

## SOUTHEND MIND WORKSHOP HANDOUT and AIDE MEMOIR

### TIPTOE THROUGH THE SNOWDROPS

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ISBN 1-4184-8022-3 Available via [www.Amazon.co.uk](http://www.Amazon.co.uk) and [www.lovereadings.co.uk](http://www.lovereadings.co.uk)

All profits to Southend Mind

### POST TRAUMATIC STRESS DISORDER

- **ROOT CAUSES (IN MY CASE)**

Several incidents of being the victim of violent assaults and traumatic incidents  
Failure to de-brief the incidents correctly  
Ignorance of and failure to recognise the early signs

- **PREVENTION CAN BE ACHIEVED BY RECOGNITION AND AWARENESS OF EARLY SIGNS**

Flashbacks - Loss of breath - Panic attacks - Sweating profusely - Blackouts - Massive highs of energy - Low depressive feelings - Mood swings - Aggression - Fear - Distrust - Anger - Over Protective - Insecurity - Paranoia - Confusion - Despair - Sobbing - Frustration - Vomiting - Diarrhoea - Exhaustion - Poor Sickness / Absence record - Cotton wool head - Anxiety

- **ON DIAGNOSIS**

Co-ordinated exchange of information between GP and Consultants  
Full and precise explanation of causes and future to the victim and supporting family and friends  
Honesty in all respects of the consequences and problems to be faced

- **TREATMENT**

Establish stability and confidence  
Full explanation of options, medication, counselling and therapy and possible side affects and results

- **WORKPLACE**

Training of all staff and management to attain a full understanding of and the affects of PTSD  
Effective exchange of information and history between GP and Workplace Health Professionals  
Continuous high level of care pre- and post medical retirement.  
Financial and Benefits assessments kept to the bare minimum and not at all in extreme cases where further mental damage is likely.

Effective stable care, assistance, advice and continued support provided by employer and union for the victim and family especially on financial issues.

- **VICTIM**

Accept life as it is - Rebuild - Understand - Accept permanence - Identify good life balance - Lower aspiration level - Seek support - Appreciate carers - Develop focus changing tactics - Identify and avoid triggers and causes - Anticipate further affects - Expect Suicidal thoughts - Consider family and friends

- **FAMILY AND FRIENDS**

Patience - Care - Understanding - Love - Seek information and support for victim and self

