

TALKING TRAUMA



A recent incident involving a train line suicide left the driver feeling sick at the thought of a bacon sandwich. Why? Because that is what he was thinking about at the time of the accident.

It is not unusual for trauma to affect all of our senses and this can manifest itself in different ways. Our brains are extremely complex and can trigger reactions after the event even though the threat is no longer there.

A travel agent was raided on April 1st and at the CCP intervention staff said their first thought was that it was an April Fool.

This date will hold a different meaning for them in future and could trigger flashbacks & even physical reactions to trauma such as a racing heartbeat or sweating.

A cashier working at the time her bank was raided, pressed the panic button to bring the security shutter down.

In recalling the incident she remembers panicking that the shutter was broken because it came down so slowly.

In actual fact it did come down immediately, but her heightened response to trauma slowed the whole incident down in her mind.

BE PREPARED!

Q: Do you know how best to prevent long term absence and unnecessary psychological reactions?

Q: If a traumatic incident occurred would you know how to look after those affected?

CCP's training courses will ensure that you have a well-prepared, invaluable team when your organisation has to respond to a critical incident.

"Thank you for a very informative day. You presented some very difficult material in a sensitive, straightforward and understandable way".

"Great to have a trainer with such skill, knowledge and enthusiasm for the topic".

"I have learnt so much about trauma! I am now completely confident in my role on the incident response team".



YOUR LOGO HERE?

For more information on our defusing courses click here or call 01756 796383

WELCOME ON BOARD

We are delighted to welcome Neilson Active Holidays as our newest client. They are the leading specialist in activity holidays in Europe, with award-winning ski, beach club and sailing holidays. CCP has enjoyed working in the travel industry and the variety it brings for the past 15 years. We look forward to supporting Neilson employees with care and expertise.



COMPETITION TIME!
WIN A £40 VOUCHER
For iTunes, M&S or John Lewis

Answer one simple question and you could be our winner!

Name the three CCP Partners (hint – details could be on our website)

Email your answer to: info@ccpsupport.co.uk, by November 28th



MEET THE TEAM



Under the spotlight in this issue is Managing Partner, Anna Chapman

Years at CCP? 11

Which aspect of the job do you most enjoy? Working as part of a small team and being able to support our Consultants when they are busy 'in the field'. Listening to the range of reactions that they come across and how they are able to help people is still fascinating to me 11 years on.

Best quality? I try to be fair to everyone.

Pet hate? Grammatical errors.

Your one regret? I tend to focus on the future rather than what I should or could have done differently in the past.

Nearest and Dearest? My husband, Lee, and my 2 year old daughter, Georgia.

All time favourite book? The Bronze Horseman by Paullina Simons.

All time favourite record or album? Gomez, Bring It On.

If I was Prime Minister for one day I would... Give NHS staff the same pay rise % that the MPs gave themselves!



CONSULTANT WATCH

In the aftermath of the grotesque murder of taxi driver, turned humanitarian aid-worker

Alan Henning, CCP Clinical Partner Kevin Tasker appeared on a Radio 5 Live programme.

Our thoughts remain with Alan's wife, family and friends.

