

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**

Peer Support to Mental Health Professionals: Self Knowledge and Interventions with Complex Traumatic Loss

**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**

Peer Support Officer to Mental Health Professionals: A Guide

- **The necessity of mental health professionals to appreciate that public safety officers are split between being angels and demons by the general public and media**

Peer Support Officer to Mental Health Professionals: A Guide

- **The power of clinicians comes from being genuine with officer patients**
 - **You cannot pretend empathy and compassion**

Peer Support Officer to Mental Health Professionals: A Guide

- **Culture as a larger than life scale is important in the abstract**
 - **Real core of connection is your own education and discovery of what specific demands officer feels and experiences in his / her survival needs in an ecology ranging from low in violence and trauma to high**

Peer Support Officer to Mental Health Professionals: A Guide

- Of critical importance is the question of what is his / her mission within the unit and his / her real beliefs of fulfilling the demands of what the unit commanding officer and partners within the unit expect of him and her

Peer Support Officer to Mental Health Professionals: A Guide

- Trauma is the fault line of loss in ideal expectations of eco-ethological demands and perceived performance, in terms of self beliefs, other unit members beliefs and the overall cultural demands
 - Not objective performance standards

Peer Support Officer to Mental Health Professionals: A Guide

- Personality style plays a very crucial factor in processing of loss
 - Remember survival needs and ecological demands are like a horse and carriage

Peer Support Officer to Mental Health Professionals: A Guide

- Hyper-intuitive Personality Style
- Hyper-focused Personality Style
- Hyper-Aggressive Personality Style
- Hyper- Excited Personality Style
- Adaptive Intuitive Personality Style

Peer Support Officer to Mental Health Professionals: A Guide

- The traumatic tear impacting on any officer is linked to perceptions of
- Affordances in the ecological niches that offer security and adaptation in an internalized map
 - Map drawn in part by ethological niche of survival and adaptation

Peer Support Officer to Mental Health Professionals: A Guide

- Traumatic loss violently rips open the predictability and reliability the officer has gained adaptation too and how he / she will proceed with the loss
- The ability of a clinicians to know ones patient as an individual is as important as knowing thyself

Peer Support Officer to Mental Health Professionals: A Guide

- **Attending to individual difference by the clinician includes understanding how personality is shaped within the eco-ethological niche**
 - **Why a specific dimension of traumatic loss is so toxic facilitates your own intervention**

Peer Support Officer to Mental Health Professionals: A Guide

- **All traumatic loss in this culture is ambulatory by the nature of the types of loss and tears ripped open by trauma**
- **Ambulatory because the officers world on an eco-ethological niche dimension as well as existential is in flux**

Peer Support Officer to Mental Health Professionals: A Guide

- **Hooking into and identifying the Why of resilience and internalized power is the antidote to the counter-terrorism of force placed externally and internalized by the officer**

Peer Support Officer to Mental Health Professionals: A Guide

- **Being real means getting down to the heart of the matter with the personality style and unique adaptations of the officer**
- **Understanding your own eco-ethological niches of trauma is key to picking up what your officer patient is experiencing**

Peer Support Officer to Mental Health Professionals: A Guide

- **Existential Analysis provokes meaning by connection, realistic validation of terrorism as being evil directed toward officers, agents, and soldiers**

Peer Support Officer to Mental Health Professionals: A Guide

- **Courage, commitment, falliability, and tragic optimism to continue trying even when it seems futile is the core of existential analysis**

Peer Support Officer to Mental Health Professionals: A Guide

- Existential Analysis is nourishing the root of discovering the officers power to stand after hurt, suffering from loss, and physical mental injury
- Clarification and confrontation with the other is crucial in processing such losses

Peer Support Officer to Mental Health Professionals: A Guide

- Uncovering the hidden strengths and accepting ones limitations and fallibility is done with the cop counselor and cop doc

Peer Support Officer to Mental Health Professionals: A Guide

- Internal Witnessing is the transferring of understanding with the cop doc to the officer patient at a fundamental level of insight to strengths unspoken, unheard, and disenfranchised because it has been denied in mass culture except as PC reduction

Peer Support Officer to Mental Health Professionals: A Guide

- Valuing ones own moral compass to do what most dare not do in serving others in their worst moments

Peer Support Officer to Mental Health Professionals: A Guide

- Study Guides to train in Eco-Ethological Existential Analysis include:
 - Rudofossi, D. (2007). Working with traumatized Police Officer Patients
 - Rudofossi, D. (2009) Using Five Police Personality Styles

Peer Support Officer to Mental Health Professionals: A Guide

- Street Cop Doc Guides for Officers and Families – Meat and Potatoes are:
 - Rudofossi, D. (2012). Survivors Guide
 - Rudofossi, D. (2013). Terrorism as Human Evil