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Interview

Interviewer: Can you explain a specific traumatic event that you experienced?

Interviewee: A man entered the emergency room with a gun who was an active shooter and aimed the gun at one of the patients.

 Interviewer: What was your role in the event?

Interviewee: I was on duty and only physician at the emergency room.

 Interviewer: Do you think this event was exceptional from others?

Interviewee: This event stands out from all other events because I had never experiences any active shooter incident before.

 Interviewer: How did you reacted in the event?

Interviewee: I was really shocked to see the active shooter but acted vigilantly by hiding behind the bed. The man didn’t noticed me and was looking at the other side. I took advantage and picked a wand that was lying nearby for attacking him. I hit with full power on shooter’s head and he collapsed after losing balance.

 Interviewer: what was your reaction following the event?

Interviewee: My initial reaction was of sock and disbelief because I had never expected any such situation to occur. I made some sense an reacted in the most appropriate manner that could save the patients.

 Interviewer: Does the event still has impact on your life?

Interviewee: The event has significant impacts on my personality and life. After the event I couldn’t sleep well for at least seven days. I often recall the event that brings me the same sense of fear. The event is still impacting my life because I doubt every personal who seems to be suspicious in the hospital. Sometimes I am unable to sleep due to insomnia and have nightmares.

 Interviewer: What type of coping strategies did you use?

Interviewee: I used meditation for getting rid of this traumatic experience. I have a routine of giving thirty minutes to meditation and also work out. I have taken counseling sessions of two months that helped me to overcome my feelings of fear and anxiousness. These strategies have helped me to feel better and I really improved my sleeping. When I feel more troubled I do running or swimming.

Interview analysis

I think that the respondent has secondary traumatization because he continued to experience the after effects of the event. The incident has left negative impression on the personality of the respondent.

The prominent signs of secondary traumatization include insomnia, sleeplessness, restlessness and confusion. The respondent complains about nightmares that also reflects the strong and long-lasting impacts of the incident. The respondent mentioned specific strategies for overcoming traumatization such as counseling, meditation and exercise. These helped him to improve his thinking and feel better (Davis, Campbell, Hildon, Hobbs, & Michie, 2015). Sleep problem is a visible sign of secondary trauma that include difficulty to sleep, walking from sleep and nightmare.

The respondent still experience psychological problems including insomnia, fear and nightmare. I think the best strategy that could help the respondent is to engage in him in talking. This will allow him to share his feelings and identify the cause of psychological problems. He can be encouraged to talk to someone whom he trusts such as his friends, family members or the therapist. If he lacks trust the best way is to seek counseling from the therapist (Vargas, 2017). The respondent must also be encouraged to give time to meditation and improve his social life. By connecting with others he will get opportunity of replacing troubled thoughts with new positive memories (Malone, Liu, Vaillant, & Dorene M. Rentz, 2016). I would also recommend the respondent to take tranquilizer when he is unable to sleep or feels insomnia.

References

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