

Last updated: 16:00 (GMT+04) Wednesday, July 23, 2008. Rajab 20, 1429.

gulfnews.com

THREE PROGRESSIVE

Search

Mobile edition

ePaper

Live weather

Shortcuts

Go

GNAds4U

JOBS4U
WHEELS4U
PROPERTIES4U
CLASSIFIEDS4U
THE NATION
THE GULF
THE REGION
THE WORLD
BUSINESS
SPORT
TECHNOLOGY
IN DEPTH
GALLERIES
YOUR PICTURES
VIDEO
FEATURES
TABLOID
FRIDAY
E+
EXPLORE
UNWIND
NOTES
SPORT EXTRA
ASK THE LAW
RESIDENTS GUIDE
ABOUT THE UAE
SPECIAL COVERAGE

Pictures from the past
YOUR SAY
LETTERS
POLLS
EMAIL US
OPINION
EDITORIALS
COLUMNS
WEEKEND REVIEW
GN FOCUS
ABOUT GULF NEWS
SEARCH
PAST EDITIONS
FRONT PAGE PDF
EPAPER
MOBILE EDITION
SUBSCRIPTIONS
GN REWARDS
RSS FEEDS
JOBS AT GN

BUSINESS

COMMENT AND ANALYSIS

Fast track to post trauma recovery

By Carole Spiers, Special to Gulf News
Published: March 27, 2008, 00:17

Just the other week, I warned in this column of the need for self-restraint on the road, and quoted my acronym of good driving habits: S.A.F.E. (Sure, Accepting, Focused, Ego-free)

But I certainly did not expect to find myself writing on Post Traumatic Stress Disorder (PTSD) following the UAE's worst-ever road accident, on March 11, with 347 injured, in a 200-car pile-up on the Abu Dhabi-Dubai highway.

The horrific incident at Al Ghantoot confirms the need for drivers to be ego-free and constantly aware of road conditions.

Sadly, road accidents are an increasing phenomenon on our densely packed roads, and the resulting Post Traumatic Stress is another. Many of those 300 injured, and many more who witnessed the horror, are going to need post-trauma counselling and long-term monitoring for the often delayed shock and after-effects.

Many of the people involved were groups of workers travelling to their construction sites, so there will be a communal reaction as well as many different private ones - almost as though it had been a major accident on site. This will inevitably cause a change of atmosphere at work.

Then there will be the official Inquiry, which can set up a good deal of emotional triggers. Re-living the incident can also bring on recurring nightmares and having to recount the events in front of the authorities can be highly stressful.

Longer-term, many of those involved will encounter Survivor Guilt, where witnesses blame themselves for their lucky escape, as though somehow the accident was their fault. ('It should have been me'.)

Post trauma counsellors/debriefers have developed ways to defuse these reactions by a Trauma Support procedure, by which the crisis intervener helps the sufferer to put the traumatic event into perspective and see that their reactions are 'normal' but it is the event that is 'abnormal.'

In the case of a collective trauma like this, there is also the opportunity for Co-counselling, where fellow-sufferers can discuss their feelings with others in the same position (peer group support).

RSS RSS FEED

>> Get Business as a news feed

YOUR MONEY

>> Latest Forex rates

LATEST STORIES FROM BUSINESS



BUSINESS
Mercedes-Benz launches new generation cars



BUSINESS
Oman plans makeover of ancient forts and caves

AUTOMOBILES

>> GM unveils 2010 Camaro

AVIATION

>> Etihad flights to Almaty in Kazakhstan start in December

BANKING AND FINANCE

>> Emirates NBD profit soars 45%

>> AUB net profit touches \$211.7 million in midway 2008

>> UNB earnings soar 41% to Dh764.6m

>> Emirates NBD plans Saudi operations

>> Noor in venture to open Islamic bank in Maldives

>> Darling hints at 'profound' effects of global credit crisis

>> Sukuk issuance in Gulf rises 17% to \$17b

COMMENT AND ANALYSIS

>> IT industry holds much potential for future growth

>> Winners of oil prices aren't only international majors

>> Going through a transformation

>> Chinese banks could see shrinking profits in coming days

COMMODITIES

>> Apple posts \$7.46 billion third-quarter revenues

>> Costly food and fuel drive Italy's consumer morale to 15-year low

>> Vietnam to tax rice and fertiliser exports

CONSTRUCTION

>> Housing quality in Dubai has a 'long way to go'

DEVELOPMENT

>> Mubadala forms \$8b GE venture

>> IFA launches \$200m project in Thailand

>> Lifestyle City raises budget to Dh4b

>> Depa venture wins Singapore contract

>> Work begins on tallest building in Jordan

ECONOMY

>> Inflation in Kuwait accelerates to 11.4%

GENERAL

>> e-governance gains ground in Abu Dhabi

>> Russian firm wins \$418m Dolphin deal

HOTEL & TOURISM

RADIO 1



Listen now

RADIO 2



Listen now

>> Streaming FAQs

>> Radio schedules

SPECIAL COVERAGE



Olympics 2008

An human resource professional or business manager with specialist crisis intervention training will be able to recognise symptoms quickly and classify victims in terms of the most suitable therapy/support. The advantage of a fully trained trauma team in an organisation who are able to move straight into a Crisis Intervention and PTSD-handling routine is obvious.

Lessons may hopefully come out of the Al Ghantoot tragedy, including the need for a higher priority to be placed on the training of human resource and other personnel in post-incident support, and the sourcing of external specialist advice, both long and short-term. The next traumatic incident may not be another Al Ghantoot. But the effects will be the same ones. And so will the solutions.

Key points: Getting back up

- Re-living the incident will be stressful, especially during the inquiry.
- Fellow-sufferers can exchange impressions, or 'co-counsel'.
- Management and human resource professionals need to be trained to respond instantly to an incident.

The writer is a BBC broadcaster and motivational speaker, with 20 years' of experience as CEO of Carole Spiers Group, an international stress consultancy based in London.

More from [Business](#)

Email this article 	Printer- Friendly version 	Email the Editor 	Bookmark this article 
---	--	---	--

Post this story to:

[Del.icio.us](#) | [Digg](#) | [Facebook](#) | [Reddit](#)

>> Travelodge plans to boost UK seaside holiday market

INDUSTRY

>> Swatch, Rivoli tie up to boost market share in Saudi and India
>> Caterpillar's earnings climb 34% on Asia sales

MARKETS

>> Dubai market advances for third straight day as Arabtec gains 7.61%
>> Wachovia reports record quarterly loss of \$8.9b
>> DuPont earnings up 11% as sales gain

OIL & GAS

>> Fuel price rise boosts Chinese demand
>> Iran not to press for output cuts at Opec's next meeting
>> Demand for oil products hits two-year low in Korea

TELECOM

>> etisalat leads global mobile operators posting fastest first-quarter growth

TOURISM & TRAVEL

>> Oman takes a 'different approach'

TRADE

>> Strong currency forces Dubai to import less from euro zone

MORE STORIES FROM BUSINESS

AUTOMOBILES

>> Mercedes-Benz launches new generation cars

AVIATION

>> BA to transfer to Dubai Terminal 5

BANKING AND FINANCE

>> Doha Bank Q2 net profit increases 25%
>> Noor Islamic Bank expands in Maldives

>> Emirates NBD expands in Saudi Arabia

>> Emirates NBD profit up in Q2 2008

>> UNB records Dh764.6 million profit

COMMENT AND ANALYSIS

>> Do you really fly economy class?

COMMODITIES

>> GCC-based jeweller posts 55% growth

ECONOMY

>> Map of the global food crisis

INDUSTRY

>> GE, Mubadala tie up for global venture

INTERNET

>> Web threatens MidEast business growth

OIL & GAS

>> Dolphin Energy taps Russian contractor

REAL ESTATE PROPERTY

>> Limitless to build Jordan's twin towers

TECHNOLOGY

>> BlackBerry or Apple?
>> Joining the competition
>> Wearable gadgets are in
>> The degeneration of online debates

[Business](#) | [Opinion](#) | [Classifieds](#) | [Features](#) | [Pictures](#) | [Site Map](#)
[About Gulf News](#) | [Contact Us](#) | [Subscribe](#) | [Jobs at Gulf News](#) | [Advertising Guide](#)

[gulfnews.com](#) | [XPRESS4me.com](#) | [GNAds4U.com](#)

© Al Nisr Publishing LLC 2007. All rights reserved.