

# Counselling Within the Fire Service



**By Kristen Hyett**

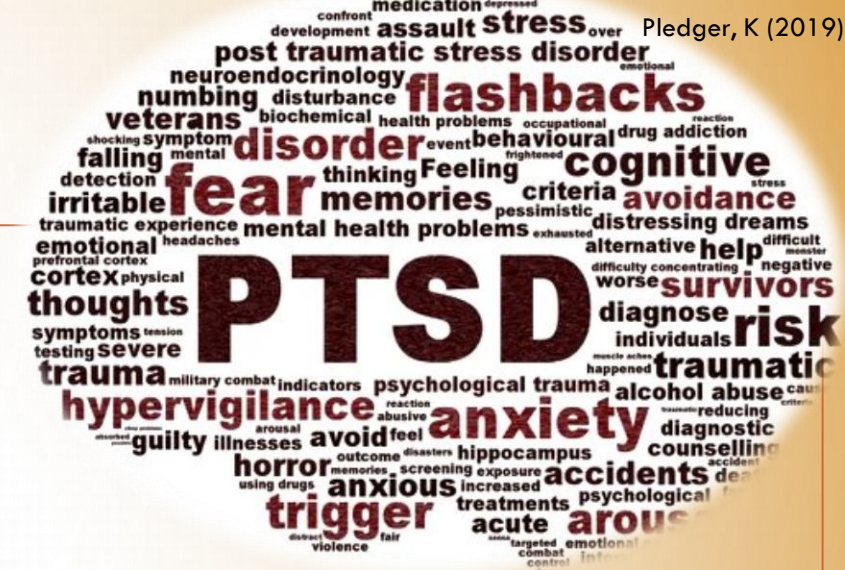
# Introduction

- The purpose of this presentation is to look at what types of counselling services are available to fire fighters.
- The presentation will consist of information on what types of services are available and what the services provide to the individuals to assist them with coping with the trauma they face.



# Key Words

- PTSD – “Post-traumatic stress disorder (PTSD) is an anxiety disorder caused by very stressful, frightening or distressing events.” (NHS, 2018).
- Someone suffering with PTSD regularly recalls each traumatic event through nightmares and flashbacks, and might experience feelings such as isolation, irritability and guilt.
  - Re-experiencing, avoidance and arousal. (Haslam, C., & Mallon, K., 2003)



Social support – Cobb (1976) = 3 components of social support:

- 1) information that someone is cared and loved
- 2) information that someone is esteemed and valued
- 3) information that someone belongs to a system of communication and mutual obligation.



Tyre fire 2011



7<sup>th</sup> July Bombings



Aberfan



Grenfell Tower





9/11

## Madeira Bus Crash



Notre Dame Fire

# BACKGROUND

- Due to the huge issue of hidden victims within firefighters, the need for counselling services are essential.
- McCloy, E. (1992). – “Management should start immediately after the event and is a three stage process.”
- Critical Incident Stress Management (CISM) program – “comprises a range of crisis intervention services that typically include training, individual crisis counselling, group debriefing, and post-incident referral for primary and secondary victims.”
- EG: Critical Incident Stress Debriefing (CISD) - (Jeannette, J. M., & Scoboria, A. 2008).





# METHOD

- Literature review: The idea of a literature review aims to search and evaluation of literature in a specific topic area.
- Where to look for information on the topic: Google scholar, databases, journal articles
- How to conduct the research?



# IMPLICATIONS

- How much information is out there?
- How many different counselling types are there?
- Does the research bring up any ethical considerations?

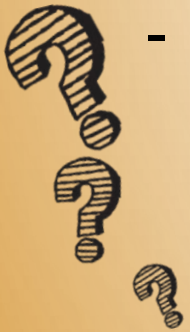


# RESEARCH QUESTIONS

- What types of counselling works best for firefighters?



- What effect does PTSD have on life?



- What is the importance of counselling within the fire service?

# DISCUSSION

- Rowena Hill & Viv Brunsden (2009) – Coping strategies are used



- Smith et al (2011) - mindfulness may be an important resilience resource for firefighters dissociate

- Everly Jr, G. S., et al (2000) - CISM guided by conserving realistic control, caring attachments, significant purpose, and support through primary intervention.



# CONCLUSION

- The issue of counselling within the fire service.
- Critical Incident Stress Management (CISM) is the theory which looks at helping firefighters cope and deal with the issues they face
- Types of counselling – CISD, CBT, Mindfulness

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