

ACUTE STRESS ADAPTIVE PROTOCOL (A.S.A.P.)



6-Minute Video on ASAP

WHAT IS ASAP?

ASAP is an EMDR-based, evidence-supported intervention that assists first responders to process stressful and/or traumatic events. It is modified for the safe use by trained peer support members, chaplains & clinicians. It shows a reduction of 50-66% in post-traumatic stress symptoms.

IS IT SAFE TO BE OFFERED BY PEER SUPPORT MEMBERS & CHAPLAINS?

Yes! The protocol is created to be safe and effective for use by those trained in ASAP. They receive significant training and support by EMDR/trauma clinicians to maintain competency to deliver ASAP. Often, clinicians are available on-site or by immediate referral.

IS IT CONFIDENTIAL?

Yes! No record is kept of who attended or how it went. Also, since facilitators are the only ones talking, each attendee's reason for attending is kept private. It does not violate gag orders and has been approved by union reps for critical incidents under investigation.

WHAT CAN I EXPECT?

An ASAP session lasts 45-60 minutes, beginning with an introduction to the process, 3 helpful stress management exercises, a brief break, and 3 rounds of adaptive processing. Lastly, a closing activity is offered to help everyone manage any lingering stress. Additional sources of support are available, if needed. Most people report significant relief from the stressful event at the conclusion of the ASAP. See the QR code below for a brief video explanation.

WHEN IS IT HELPFUL?

Consistent with preventative healthcare or car maintenance, ASAP is helpful *before* you show signs of needing it. Attending ASAP for stress management tools and to process "low-grade" events is a great way to remain resilient. If you're already struggling with an event, ASAP is helpful as well. Again, research shows 50-66% reduction in post-traumatic stress symptoms in first responders.

AT A GLANCE

BENEFITS

- 50-66% reduction in distress scores
- Increased access to drop-in sessions- no appointment needed
- No records kept
- No cost, no insurance billing, etc.
- Can be offered on individual basis from ASAP-trained peer supporter, chaplain or clinician

Contact for ASAP Offerings & Additional Information



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