



**AmericaReady**

**Trauma and Loss:  
A Personal Reflection**

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**The Need for Crisis Services**

Psychological or Emotional Stress  
NYC Methodist Hospital Reports 60 Days Post 9-11

- 35% increase in heart attack
- 40% increase in serious arrhythmia

**The Need for Crisis Services**

- Up to 35% disaster victims develop PTSD
- Mass disasters and terrorism will create more psychological casualties than physical casualties

**Disaster Losses**

- Sense of safety
- Sense of predictability
- Sense of control
- Sense of history, future
- Relationship to environment
- Basic assumptions about the world

**Shattered Assumptions**

- The assumption of invulnerability
- The world as meaningful and just
- Positive self-perceptions