

TRAUMATIC EXPOSURE PROTOCOL

POTENTIALLY TRAUMATIZING EVENT (PTE) CRITERIA

- EXTREMES OF EXPOSURE
- OVERWHELMED/DEPLETION
- INCIDENTS INVOLVING CHILDREN
- COMPLEXITY OF INCIDENT
- FIRST TIME EXPOSURE
- FAMILY CONTACT
- PERSONAL CONNECTION OR EMPLOYEE INVOLVEMENT
- DUTY TO ACT
- MISSION INJURY/HELPLESSNESS

3-3-3 EXPOSURE PROTOCOL

3 DAYS POST INCIDENT

Stress Continuum Check-in
Normalization/Education
Leverage **GREEN** Choices (make a plan)
Self & Partner Awareness
(Support Return to Baseline)
Life Stressors Check-in

3 WEEKS POST INCIDENT

Complete TSQ
Scores > 6 = increase risk of
stress injury development
Provide Resources for Professional Help
Stress Continuum Check-in
Increase Self-Awareness
of Stress Injury
Revisit Plan to return to Green Baseline

3 MONTHS POST INCIDENT

Stress Continuum Check-in
Revisit Plan to return
to Green Baseline
Offer Resources and Connection
Offer Further check-ins if requested.

TRAUMATIC STRESS QUESTIONNAIRE

COMPLETE AT THE 3 WEEK CHECK-IN. ASKING THE QUESTION:

HAVE YOU RECENTLY EXPERIENCED ANY OF THE FOLLOWING?

(AT LEAST TWICE IN THE PAST WEEK)

YES NO

1. Upsetting thoughts or memories about the event that have come into your mind against your will?		
2. Upsetting dreams about the event?		
3. Acting or feeling as though the event were happening again?		
4. Feeling upset by reminders of the event?		
5. Bodily reactions (such as fast heartbeat, stomach churning)?		
6. Difficulty falling or staying asleep?		
7. Irritability or outbursts of anger?		
8. Difficulty concentrating?		
9. Heightened awareness of potential dangers to yourself and others?		
10. Feeling jumpy or being startled by something unexpected?		