

## Why ETLS™ ?

- Created by responders, for responders
- Real-world based and solidly research-based
- Unique, intuitive approach utilizes existing training, increasing information retention & seamlessly integrating into training
- Flexible adaptable framework for all personalities & situations
- Works for both initial and continuing education
- Increased competence increases confidence
- Addresses cognitive, psychomotor, and affective domains
- Addresses both the responders and the grief survivors they work with
- Responder-focused; goal is reducing long-term damage, increasing resilience, giving hope



## EMOTIONAL TRAUMA LIFE SUPPORT™



**Serial™ LLC**

Education.  
Prevention.  
Hope.

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## GRIEF & TRAUMA SUPPORT FOR RESPONDERS

## What is ETLS™ ?

Emotional Trauma Life Support™, or ETLS™, is a 2-day 16-hour training course covering both responders and those they serve. Its unique two-pronged approach teaches understanding, helping, and preventing responder emotional trauma as well as trains responders in helping the emotionally traumatized patient during death-related calls. ETLS™ is solidly evidence- and research-based, and set in a foundation of both psychological principles and real-world Fire/EMS experience. Its uniquely intuitive approach seamlessly integrates into existing curriculum at all levels of training, both initial and continuing.

## MODULE 1

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- Foundation of ETLs™
- Scope of the problem
- The profound effects of good grief support on both the responder and the grieving survivor
- Where we are, where we need to be, and how to get there from here
- Simple steps to understanding & responding to grief
- How to avoid damaging grief survivors
- Helping grief survivors avoid long-term damage
- Avoiding long-term responder damage



## MODULE 2

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- Stress & trauma pathophysiology
- EMS trauma continuum
- Understanding, aiding, recognizing, recovering from, and preventing:
  - Burnout
  - Compassion fatigue
  - Anxiety & depression
  - Acute Stress Reactions
  - Acute Stress Disorders
  - PTSD
  - Survivor guilt
  - Suicide
- How & where to get help
- Current evidence-based treatments
- Building resilience



## MODULE 3

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- Grief support 101
  - Goals
  - Preparation
  - Affect/professionalism
  - Non-verbal language
  - Touch
  - Words
- Reactions to expect & how to address them
- Sudden vs gradual death
- Stages of grief
- Children and grief
- Survivor Frequently Asked Questions
- Viewing of the body
- Logistics of death: death certificates, body disposition, autopsy, organ donation



## MODULE 4

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- Viewing of resuscitations
- Warning shots
- Death notification protocols
- Telephone notifications
- Visually- & hearing-impaired survivors
- Language barriers
- Cultural/religious factors
- Special operations:
  - Pediatric deaths: prenatal, perinatal, SIDS, suspected abuse
  - Hospice, DNR issues, dying patients
  - Homicides & suicides
  - Crime scene refresher
  - Dealing with media