

## H. The 10 Stages of Acute Traumatic Stress Management (ATSM): *A Brief Summary*

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1. **Assess for Danger/Safety for Self and Others**
  - Are there factors that can compromise your safety or the safety of others?
2. **Consider the Mechanism of Injury**
  - How did the event physically and perceptually impact upon the individual?
3. **Evaluate the Level of Responsiveness**
  - Is individual alert and responsive? Under the influence of a substance?
4. **Address Medical Needs**
  - For those who are specifically trained to manage acute medical conditions
5. **Observe & Identify**
  - Who has been exposed to the event and who is evidencing signs of traumatic stress?
6. **Connect with the Individual**
  - Introduce yourself, state your title and/or position. Once he is medically evaluated, move the individual away from the stressor. Begin to develop rapport.
7. **Ground the Individual**
  - Discuss the facts, assure safety if he is, have him "Tell his story." Discuss behavioral and physiological responses.
8. **Provide Support**
  - Be empathic. Communicate a desire to understand the feelings that lie behind his words.
9. **Normalize the Response**
  - Normalize, validate and educate.... "*Normal* person trying to cope with an *abnormal* event."
10. **Prepare for the Future**
  - Review the event, bring the person to the present, describe events in the future and provide referrals.