



Use of Trauma focused therapy for Complex Trauma or PTSD

Dr Art O'Malley EMDR Psychotherapist

Fermanagh Modellers Ely Centre

Ely Centre Jan to March 2020

Client GH referred to Ely Centre

- Background History
 - Issues with family joined full time army age 17.5
 - Very supportive relationship with Granny
 - Grandad injured in Dunkirk
 - Proud family tradition of service
 - Training designed to break spirit
- Troubles Vehicle Check Point had to discharge his firearm when suspect drove through the checkpoint
- Shouting out combat orders at night due to flashbacks from C-PTSD
- Local intimidation was happening in Enniskillen from former suspects released from prison as part of Good Friday Agreement 1998

Initial Assessment

- Not believed
- Not listened to
- Negligent parents
- Led to low mood
- Low self esteem
- Suicide attempts
- Injuries to hip ankle and back
- 90lb Burgen was carried on his back when on routine patrol

Road Traffic Accident and other Traumas

- Ballinaleck 2am airbags deployed
- Got out through window of twisted metal in silver car
- Death of granny from cancer was very traumatic as she was main carer
- Death of nephew from drug overdose when a teenager
- Young recruit killed himself with gun while GH stationed at Omagh Barracks Sanger
- Coped with
 - Black humour
 - Drinking
 - Fighting
 - Not acceptable to seek help, told to, “just get on with it”

Reprocessing traumatic memories

- Developing strategies to handle spontaneous anger outbursts
- Hotline to Ely Centre should situation deteriorate
- Dealing with ongoing muscle bone back and hip injuries
- Aroma for touch complementary therapy sessions to help relax muscles and destress
- Lots of memories age 8 and 9 when attacked by brother
- We thought of modelling group to help build resilience
- Over to GH to develop resources and teach group to participants
- Part of concept of post-traumatic growth

Week 1

- 4 attendees
- Introduction to modelling
 - Historical
 - Gaming
 - Artistic
 - Techniques and model kits given out
 - Big achievement for Gary to get group of the ground
 - We see it as part of his ongoing recovery
 - Goal is to build up mental toughness and resilience

Week 2

- 7 attendees
- Many had made good progress on their models during the week
- Lots of positive feedback from colleagues
- Call from Canadian Veteran who is looking to form a similar group over there



Week 3

- 7 attendees
- Including 2 instructors
- New members due to attend
- Talk with a Scottish regiment about Derryadd attack during the Troubles in which several members of the modelling group had been attacked
- My role during each session was to help deal with any medical psychiatric or psychological issues that arose
- One member of the group RH was having concurrent treatment for oesophageal cancer and required a lot of support outside of the group

Week 4 to 10

- 7 attendees
- Including 2 instructors
- New members due to attend
- Talk with a Scottish regiment Derryadd attack
- Each week I liaised with different attendees at the modelling course to assess the impact of traumatic events from the Troubles
- A. common theme emerged that all 10 participants had been involved in one way or another at the time of the Enniskillen bomb.

Summary of issues dealt with during the modelling course

- Participants ex members of security forces
- Ex member of the UDR multiple Troubles related Trauma and son also attending for psychotherapy and welfare support
- Ex British Army affected by issues of bullying intimidation and harassment ongoing EMDR psychotherapy
- Ex police Recently diagnosed with Alzheimer's Disease seen separately for initial assessment mood improved as course progressed
- Ex Member of SAS reluctant to trust and not yet ready for Trauma focused psychotherapy at present
- Ex Member of CID fully participated in group and helped group dynamics

Additional members

- ex UDR member with significant tremor and having side effects from radiotherapy and chemotherapy
- He didn't have the coordination to work on detailed military models so we arrange for him to have access to Lego models which allowed him to fully participate and build up his levels of self confidence
- Ex British army. Very low self esteem when I referred him to the group. I have been seeing him in late and he responded well to Sensorimotor-Focused EMDR
- Has continued to be involved in the online FMEC group set up by GH and 3 other ex military colleagues once lockdown happened in March 2020
- Member was reported to have improved dramatically by his wife despite his recent diagnosis of Alzheimer's.
- He is on our waiting list for psychotherapy

Final session March 2020

- The group agreed to allow me to administer the group trauma protocol G-TEP or Group Trauma Event Protocol
- This was developed by Dr Elan Shapiro from Israel in relation to helping victims of terrorist attacks such as mortars and explosions
- I was assisted by Mairead Milllore during this session which lasted from 10am to 1pm.
- Each member filled out an impact of event scale form in relation to their memory of the Enniskillen bomb in 1987
- All participants had access to the GTEP worksheet



















EMDR G- TEP Manual 7th Edition March 2018 Elan Shapiro and Judy Moench

- Steps of protocol in colours
 - 2 Parts and 8 steps
 - Hierarchical Intervention and screening
 - Full script for the protocol
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- This is the first time the GTEP has been used to assist recovery of military veterans caught up in the Enniskillen Remembrance day bombing 8 November 1987 in which 11 people died and more than 60 were injured

Second Modelling Group to open in Markethill

- As a result of the success of the first modelling group the Ely Centre has funded 12 models to be assembled during the course of this group
- This will happen one morning per week from 10am to 1pm and psychological support will be provided to participants as before

Involvement of friends and family

- Visits to WW1 and WW2 sites
- E.g. Normandy and the Somme
- Further plans are in development to run a modelling group on a Friday evening for veterans who are unable to attend the day groups
- We hope to involve family members by attending a concurrent group called painting by numbers

Role of Dr Art
O'Malley BA MB
BCh BAO DCH
MRCGP FRCPsych
EMDR Europe
Consultant for
children
adolescents and
Adults

- My role was to support participants and be available for individual consultation
- I was not involved in delivering the course
- This was done by GH and SC from the modellers shop in Enniskillen
- Models for Heroes have informed us that this is the first time a experience psychotherapist and psychiatrist has been available to deal with any issues immediately to enable participants to continue with their modelling once the relevant issues had been dealt with
- They feel this model should be adopted for future groups so that both individual and group therapy can be provided

Implementation

- Veterans Mental Health Services Review Audit and Team Visit 6th April
- Support for Troubles Permanent Disablement Payment Scheme
- From Autumn 2021
- Managing expectations
- Avoiding retraumatisation
- Providing Health and Wellbeing
 1. Activities online to outdoors
 2. Therapy and counselling e.g. eco therapy
 3. Pain management (Physiotherapy Orthopaedic Surgery Pharmacological analgesia Breathing exercises Yoga