

**Brief Outline of the Structured Approach to One-on-One Consultation
To Healthcare Staff:**

The Acute Stress Intervention

- Open the session and check in
- Provide brief psycho-education on impact of high levels of stress
- Introduce and administer the Acute Stress Disorder Scale (or the ASDS)
 - Next steps:
 - Focus in on symptoms that were endorsed in the ASDS that are most frequent or most impactful
 - Introduce specific coping strategies that would specifically help to decrease these symptoms/reactions
- Discuss routines of daily life (review with all individuals)
- Discuss basics of sleep hygiene (review if endorsed as a problem area)
- Identify specific symptoms (i.e. two symptoms/symptom clusters) endorsed in the ASDS that are most frequent or most impactful and introduce coping strategies
 - **Focus on symptoms endorsed in the ASDS that are most frequent or most impactful**
 - **Introduce and review specific coping strategies that will specifically help to decrease these symptoms/reactions**
 - Example coping strategies:
 - Focused Breathing (i.e. for physical symptoms, emotional symptoms)
 - Guided Imagery (i.e. for intrusive, repetitive disturbing thoughts and images)
 - Challenging Unhelpful Thoughts (i.e. self-critical thoughts, thinking too far ahead, imagining the worst thoughts)
 - Progressive Muscle Relaxation
 - Social Connectedness and Helpful Considerations
- Arrange for Follow-Up Session

Developed by the Childhood Violent Trauma Center
at the Yale Child Study Center