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ACUTE STRESS ADAPTIVE PROTOCOL

The Acute Stress Adaptive Protocol (ASAP) is an EMDR-derived, early intervention protocol designed to help first responders regulate acute stress following critical incidents. Developed from Elan Shapiro's Group Traumatic Episode Protocol (G-TEP), ASAP has been adapted by Sonny Provetto, LCSW, to fit the realities of law enforcement, fire, EMS, and dispatch work.

Key Features

- PEER DELIVERED - ASAP is structured so that trained peers (peer support team members -sworn, civilian and chaplains) can guide colleagues through the scripted protocol to provide timely needed interventions. Ideally, we recommend that peer teams work closely with embedded licensed clinicians. This task-shifting approach dramatically expands capacity while maintaining clinical integrity.
- NO DISCLOSURE OF TRAUMA DETAILS - Unlike traditional debriefing models, ASAP does not require participants to verbally disclose the traumatic memory. Responders work privately on a structured worksheet, minimizing stigma and protecting confidentiality in tight-knit departments.
- STRUCTURED 8-STEP PROCESS - The protocol uses EMDR's core mechanisms - bilateral stimulation, mindfulness, and adaptive processing - applied through a step-by-step worksheet. This ensures consistency, safety, and fidelity across peer teams.

Clinical Relevance for First Responder Psychologists

- EVIDENCE BASED - Research including a study published in Comprehensive Psychiatry (June 2025)—demonstrates significant reductions in distress (moderate to large treatment effect across applications), validating ASAP as both safe and effective in real-world responder populations.
- EARLY TRAUMA REGULATION - ASAP can be used to address acute stress reactions days after an incident, reducing the likelihood of maladaptive consolidation and progression toward PTSD or moral injury.
- ORGANIZATIONAL FIT - Implemented in over 200 responder organizations worldwide, including agencies looking to enhance confidentiality, peer cohesion, and operational readiness after critical incidents.
- COMPLEMENT TO EXISTING MODELS - Rather than replacing CISM/CISD, ASAP complements debriefing by providing a trauma-focused regulation tool that can be used after group discussions and prior to the CISD.

Continual Research

The ASAP Institute is continually evaluating this process through ongoing research and development. On November 4-11, 2025 we will be conducting our 3rd round of pro-bono research where we invite members of the first responder community to participate in a 4-day intense psychological treatment program targeting PTSD and Moral Injury using group interventions.

Please find more info at www.eventbrite.com/e/1470888369709?aff=oddttdtcreator



ZOOM LINK

Join us for an Informational Zoom Call

Topic: ASAP Informational Zoom Meeting

Time: Nov 13, 2025 3:00 PM Eastern Time (US and Canada)

[https://us06web.zoom.us/j/81956465784?](https://us06web.zoom.us/j/81956465784?pwd=3gfdbFxyWlgapdpnkyhOOU3Nfpc3vA.I)

[pwd=3gfdbFxyWlgapdpnkyhOOU3Nfpc3vA.I](https://us06web.zoom.us/j/81956465784?pwd=3gfdbFxyWlgapdpnkyhOOU3Nfpc3vA.I)



ASAP INFO LINK