

NAME: \_\_\_\_\_

### CERT UNIT 7 - DISASTER PSYCHOLOGY HOMEWORK ASSIGNMENT

Read Unit 7 in the CERT Participants Manual and fill in the blanks below.

#### HOMEWORK FOR UNIT 7:

During a disaster, you may see and hear things that will be extremely unpleasant. Direct psychological trauma could result from:

- Your own \_\_\_\_\_
- Working in \_\_\_\_\_
- Assisting neighbors, friends, coworkers \_\_\_\_\_
- Not feeling \_\_\_\_\_

Vicarious trauma, which is also referred to as compassion fatigue or secondary victimization, is a natural reaction to exposure to a survivor's trauma. A person who identifies too strongly with a survivor may take on \_\_\_\_\_. Vicarious trauma is an "occupational hazard" for helpers.

Taking on the survivors' feelings as your own can affect your ability to do your job as a rescuer and can also have longer term impact. Taking ownership of others' problems \_\_\_\_\_.

Be alert to \_\_\_\_\_, as well as in disaster survivors and other survivors, such as fellow CERT members, so that you can take steps to alleviate stress.

#### WORKING WITH SURVIVORS' TRAUMA

Being an empathetic listener requires the listener to listen and to let the survivor talk. Good listeners will:

- Put him- or herself \_\_\_\_\_ in order to better understand the speaker's point of view. Draw upon past experiences, or try to imagine how the speaker is feeling. In order to limit the effects of vicarious trauma, be careful not to \_\_\_\_\_.
- Listen for \_\_\_\_\_, not just words, and \_\_\_\_\_, such as body language, facial expressions, and tone of voice.
- Paraphrase the speaker periodically to \_\_\_\_\_ what the speaker has said and to indicate to the speaker that you are listening. This reinforces the communication process.

Survivors that show evidence of being suicidal, psychotic, or unable to care for themselves should be referred to mental health professionals for support. (This will be infrequent in most groups of survivors.)