

## **ONLINE TRAUMA COURSES FOR MEDICAL PERSONNEL**

### **Working in Partnership with Professional Associations**

Despite the enormous worldwide prevalence of trauma and trauma-based diseases and disorders, it remains largely hidden—unrecognized, undiagnosed and untreated—especially in the developing world. Many traumatized people initially seek out medical care for physical ailments (for example, chronic pain or addiction) that may actually be rooted in earlier psychological trauma. For this reason, physicians and other medical personnel are in a unique position to help recognize, diagnose, intervene, and support those who have experienced psychological trauma. But they need the necessary knowledge and skills to do so.

Medical personnel all over the world are organized through professional associations, many of which run courses aimed at updating knowledge and skills. However, as far as GIST-T knows, none focus on trauma detection, or specifically on non-pharmacological approaches to treatment, or the two WHO-approved, evidence-based trauma therapies.

GIST-T plans to promote a series of online webinars and courses, aimed at doctors, nurses and other medical personnel, on the assessment, diagnosis and treatment of acute and chronic trauma symptoms. Also included in these courses will be simple self-care techniques for traumatized patients, and how to implement early intervention protocols, and where to refer patients for further trauma care.

Additionally, doctors, nurses and other medical personnel working in conflict and disaster zones can use self-care techniques for themselves, as they too are at high-risk for stress and trauma, either as a direct result of experiencing a traumatic event or being a witness to one. Such self-care is important and will allow them to continue their much-needed humanitarian work caring for others. The basis for these courses will be the recently completed Confronting Stress and Trauma Resource Kit.

Training medical personnel to recognize the signs and symptoms of trauma, and to intervene appropriately, can ultimately result in hundreds of thousands of patients worldwide getting the care they need and deserve.