

Reactions and Interventions

Effects of Trauma	Process
Fear/Loss of Safety	Establish safe environment; individual and group agreements, inclusion, non-judgment
Dissociation	Mindfulness/Body awareness
Hyper arousal	Identifying triggers; individual and group regulation
Isolation	Connecting with others with similar experiences; normalizing and foundation for healing

Grief Reactions	Process
Longing/Yearning	Find positive ways to incorporate memories of loved ones into one's life
Withdrawal	Establish trusted social supports; connecting with common bonds
Depression	Address whether this is specific to grief and whether further intervention is needed
Anxiety	Identify/address fears of loss/abandonment, establish safe environment