

Life is short.
Try to be happy.

cho

**An Analysis of the Results of
Past Traumatic Stress Events and
the Ensuing Effects of Their
Entry into the Lives of the
Affected Parties with the Hope of
Successful Prevention in the
Present and Future**

If I Can't See the Trauma, Does It Still Hurt

by Dr. David Powers

TANZANIA, 5895M. AMSL.

HIGHEST POINT
WEST FACE - STANDING MOUNTAIN



The world steps aside for the man who knows where he is going.



SINCE
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CARTER ANDRESS

CONTRACTOR COMBATANTS



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I knew better.

We rolled out and on down the highway, passing by the police fort with a six-story guard tower and a few random vehicles in its sand-covered parking lot. Otherwise it appeared empty. Just before we merged with the main highway, I glanced to the left and saw the frame of what looked like a U.S. military Humvee, stripped silver and nearly melted into the tarmac of the highway. I found out later from a former Army Ranger medic who had been at the ambush that the level-six fully armored civilian Hummer had been hit by an RPG. The armor would withstand an RPG but not the windows, and that's where the round hit. This was

probably an armor-piercing, rocket-propelled grenade with a five-pound shaped warhead that shot a molten jet upon impact, burning through the bulletproof glass and scorching all four men—killing two and severely wounding the others. The molten jet's complete force and heat were contained inside the armored Hummer, with the only exit for the explosion the six-inch-wide grenade entry hole.

The partially melted remnant was a security vehicle for the last convoy that had set out to supply the Iraqis fighting in Fallujah. As the convoy of fifteen or so supply trucks—with three contractor security vehicles and their USMC escort—passed by two villages set back about two hundred yards from the road, an insurgent launched an RPG at the lead Hummer. The consequent explosion stopped the convoy, and security dismounted to help the injured. The other vehicles should have kept moving, escaping the kill zone as quickly as possible, because thirty to forty insurgents then opened up on the halted column with automatic rifle fire. An American security company, EODT, had some well-trained ex-military troopers; and they gave as good as they got, if not better. Plenty of targets had been running along the roof line of the villages shooting at the supply trucks; but a marine major who happened to be with the escort unit kept shouting, "Don't shoot! Don't shoot! You might hit civilians!"—as if anyone in the middle of a preplanned ambush was an innocent bystander. What was left of an armored car on the side of the road, destroyed in that ambush, ran the subcontractors off and was the reason why no one was supplying EFIC.

I didn't have time to think about all that, as we zipped along the empty highway, but I knew there had to be a better way. I didn't want to end up like the EODT Hummer.







It affects 13% of police officers



It affects 18% of firefighters



It affects 30% of veterans



It affects ?% of EMS folks



Melbourne Aus
36% of Paramedics suffer
depression

Chicago FD
7 suicides in an 8 month
period

While there are many risk factors for PTSD in the general population, five risk factors specific to EMS workers have been identified by researchers:

- 1) separation or divorce;
- 2) graduation from a rural high school (especially young presenters—those who develop symptoms at age 24 or younger);
- 3) previous EMS experience;
- 4) previous emergency work leading them into EMS; or
- 5) previous war experience.

The numbers only go up for...

The numbers only go up for...

Raped Adults...35%

The numbers only go up for...

Raped Adults...35%

Battered Women...45%

The numbers only go up for...

Raped Adults...35%

Battered Women...45%

Abused Children...50%

What about the cumulative effects?

31.3 Million People



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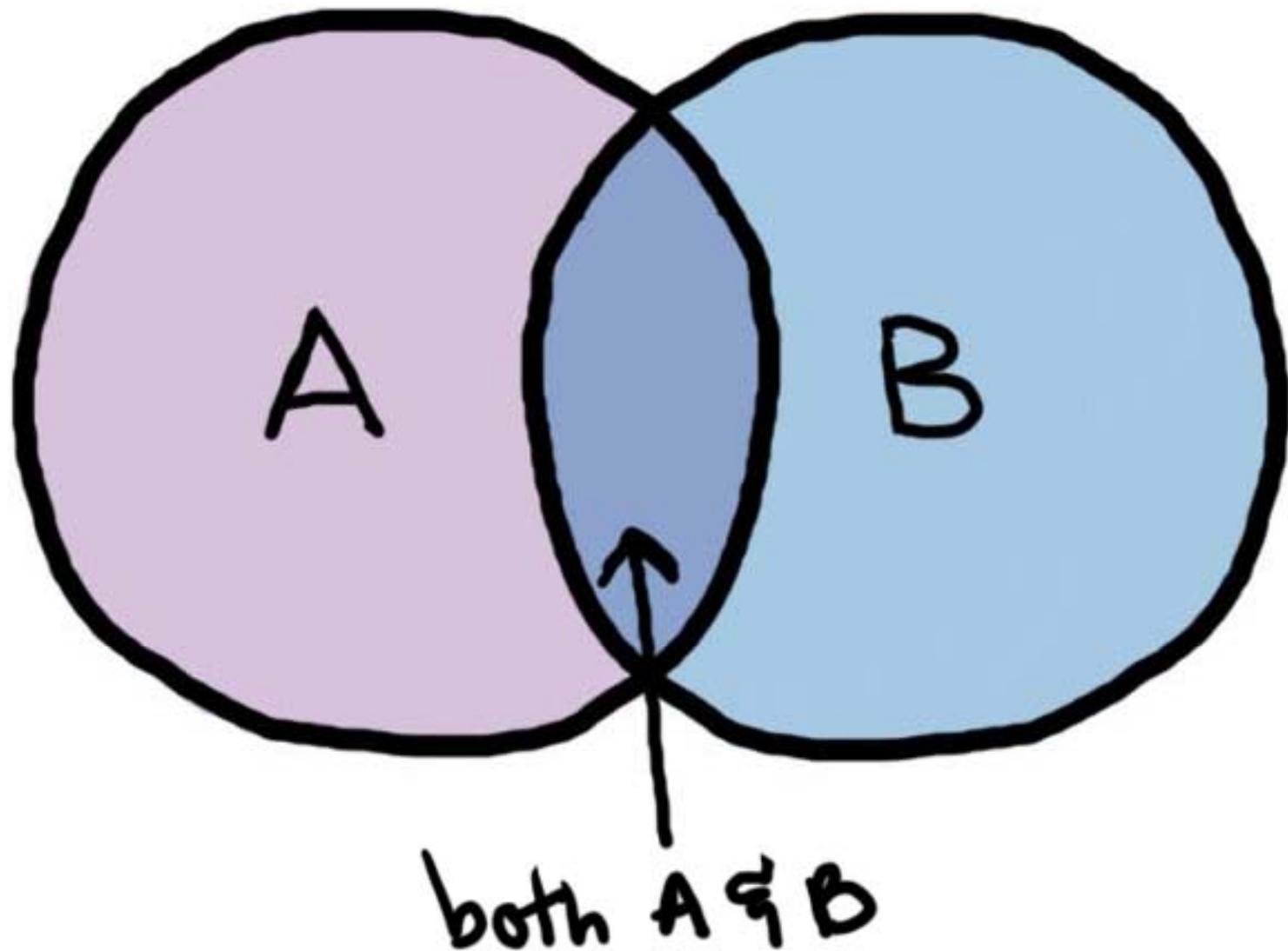
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VENN DIAGRAM!





**SELF-HELP
YOURSELF**

START BUILD

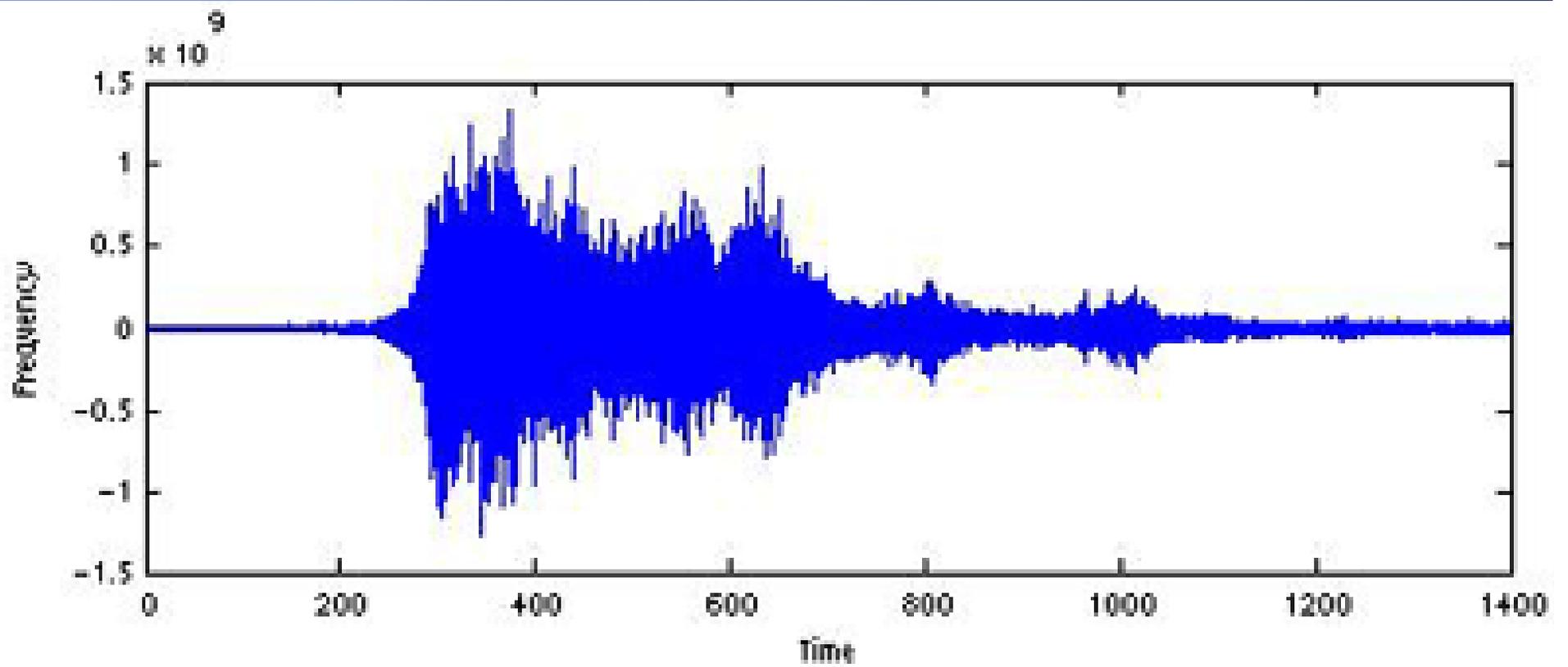
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Symptoms of PTSD⁴

Reliving the Event

- Flashbacks
- Upsetting memories
- Nightmares
- Uncomfortable reactions to similar situations
- Remembering key aspects of the event

Avoidance

- Emotional numbing
- Detached feelings
- Loss of interest in normal activities
- Failure to show moods
- Avoiding locations similar to the event
- Hopelessness

Arousal

- Difficulty concentrating
- Easily startled
- Exaggerated response to being startled
- Hypervigilance
- Irritability
- Difficulty sleeping

**Does this sound like anyone
you know or even...
You?**

















F.R.I.E.N.D.S



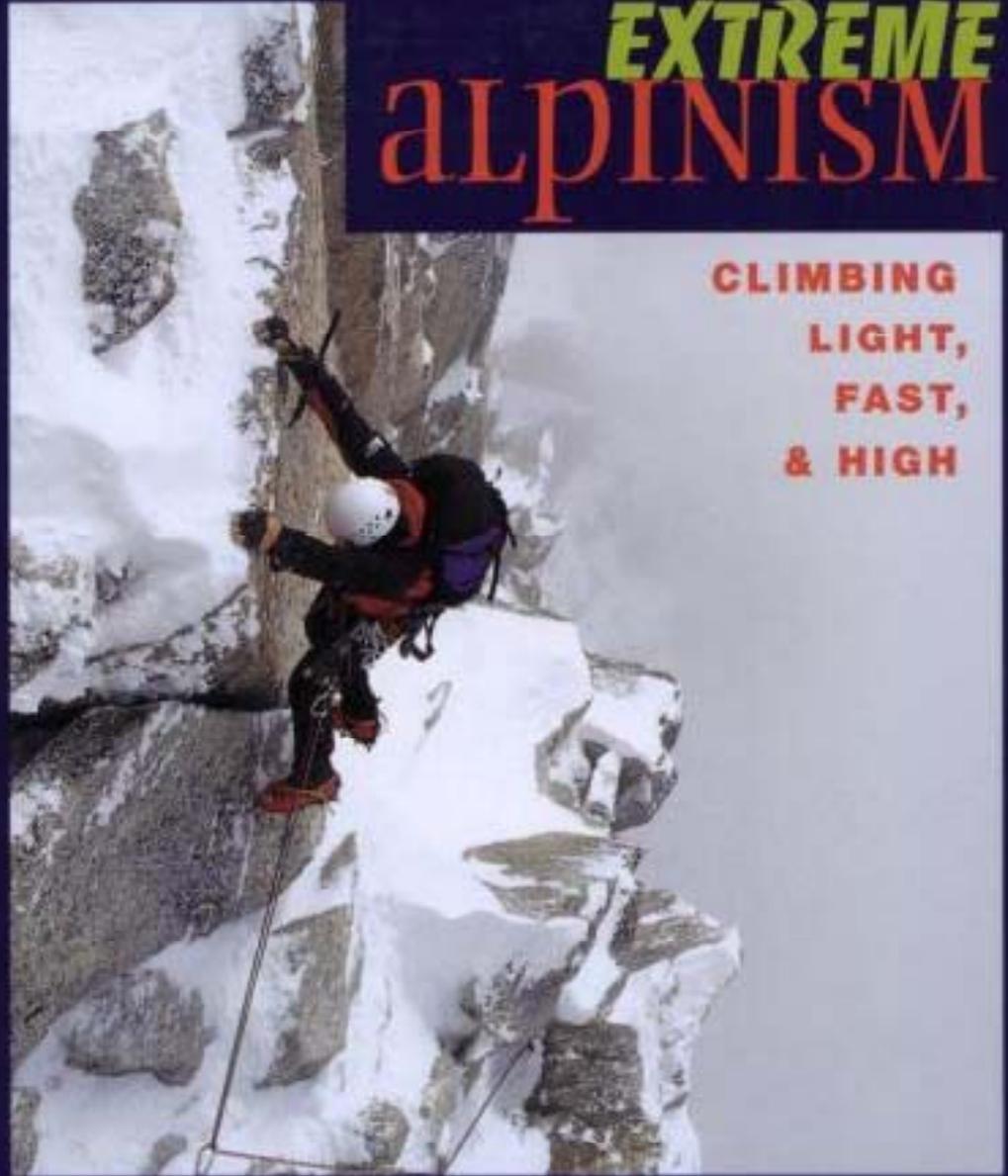
PSYCHIATRIC
HELP 5¢



THE DOCTOR
IS IN

EXTREME alpinism

**CLIMBING
LIGHT,
FAST,
& HIGH**



MARK F. TWIGHT
and **JAMES MARTIN**



THE MOUNTAINEERS

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EXTREME ALPINISM

CLIMBING
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Warner Bros



THE MOUNTAINERS

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and **JAMES MARTIN**

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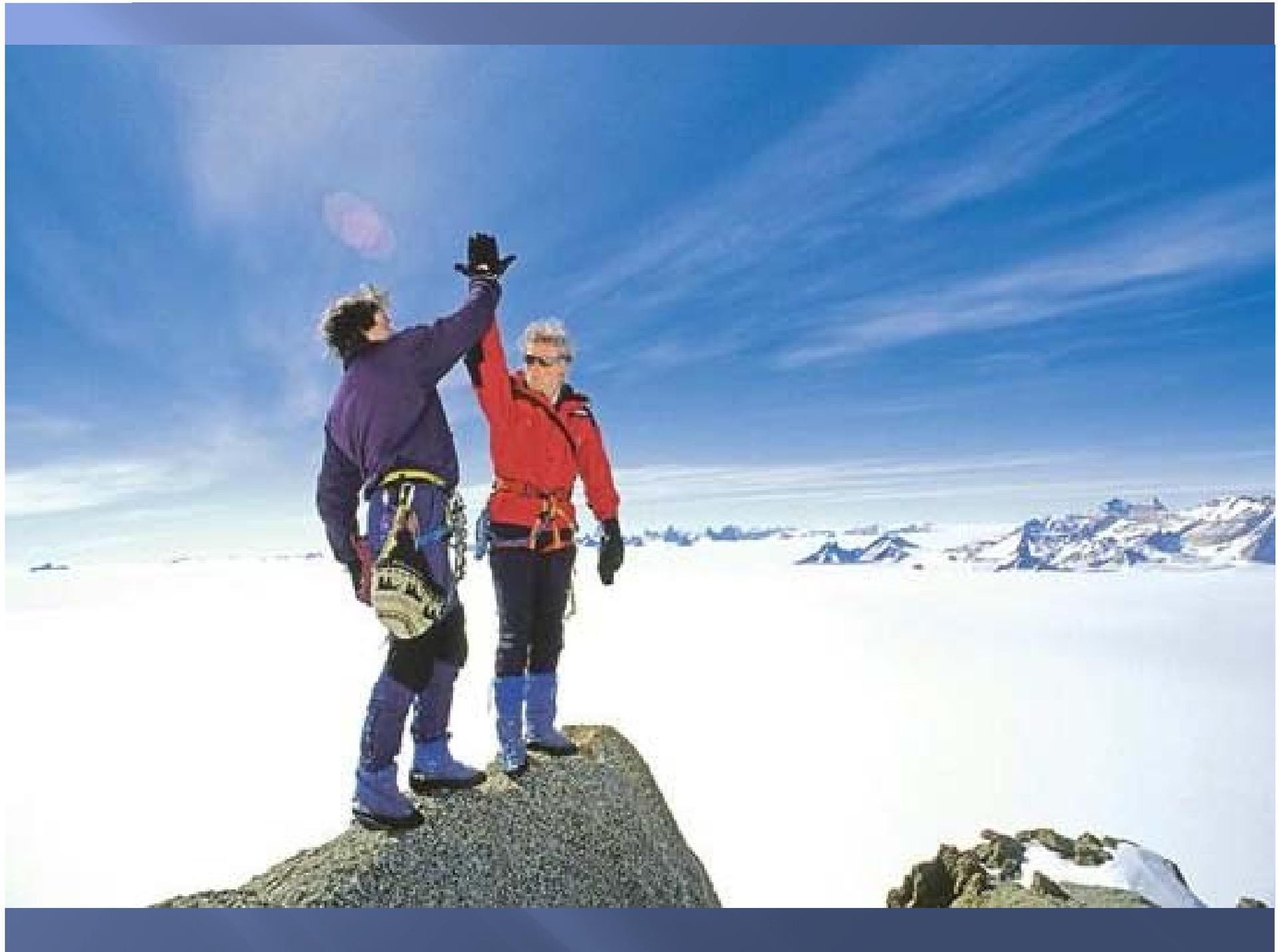
**“...the strength,
experience, and
mental toughness of
the team allowed
them to fight their
way to safety when
others might have
wilted and died...”**



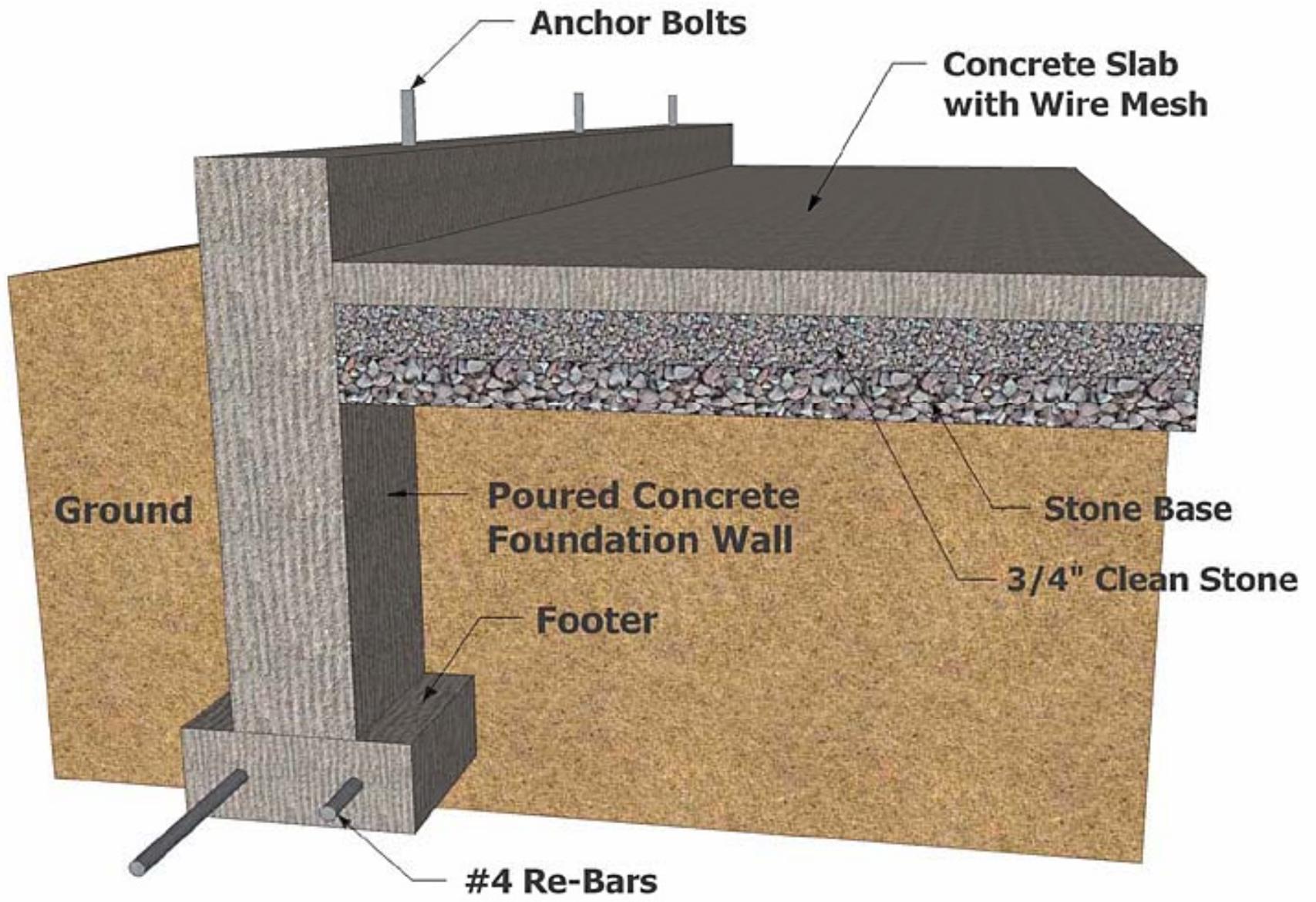
“...this dangerous environment where ability and difficulty intersect...”





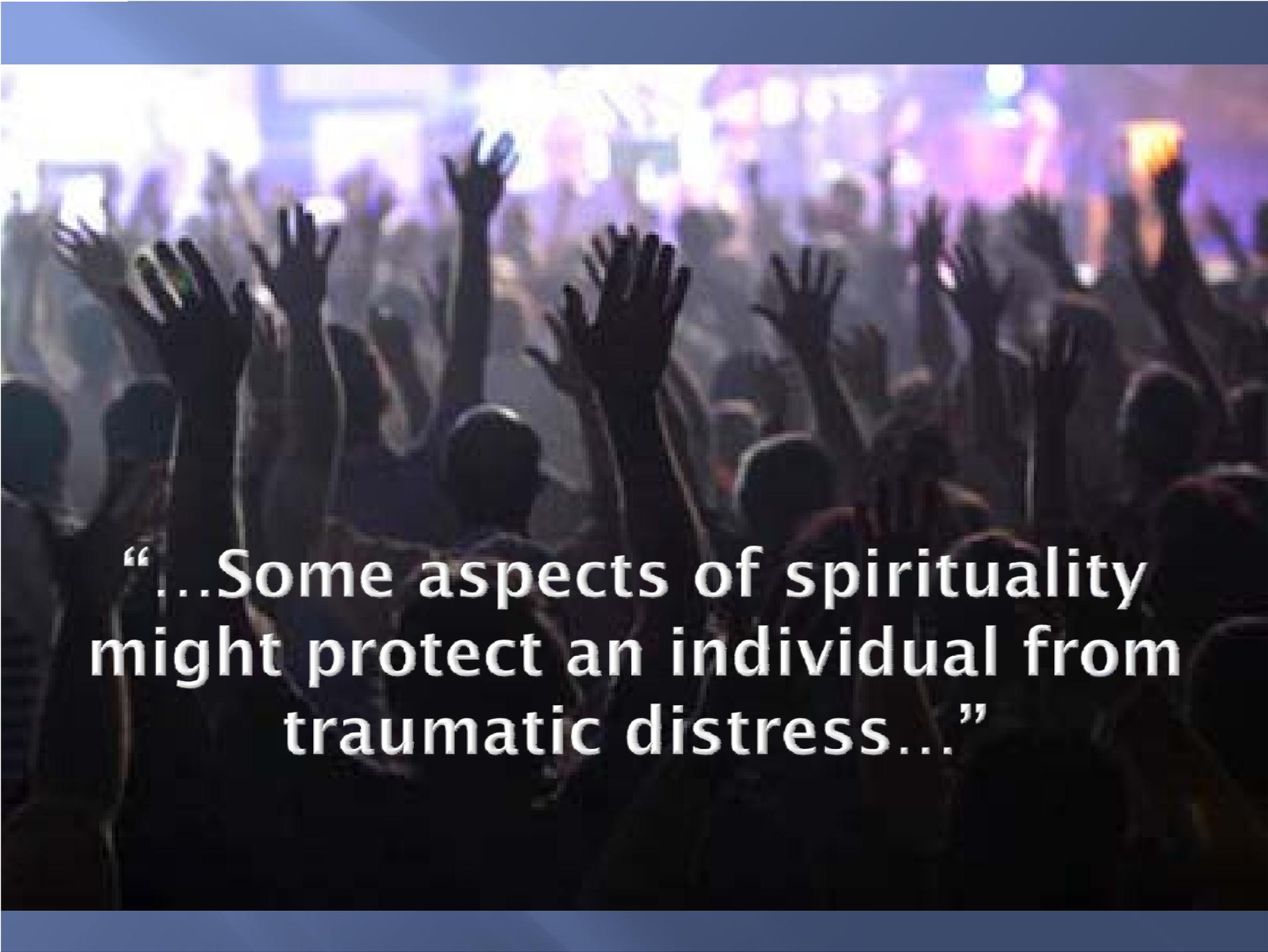


READY
FOR
ANYTHING

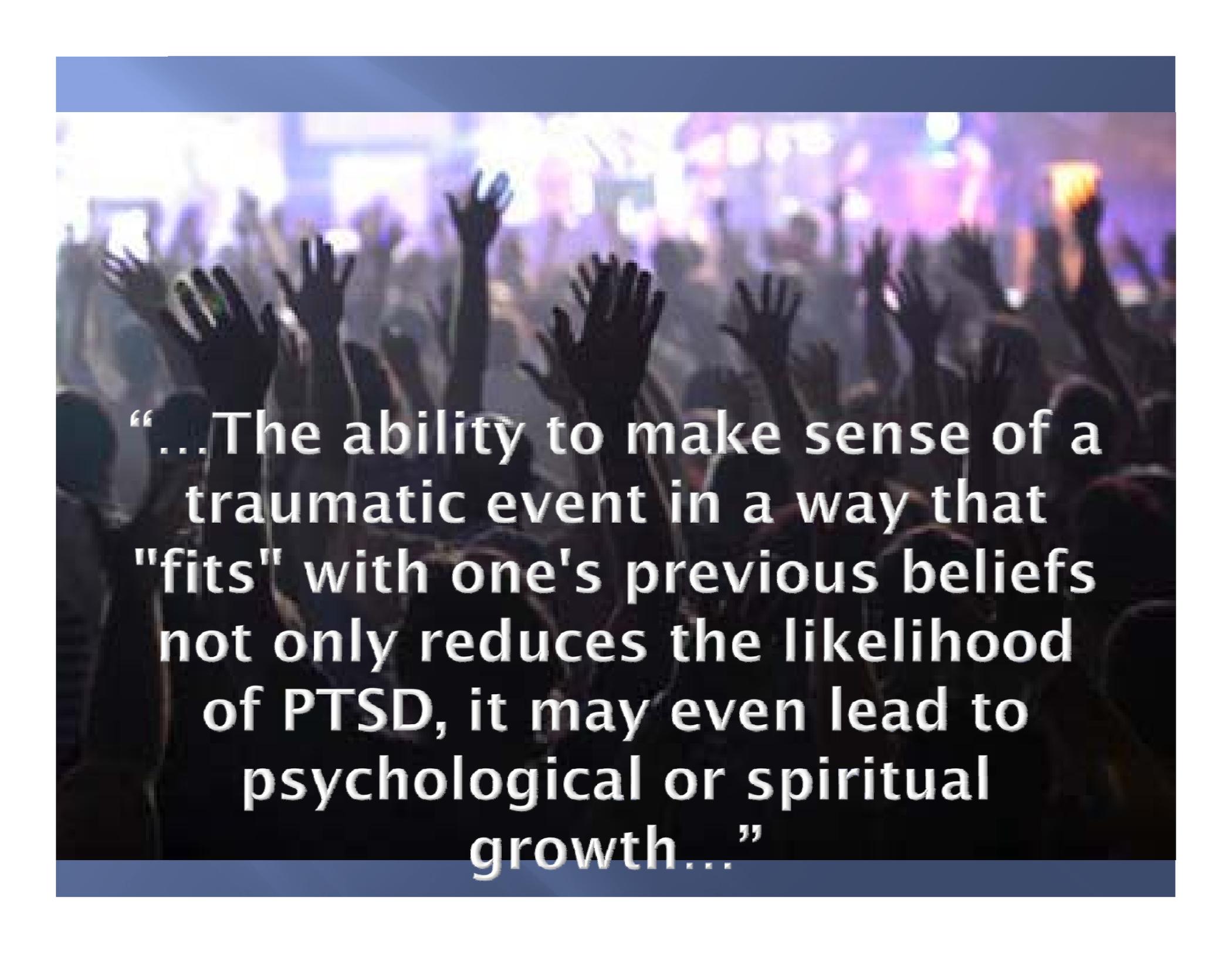








**“...Some aspects of spirituality
might protect an individual from
traumatic distress...”**

A photograph of a large crowd of people at a concert or festival. Many people have their hands raised in the air, some holding up phones to take pictures. The scene is illuminated with bright, colorful stage lights in shades of purple, blue, and yellow. The overall atmosphere is one of excitement and celebration.

“...The ability to make sense of a traumatic event in a way that “fits” with one's previous beliefs not only reduces the likelihood of PTSD, it may even lead to psychological or spiritual growth...”

A photograph of a large crowd of people at a concert or festival. Many people have their hands raised in the air, some holding up phones to take pictures. The scene is illuminated by bright, colorful stage lights in shades of purple, blue, and white. The overall atmosphere is one of excitement and celebration.

“...combat veterans who were able to find meaning and purpose in their traumatic experiences were less likely to develop PTSD...”



Table 1: Coping Strategies as Reported by EMS Providers¹¹

Constructive Coping Strategies

% Providers Using Strategy

- | | |
|--|------|
| • Talking with colleagues | 100 |
| • Thinking about positive benefits of work | 94.9 |
| • Focusing on outside interests | 92.0 |
| • Thinking about own family | 92.0 |
| • Looking forward to off-duty time | 85.5 |
| • “Black,” or dark humor | 77.7 |
| • Using available mental health services | 55.3 |
| • Talking with spouse/significant other | 37.9 |

Destructive Coping Strategies

% Providers Using Strategy

- | | |
|--|------|
| • Keeping thoughts/feelings to oneself | 88.1 |
| • Avoiding conversation about calls | 81.2 |
| • Picking and choosing calls | 58.0 |
| • Reducing workload to bare minimum required | 52.6 |
| • Consuming alcohol | 50.7 |
| • Engaging in risky behaviors | 37.9 |



YOU KNOW WHAT?
I'M HAPPY.

For yourself and others...

Recognize the Symptoms

**Recognize the Symptoms
Catch the Pre-Phase**

**Recognize the Symptoms
Catch the Pre-Phase
Talk**

Recognize the Symptoms

Catch the Pre-Phase

Talk

Make Yourself Hard to Rattle

Recognize the Symptoms
Catch the Pre-Phase
Talk

Make Yourself Hard to Rattle
Seek Help

Live to fight another day!



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