TRAUMA AND RECOVERY

EVENT

- EUPHORIA / DENIAL
  - ENERGY LEVELS RISE
  - ENERGY LEVELS DROP
  - WHY ME?!

- ANGER
- BLAME
- GUILT / SHAME
- IT'S MY FAULT
- IT'S YOUR FAULT

- OFTEN
- UNFOCUSSED
- REPEATED SEARCHING
- BARGAINING
- SLEEPLESSNESS
- UNPREDICTABLE BEHAVIOUR

ASSIST TRAUMA CARE

ASSIST TRAINING

RENEWAL

- WHATS THE POINT?
- DEPRESSION
- LISTLESSNESS / APATHY