

Transcript of Jo Stubley

I think the first thing to say is that we're still in the middle of it so most of the research that's been done on large traumatic events or even more small personal ones has tended to be on a single event that has a defined time period, stops, and then recovery begins. At the moment, we have not reached that time zero that is about beginning to mark recovery. We're all still in the middle of a potential traumatic event and so that long time period also increases the risk of a cumulative trauma to occur and we have two areas, I think, at least, where traumatic events may happen as a population.

First of all, we have the reality that there is the ongoing threat of the Covid-19 virus. Something that is potentially deadly. Something that we can't see, and yet it causes us, inevitably, enormous anxiety, in an ongoing way both for ourselves, and for others around us and, secondly, we have all of the consequences of the social isolation the shut down that we have all had to experience can also, for many, be part of a traumatising event. We also have the real difficulty, at the moment, of uncertainty and uncertainty is something that can really contribute to traumatic experience.

I think it links to the centrality of helplessness. Many of us have a sense of not knowing what's going to happen next where we are going to be, and even in this notion of recovery a real question of, "Are things going to be worse afterwards?"

Now the other difficulty, of course, is that many of us who are trying to help, whether it's in terms of helping people physically or the people who are trying to support others emotionally. We are also in the same boat and that, in itself, is also very different from what we have experienced with many other problems.