



# Traumatic Stress in Critical Occupations: Recognition, Consequences, and Treatment

*Douglas Paton, John M. Violanti*

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This book provides a comprehensive review of the recognition, consequences and treatment of traumatic stress in critical occupations. The term 'critical occupation' describes both the critical role that members of the emergency and helping professions play in protecting communities and their members and the fact that, in the course of acting in this capacity, these professionals can encounter situations which may exert a critical impact on their psychological well-being. The text describes this phenomenon, not just from the point of view of the individual, but rather in terms of the interaction between the person, the traumatic event, and the social and organizational background against which performance takes place. It thus provides a more comprehensive basis for the development of effective trauma management systems. The text focuses primarily on police officers, fire fighters, and emergency medical service professionals. It discusses the implications for these professionals of exposure to traumatic events in both routine contexts and with respect to their increasing role as international disaster relief workers. The text provides a comprehensive overview of current theory in this area and demonstrates its use in promoting the practical understanding of this complex phenomenon in a manner that renders it readily accessible to researchers and practitioners alike. Strategies that can be used to promote the recognition and identification of the diverse personal, organizational and event-related factors that contribute to traumatic reactivity are discussed. This information is then used to frame preventative and support interventions that can be utilized to promote the well-being and effective performance of these professionals in disaster and traumatic contexts.

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