

## The Five Elements of Trauma Intervention

*A global panel of experts convened by the National Center for PTSD has identified<sup>1</sup> five essential elements that, when introduced as part of early and mid-trauma intervention and prevention efforts, can reduce the risk of Acute Stress Disorder or PTSD. Consider incorporating these elements into your Schwartz Rounds facilitation by using the sample discussion prompts below. Focus on the element(s) that best fit the audience, topic, and conversation at hand; you do not need to address all five elements in every session.*

### 1. Sense of Safety

Encourage a perception of safety: We are safe right now in the present moment, in the space we are sharing, sound of mind and body.

*Ask participants:*

- *What is helping you feel safe right now?*

### 2. Calm

Reduce the intensity of physiological, emotional, and behavioral activation. Help people to reframe from states of stress or high emotions

*Ask participants:*

- *How do you bring yourself calm during moments of anxiety?*
- *What helps you feel calm?*

### 3. Connection

Remind participants of the social supports available, including emotional supports and inclusion. We can be, and we are, together

*Ask participants:*

- *What are you doing to stay connected to friends and family?*
- *In what ways do you feel connected with your colleagues?*

### 4. Self-Efficacy

Self-efficacy is the belief in one's ability to succeed in specific situations or to accomplish a task. Encourage participants to consider ways in which they feel confident and competent.

*Ask participants:*

- *Who is one person you feel comfortable turning to for questions and advice?*
- *What has helped you gain confidence in your role?*

### 5. Hope

Imagine a positive future. Helping others find hope may not be unfamiliar territory for Schwartz Rounds leaders who have supported patients in finding hope.

*Ask participants:*

- *Where do you find hope?*
- *What helps you to sustain optimism on dark days?*