

# Psychological First Aid Following The Manchester Arena Bomb

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- **With thanks to Dr Moshe Farchi, Tel-Hai College Upper Galilee, ISRAEL, for his input with this presentation**

# About the presenters

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- **Author of over 20 psychology books**
- **EMDR and CBT trained**

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- **Clinical Social Worker (ISR)**
- **Founder Heads Up CIO**
- **TotalMindFitness – Mental Fitness and Resilience Trainer and Clinical Counsellor**
- **Author of Mind Over Terror (to be published summer 2018)**
- **CBT and ACT trained**



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# Local reaction in Manchester

- Shock
- Terror
- Disbelief
- Anger



# Circles of Trauma (Mann 2018)

## Other Mancunians





# Psychological First Aid: the process

- **Pop up centre set up in city centre**
  - **Training of over 100 volunteers in Zone 1 Cognitive First Aid**
  - **Trauma Experts from Israel flown in (courtesy of Easyjet).**
- Professor Yoni Gidron**





# Psychological first aid: The protocols

- Zone 1
- Zone 2



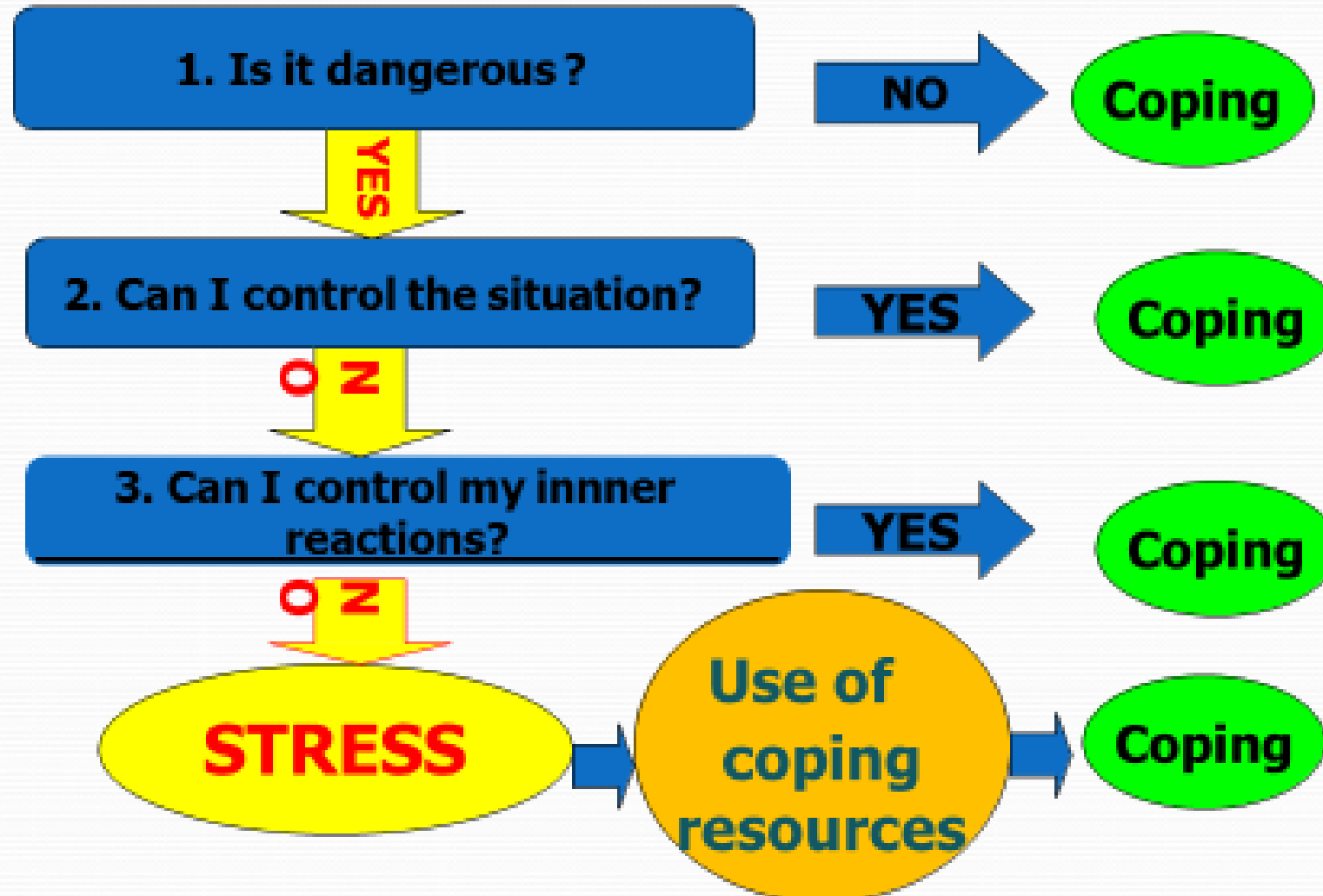
# Based on knowledge of the stress response

Let's look at those in the closest circles of trauma





# Evaluation of stressful events



# Acute stress reaction (ASR)

- Helplessness
- Threatened
- Fear







Immediate simple and correct mental health first response, given on-site or within up to four weeks of the event, CAN HELP:

- ✓ Wide scale reduction of the ASR symptoms.
- ✓ Empower the individual's self efficacy and sense of coherence and control.
- ✓ In case of mass disaster, initial intervention clears the disaster zone from panicked /traumatized people and enables the search & rescue units to focus on saving lives.
- ✓ **Possible** reduction of the risk PTSD
- ✓ Enable fast and adaptive return to routine function.





# Trauma Stages

**ASR (90%)**

**ASD (20%)**

**PTSD  
(5%)**



# Who develops ASD/PTSD?

- Resilience
- Sense of coherence
- Hardiness
- Self-efficacy
- Neuropsychology
- Psychiatric history
- Perception of event





# Zone 1 intervention: 6 Cs Model

- Goal of Zone 1 intervention (asap):
- To shift the victim from a sense of helplessness to a sense of active coping survival



# What happens during traumatic incident?

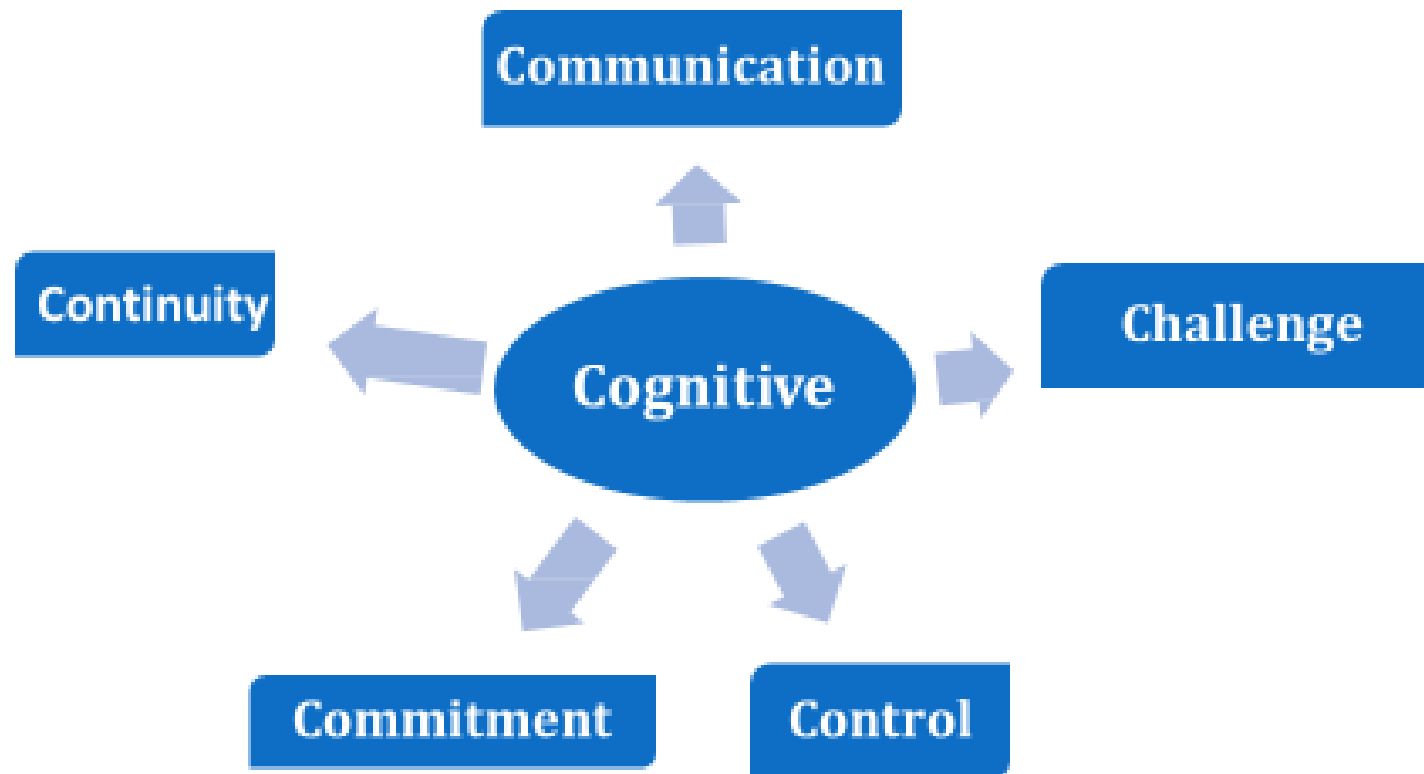
- **Hyperactivity of the amygdala and limbic system**
- **Underactivity of the cortex**



# **The 6 C's Model**

## **Emergency Mental Health Interventions Principles**

**Farchi, 2012**





# Who can be trained in Zone 1 protocol?

- First responders
- Mental health professionals
- Employees
- Teachers
- Students
- Anyone?



# Traditional post-trauma interventions

- Debrief
- Normalising reactions
- Support
- Tea and sympathy
- Allowing expression of thoughts and feelings



## Zone 2: Memory Structure Intervention (MSI) (Gidron, 2006)

- Patient describes the event. Each time he/she says a feeling or a somatic sensation, therapist asks to elaborate verbally and give a reason.
- Therapist repeats the story, chronologically organized, with causal links between the event's segments, using verbal labels of emotions/sensations
- Patient repeats the story the way the therapist did



# Vagal Breathing

- Vagal nerve = measure of adaptability
- People with High VN recover faster in BP, cortisol and inflammation
- Activating vagal response is thus vital



- **In 1921, a German physiologist named Otto Loewi discovered that stimulating the vagus nerve caused a reduction in heart rate by triggering the release of a substance he coined Vagusstoff (German: “Vagus Substance”). The “vagus substance” was later identified as acetylcholine and became the first neurotransmitter identified by scientists.**

# what is that vagus nerve?

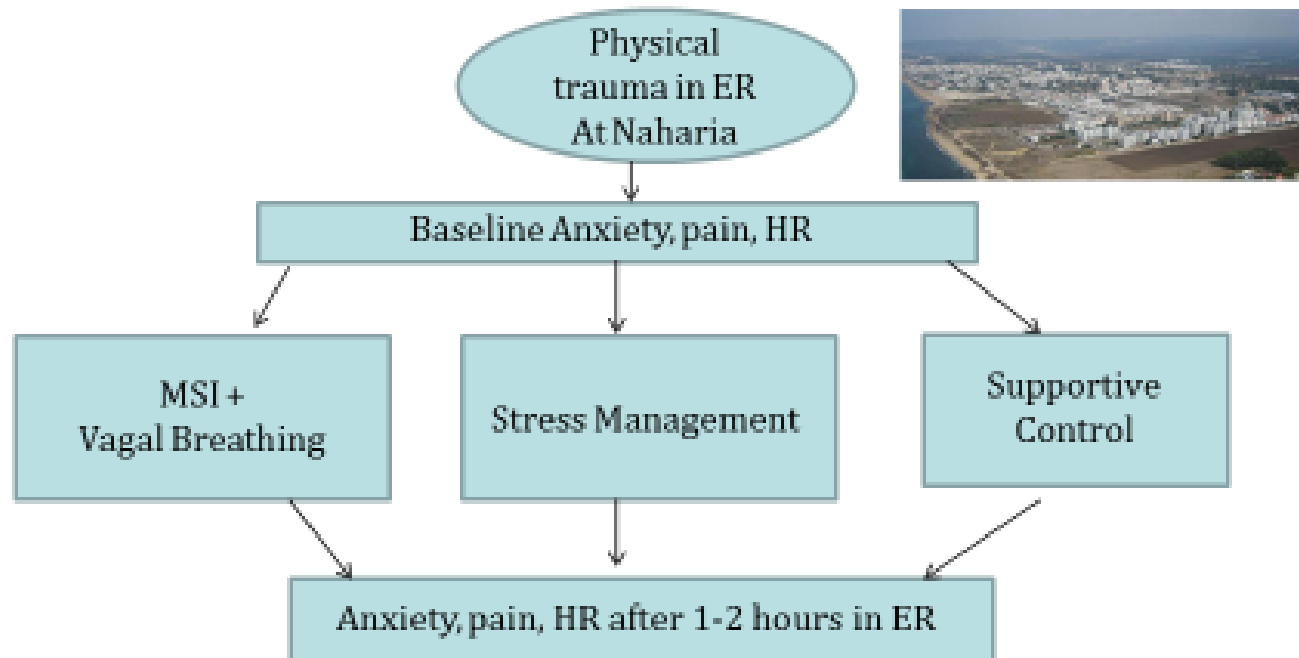
- **The vagus nerve is the most important element of the parasympathetic nervous system (the one that calms you down by controlling your relaxation response).**
- **It originates from the brainstem and it is “wandering” all the way down, into the belly, spreading fibres to the tongue, pharynx, vocal chords, lungs, heart, stomach, intestines and glands that produce anti-stress enzymes and hormones (like Acetylcholine, Prolactin, Vasopressin, Oxytocin), influencing digestion, metabolism and of course the relaxation response.**
- **Vagus nerve acts as the mind-body connection, and it is the cabling behind your heart’s emotions and gut instincts. The key to manage your mind state and your anxiety levels lies on being able to activate the calming nervous pathways of your parasympathetic system**



# The evidence

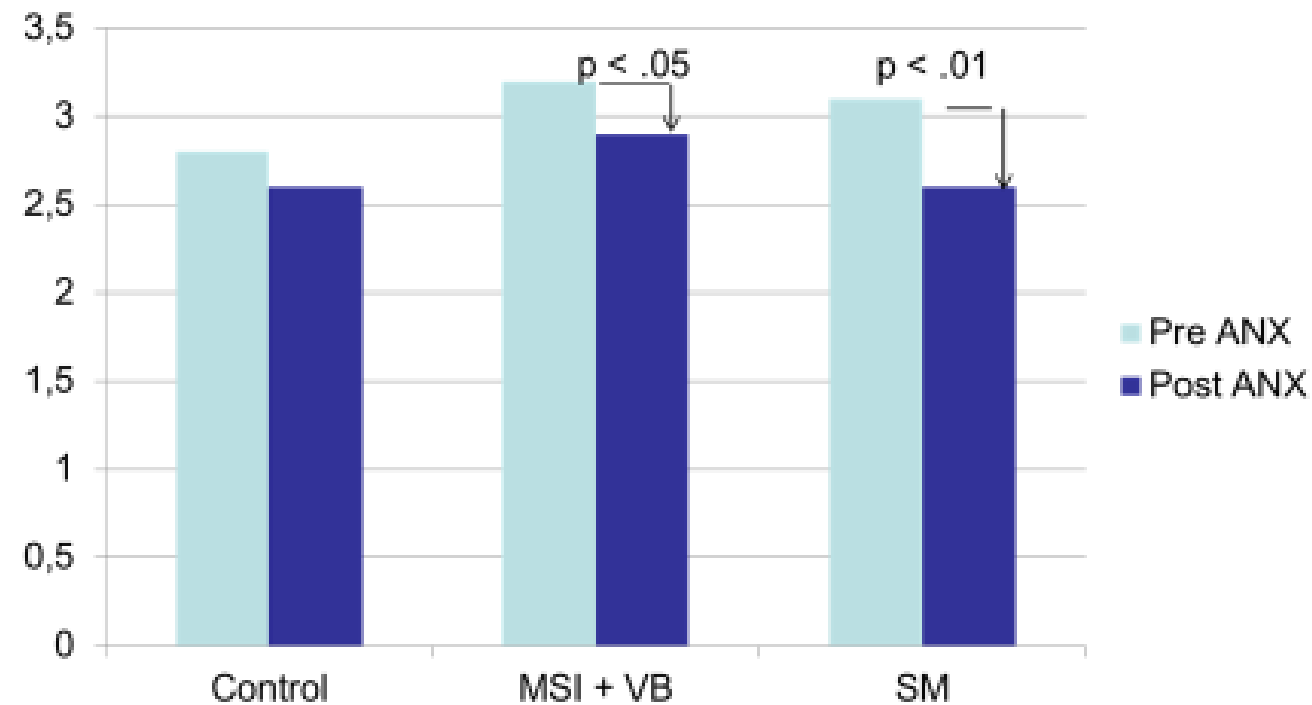
## Effects of MSI + VB vs. Stress management vs control on ASR

(Farchi et al. Submitted)



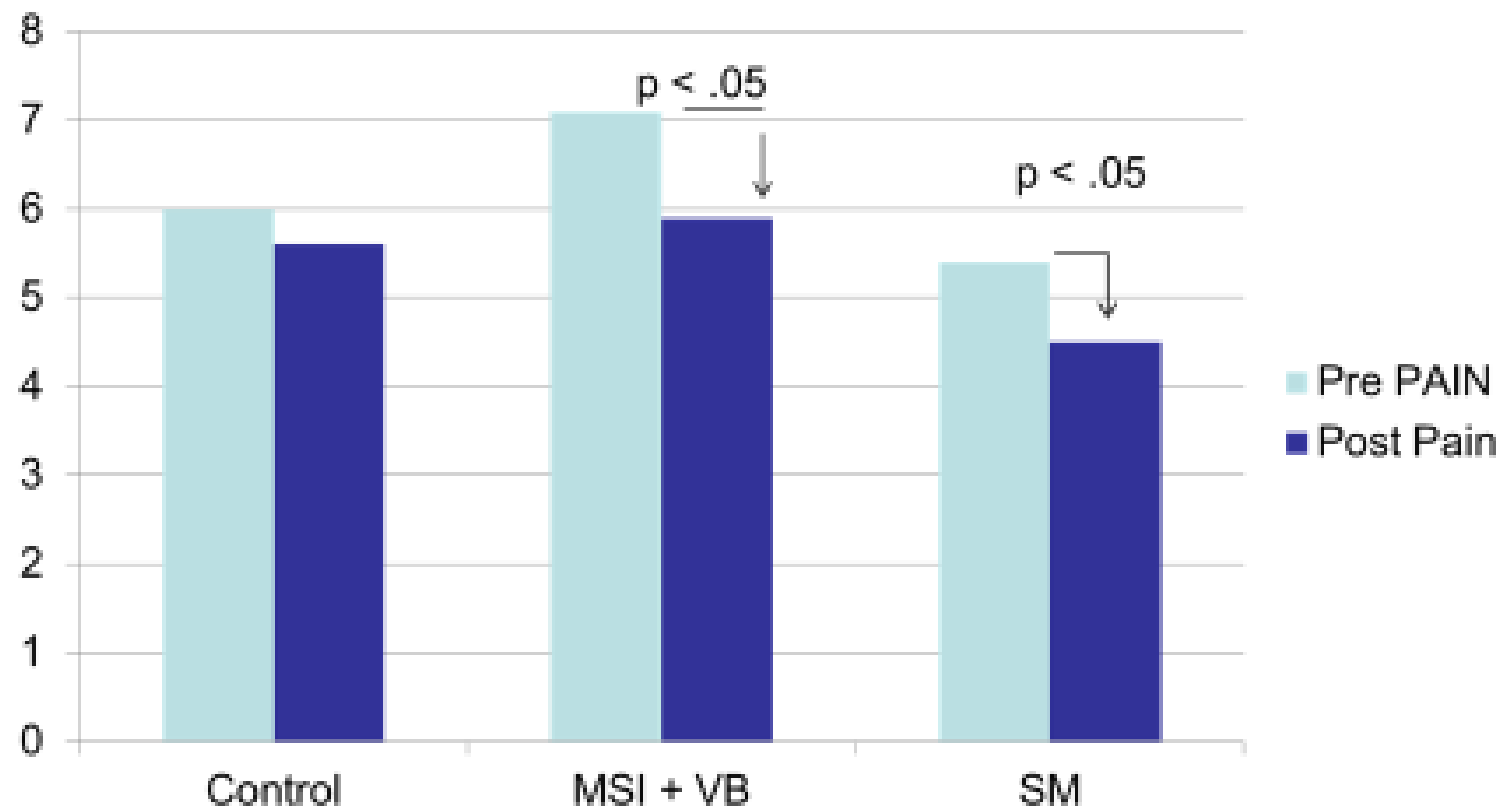
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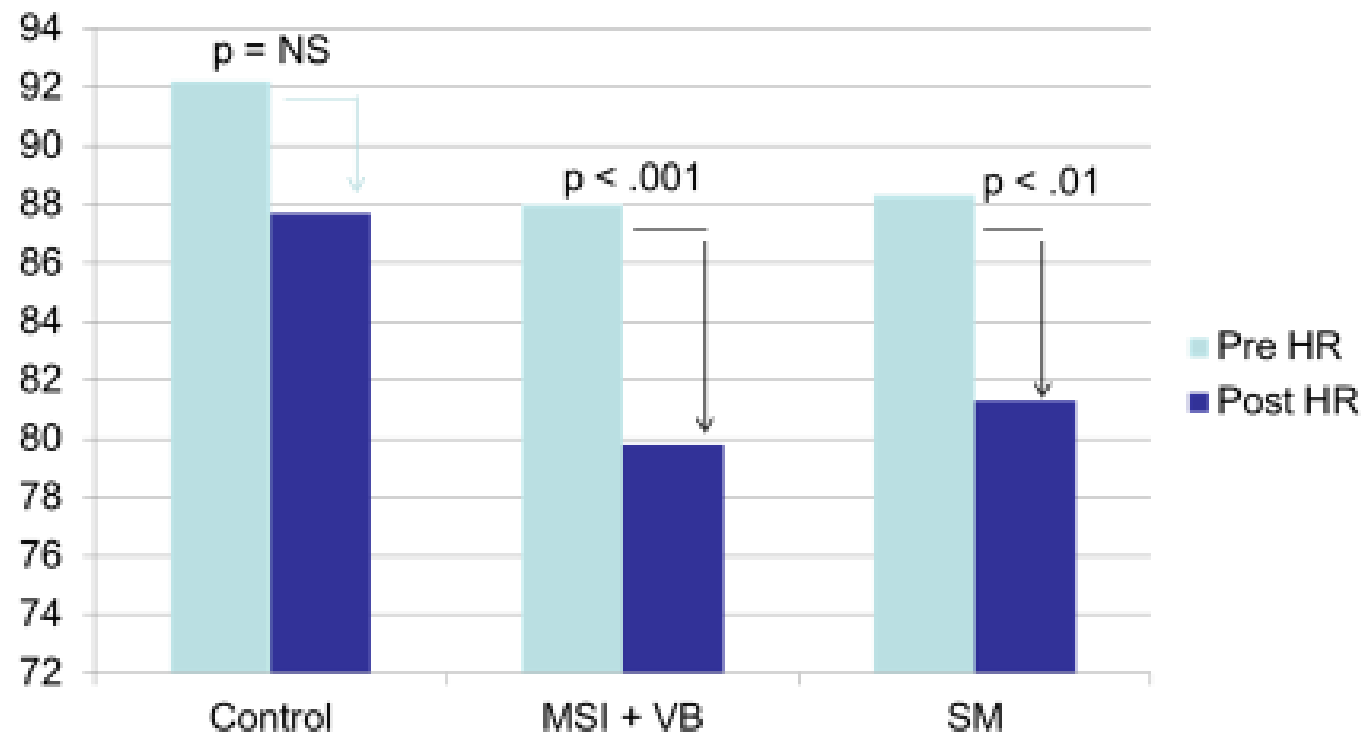
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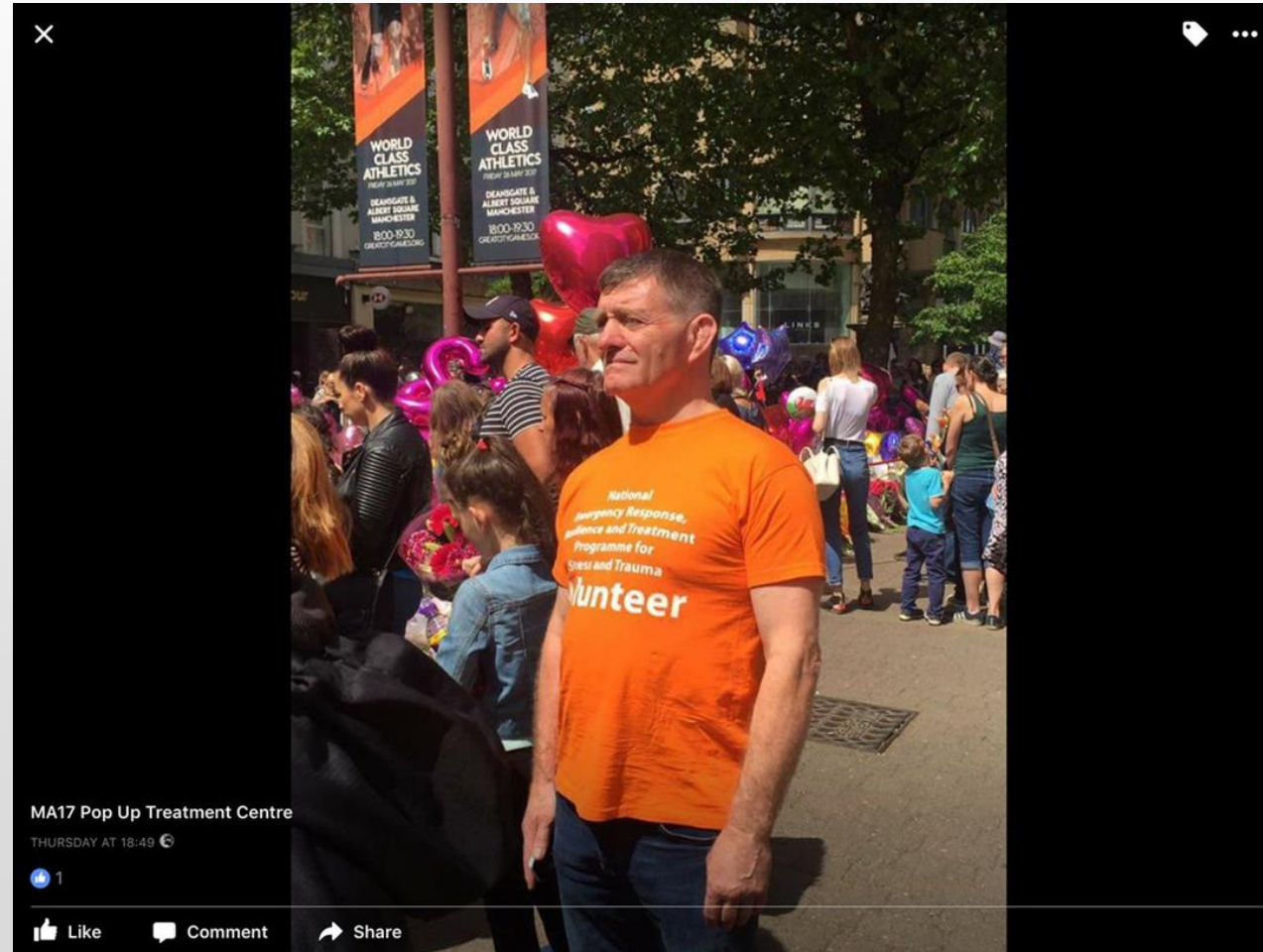
# Putting it into Practice in manchester







# Photos courtesy of HeadsUp CIO





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- References

- Effects of a neuroscientifically-based intervention on acute stress and PTSD: report of four studies: Yori Gidron, [The European Journal of Public Health](#) 26(suppl\_1) · November 2016
- Moshe Farchi, Ayala Cohen & Atalia Mosek (2014) Developing Specific Self-Efficacy and Resilience as First Responders among Students of Social Work and Stress and Trauma Studies, *Journal of Teaching in Social Work*, 34:2, 129-146
- Farchi, Moshe. (2011) From a Helpless Victim to a Coping Survivor: Innovative Mental Health Intervention Methods during Emergencies and Disasters. *Prehospital and Disaster Medicine*. 26.