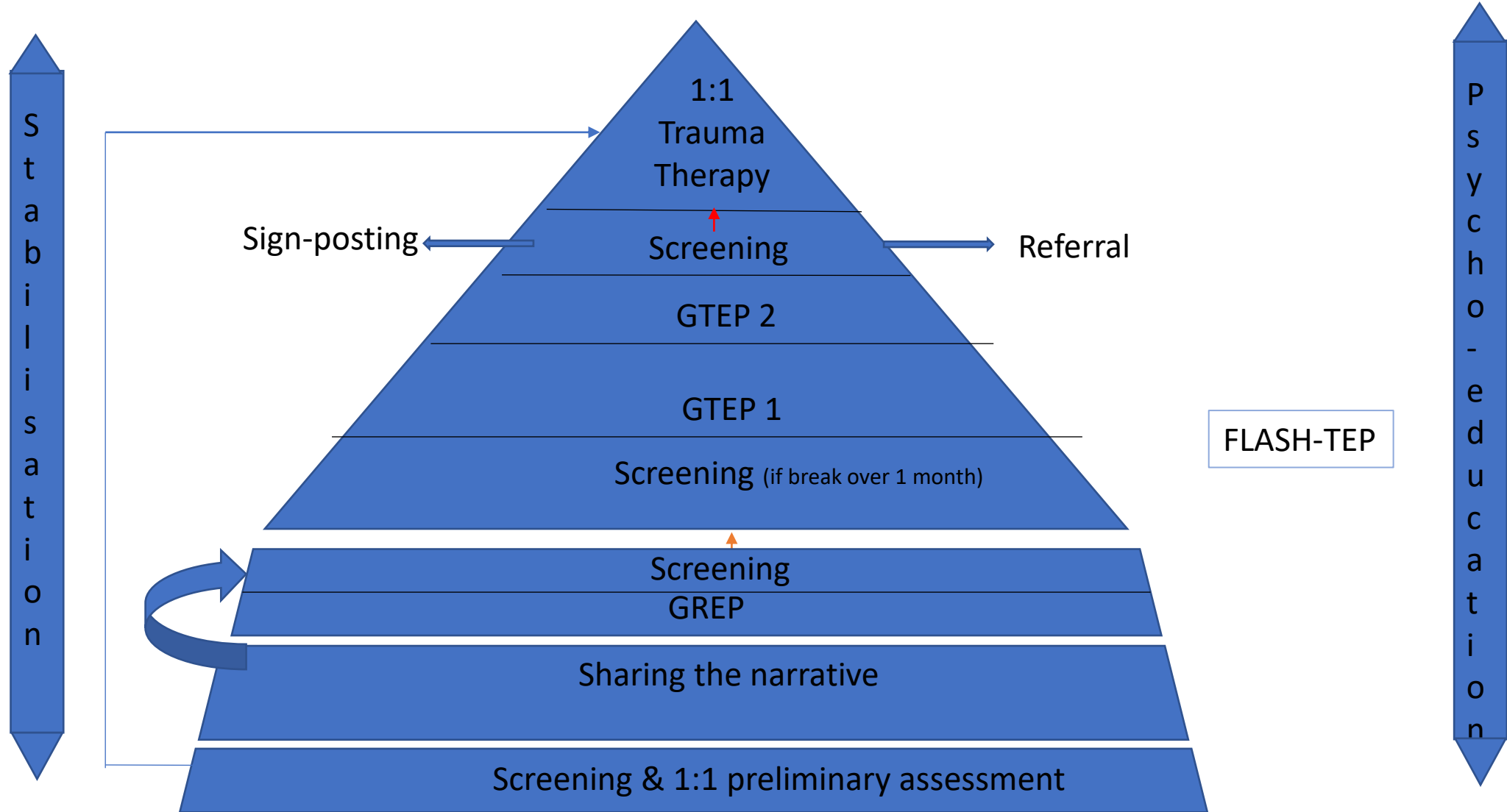
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R 4 List TWO Qualities you need now to help yourself & to help others

LIFE



OH Psychological Support since April 2022



Soft feedback

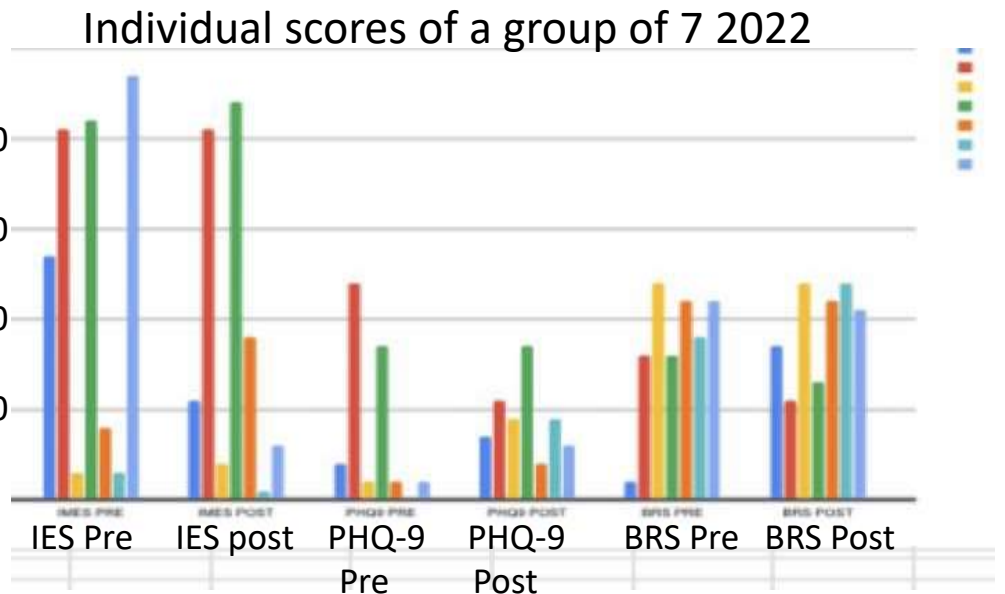
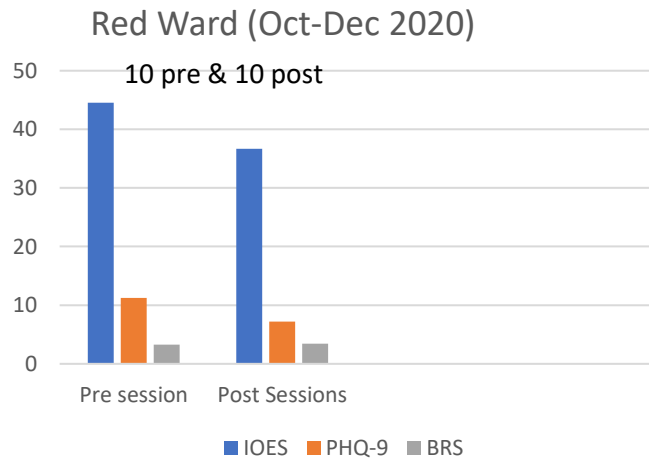
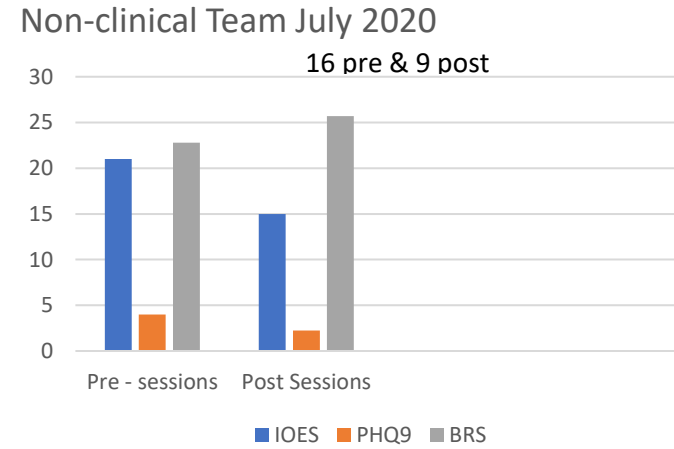
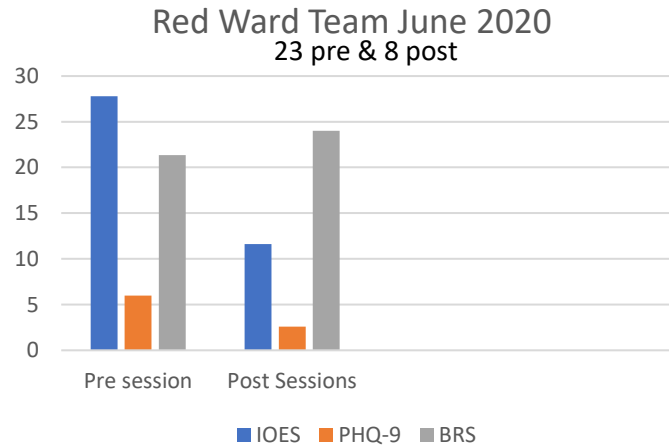


Sample outcomes:

Impact of Events Scale (Trauma impact)

PHQ-9 (Depression)

Brief Resilience Scale (Resilience)



Challenges



Our reflections

Post Traumatic Growth *“The experience of positive change that occurs as a result of the struggle with highly challenging life crises.”*

(Tedeschi & Calhoun, 2004)

