

Understanding the Challenges Facing our First Responders: Treating Those Who Are Suffering from Trauma and Stress Brought About by Acts of Terrorism

**June 27, 2013
Montgomery, Alabama**

**Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division**

Public Safety Complex Trauma Syndromes

**Terrorism as Human Evil:
A Cop Doc Rudofossi's Guide**

Faculty

**Daniel Rudofossi, PsyD, PhD
Chief Psychologist
Detectives Crime Clinic of Metropolitan
New Jersey and New York**

Police and Public Safety Complex Trauma Syndromes

- **Sudden impact of Eco-Ethological niches**

Police and Public Safety Complex Trauma Syndromes

- **What is afforded in the unique layout of officers is crucial to overcoming traumatic loss when anti-affordances in the layout of trauma occur**

Police and Public Safety Complex Trauma Syndromes

- **Understanding what is operationally defined as the Quantum Psychic Moment**

Police and Public Safety Complex Trauma Syndromes

- The adaptive functional dissociation of officers
 - It's SOP
 - I'm okay no sweat

Police and Public Safety Complex Trauma Syndromes

- Identity Dissociation Modes: Shifts in Eco-Ethological Niches

Police and Public Safety Complex Trauma Syndromes

- A full breakdown of the Eco-Ethological Existential Analytic Model
 - By originator D. Rudofossi, Psy.D., Ph.D.

Five Tasks of the Eco-Ethological Existential Analytic Method

Up to your neck in Crocodiles [trauma, loss, threats of terrorism and burnout] then don't be an Ostrich and hide your head in the sand of denial; or the Wildebeest try to run away to other addictions; be the Hippo of the concrete jungle swamp confront and work through the eco-ethological impact of 'IT'...

Task of Phase One

- Facilitate the patients style of expressing the most distressing traumatic event

Task of Phase Two

- Have the patient narrate her / his thoughts about each aspect of the traumatic event

Task of Phase Three

- You can now begin to move the officer-patient toward expressing her / his thoughts and feelings, including quality and intensity of affect

Task of Phase Four

- Separate the adaptive thoughts and behaviors from maladaptive thoughts, behaviors, feelings – and emotional ethological motivations for survival

Task of Phase Five

- Officer-patient is able to retell his / her eco-ethological reconstruction of thoughts and behavior related to the experience of trauma
- Unique integration of the losses in complex trauma via healthier patterns of adaptation and existential meaning is achieved

Prophylaxis Strategy: Seven Eco-Ethological Existential Analytic Achievements

1. Disabusing of self by not owning up to guilt, shame and avoidance of ones identity modes as a public safety officer

Prophylaxis Strategy: Seven Eco-Ethological Existential Analytic Achievements

2. Developing sense of meaningfulness in choice one has made in having been, or remaining a public safety officer
 - Or if retirement or disability then redeeming what is of value and use as a point of strength in living and growing, regardless of age and condition

Prophylaxis Strategy: Seven Eco-Ethological Existential Analytic Achievements

3. Electing to assert ones ability to choose and not dissociate from the moments so important in one's trauma history

Prophylaxis Strategy: Seven Eco-Ethological Existential Analytic Achievements

4. Accessing strengths of professional achievement, actions taken, and existential meaning in place of self accusations
 - Resistance to conformity with cynicism, nihilism, or burnout

Prophylaxis Strategy: Seven Eco-Ethological Existential Analytic Achievements

5. Choice and responsibility in reaching out for social support, non-toxic relationships, expressing ones inner existential voice of conscience
 - Acceptance of limitations in public safety interventions

Prophylaxis Strategy: Seven Eco-Ethological Existential Analytic Achievements

6. Resolving phrenophobia by replacing maladaptive cognitions, behaviors and feelings while accepting ones own unique response to ethological impact of expressed emotionality

Prophylaxis Strategy: Seven Eco-Ethological Existential Analytic Achievements

7. Achievement of eco-ethological shaping in ones unit, rank, and evolutionary mechanisms in mal-adaptation

Prophylaxis Strategy: Seven Eco-Ethological Existential Analytic Achievements

- Key is mobilizing higher FT and active ownership of rescripting and internal witnessing of unfolding situations with a focus on adaptation and resilience building

***At the Watering Holes of addiction,
depression, trauma and choir practice
forced by 'IT': Your power of faith,
humility and tragic optimism
confronting and devouring the force of
'IT' -- makes 'IT' not what 'IT' appears
to be! Illusory as the Tears of this
Crocodile Night Terror... Is a tale worth
taking a Hippo Power Bite out of 'IT' in
the light of a New Day!***

***"Integrate your experiences of trauma,
loss and terrorism
by clarifying, confronting and
assimilation of the darkest and most
subtle disenfranchised losses – take
the bite out of 'IT' through an Eco-
Ethological Existential Analysis."***

***"Getting out your aggressive impulse
in a compromise that elevates your
losses to resilience and healthy gain."***