



**2016 REGION 4 CHAPLAINCY/  
COMMUNITY SERVICES &  
STANDING COMMITTEES  
CONFERENCE**

**By  
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**May 2, 2016**



# ***UAW CONSTITUTION***

## ***Article 41***

### **DUTIES OF LOCAL UNION MEMBERS**

#### ***Section 2.***

**It shall be the duty of each member to render aid and assistance to brother or sister members in cases of illness, death or distress, and in every way acquit her/himself as a loyal and devoted member of the International Union.**



# ***TRAUMA***

## **Full Definition of trauma**

***plural traumas***

***also traumata play***

***1a : an injury (as a wound) to living tissue caused by an extrinsic agent b: a disordered psychic or behavioral state resulting from severe mental or emotional stress or physical injury c: an emotional upset <the personal trauma of an executive who is not living up to his own expectations — Karen W. Arenson>***

***2 : an agent, force, or mechanism that causes trauma***



# *TRAUMA*

## **Medical Definition of *trauma***

***plural traumas also trau·ma·ta \-mət-ə\play***

***1a: an injury (as a wound) to living tissue caused by an extrinsic agent <sur**surgical trauma**> <the intra-abdominal organs at greatest risk to athletic trauma are the spleen, pancreas, and kidney—M. R.***

***Eichelberger>see blunt trauma b: a disordered psychic or behavioral state resulting from mental or emotional stress or physical injury***

***2: an agent, force, or mechanism that causes trauma***



# ***TRAUMA***

## ***Simple Definition***

**A very difficult or unpleasant experience that causes someone to have mental or emotional problems usually for a long time**

***medical* : a serious injury to a person's body**



# ***TRAUMA***

**Trauma is a very serious injury or shock to the body. It is caused by a physical force, such as violence or an accident. This may also be complicated by psychiatric (mental disorder).**

**Hyper “traumatized” it’s when we over react and then it could have long term effects.**



# ***CRISIS***

## **Full Definition of *crisis***

***plural* crises play \ 'krī-, sēz \**

**1 *a* :** the turning point for better or worse in an acute disease or fever ***b* :** a paroxysmal attack of pain, distress, or disordered function ***c* :** an emotionally significant event or radical change of status in a person's life **<*a midlife crisis*>**

**2 :** the decisive moment (as in a literary plot)

**3 *a* :** an unstable or crucial time or state of affairs in which a decisive change is impending; ***especially* :** one with the distinct possibility of a highly undesirable outcome **<*a financial crisis*>** ***b* :** a situation that has reached a critical phase **<*the environmental crisis*>**



# ***CRISIS***

## **Medical Definition of *crisis***

***plural* cri·ses \-,sēz\play**

**1: the turning point for better or worse in an acute disease or fever;  
*especially* : a sudden turn for the better (as sudden abatement in severity  
of symptoms or abrupt drop in temperature)**

**2: a paroxysmal attack of pain, distress, or disordered function <*tabetic crisis*> <*cardiac crisis*>**

**3: an emotionally significant event or radical change of status in a person's life**

**4: a psychological or social condition characterized by unusual instability caused by excessive stress and either endangering or felt to endanger the continuity of an individual or group; *especially* : such a social condition requiring the transformation of cultural patterns and values**



# ***CRISIS***

**A difficult or dangerous situation that needs serious attention. A person's reaction to an event.**

**A crisis presents an obstacle, trauma or threat, but it also offer an opportunity for either growth or decline.**



# ***EXAMPLE***

**YOU ARE DRIVING DOWN THE ROAD,  
THE SUN IS SHINING RIGHT INTO YOUR  
EYES, SUDDENLY THE CAR IN FRONT OF  
YOU SLAMS ON THEIR BRAKES AND  
IMMEDIATELY STOPS, WHAT IS YOUR  
INITIAL REACTION? WHAT IS GOING  
THROUGH YOUR MIND? HOW DID YOUR  
BODY REACT?**



# ***EXAMPLE RESULTS***

- 1. YELL, SCREAM, or CUSSED?**
- 2. DID YOU TENSED UP?**
- 3. DID YOU APPLY THE BRAKES?**
- 4. WHAT THE ##### JUST HAPPENED?**
- 5. ASSESTMENT OF YOURSELF AND OTHERS?**
- 6. IN-SELF CONTROL, ANGRY, UPSET, OR ARE  
YOU TOTALLY OUT OF IT?**
- 7. AFTER THOUGHTS?**



# ***TRAUMA OR CRISIS SITUATION***

**IN A TRAUMA OR CRISIS SITUATION WHAT IS  
YOUR NATURAL RESPONSE?**

- 1. IS IT TO FIGHT IT?**
- 2. IMMEDIATELY DEAL WITH IT?**
- 3. STEP BACK/ BACK AWAY?**



# ***QUALITIES***

- 1. BE A GREAT TRAUMA LISTENER!**
- 2. HAVE THE ABILITY TO LISTEN  
WITHOUT JUDGEMENT!**
- 3. TRY NOT TO OFFER ADVICE!**
- 4. TRY NOT TO TALK ABOUT YOURSELF AND YOUR PERSONAL  
EXPERIENCES! OUR SUCCESSES MAY NOT BE ACCEPTABLE!**
- 5. REMEMBER YOU ARE NOT QUALIFIED OR  
PROFESSIONAL/CERTIFIED!**
- 6. HAVE RESOURCES SUCH AS YOUR UNION EAP  
REPRESENTATIVE OR COMMUNITY SERVICES  
AVAILABLE. (United Way, NAMI)**







