



A Bolt from the Blue: Coping with Disasters and Acute Traumas

Salli Saari

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'Saari's book discusses the impact of traumatic events and the key principles underlying acute crisis work. Case study examples are used to illustrate the main features of traumatic situations and ways of processing such experiences, as well as the practical implications for crisis support.'

- Bereavement Care, Volume 26, April 2007

'The book provides a basic introduction to trauma and will be an interesting initial read for those new to this field.'

- Bereavement Care, Volume 26, April 2007

'What this well written book brings is a coherent understanding of the possible effects upon us as those involved first hand, as a relative/friend of someone involved, as an observer either close by or at a distance via television or other media. I think this book offers therapists, clients, and policy makers a view of how to deal with those "bolts from the blue" with more understanding of the nature of trauma and its effects upon the individual and the community. The author has put together a book that looks at the processing of a traumatic event, the effects of it upon adults and children, how to work with a traumatised person, and the impact of interventions upon the individual.'

- British Psychodrama Association Journal

'The thought I am left with after reading this book is that a basic grounding in psychological first aid should be a vital part of the "tools" of all who work in the helping professions and as a necessary part of every modern citizen's education, as is medical "first aid".'

- Therapy Today

'Saari examines in detail the psychological effects of traumatic events on individuals. She explains each step of the process of recovery, from the initial through lingering effects that follow the return to everyday life. The importance of psycho-social support is also addressed. The final chapter is devoted to an examination of the efficacy of single-session debriefing in preventing traumatization.'

- Book News

'This is an accessible introductory text that attempts to consider a range of issues related to personal responses to traumatic events. The author is an experienced Finnish Psychologist who obviously has extensive experience in the field of crisis response and acute trauma.'

- Mental Health Practice

In the wake of a number of large-scale disasters in recent years, the world is all too aware of crises but

largely underprepared for the psychological repercussions of traumatic events on victims and recovery staff. Salli Saari examines in detail the psychological effect traumatic events can have on an individual, taking the reader step-by-step through each stage of the process of understanding and recovery. She also discusses the role of social support, the media and the workplace in addressing trauma, and what methods can be adopted to help victims cope after a traumatic incident.

Based on work within the Finnish organized crisis care network, *A Bolt from the Blue* shows how crisis care can be an integral part of health care services, covering all traumatic incidents from a death in the family to major accidents and disasters.

This book is an essential text for any professional who comes into contact with people affected by a traumatic experience, including psychologists, counsellors, medical doctors, social workers, nurses, pastoral carers/clergy, and students in these fields. It is also accessible enough to be of use to laymen who have encountered a traumatic experience and may need help.

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