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Secondary traumatic stress in fire fighters because of the interaction with the victims

Jaime Senabre

SINIF, Spain

University of Alicante, Spain

Generally, when any type of disaster or catastrophe occurs, be it of natural or human origin, there is much talk about the number of victims and deaths, the magnitude of infrastructure and material goods affected, the economic amounts lost in the event, etc.

In the same way, much has been said and written about the psychological impact on victims and the community exposed to such an event. However, there is a type of hidden victims that, in many cases, tend to go unnoticed, perhaps in part because of their resistance to accepting that they are also vulnerable. I am referring to the members of the first response teams in emergencies (fire, police, health, etc.).

The presence of the scene, the proximity to the deadly victims and the interaction with the survivors, as well as the work in highly toxic atmospheres or of great risk for the physical integrity, together with problems of organizational, familiar or interpersonal type, will exert a strong impact on these troops, with possible repercussions on their physical and mental health. Moreover, they can be factors of vulnerability to suffer more or less severe episodes of Acute Stress, Post Traumatic Stress and Secondary Traumatic Stress, among others.

In the present work an approximation is made to the Secondary Traumatic Stress (STS) construct, a type of emerging labor condition in the professionals who develop their tasks of help and rescue with people exposed to critical incidents or vital events, as is the case of the Firefighter Departments.

Factors such as the history of personal traumas, the organizational context, the characteristics of the intervention and the individual personality, will significantly condition the capacity of resistance to the traumas in the professionals of the Fire Services.

Key notes: emotional trauma, secondary traumatic stress, resistant personality, firefighter, critical incident.

Recent Publications

1. Senabre, J. (2018). Forest fires from the perspective of environmental psychology. In *Climate Change*, 2018, 4(13), 58-68. ISSN: 2394-8558. EISSN: 2394-8566
2. Senabre, J. (2017). Efecto modulador de la personalidad resistente en el desarrollo del trauma emocional en bomberos atrapados en un incendio forestal. En *Actas del I Congreso Prevencionar*. Edición: Fourmarketing 360. ISBN: 978-84-697-6373-5.
3. Senabre, J. (2017). El proceso de segunda victimización en profesionales afectados por incendio forestal. En *Actas del 7º Congreso Forestal Español*. Edita: Sociedad Española de Ciencias Forestales. ISBN: 978-84-941695-2-6
4. Senabre, J. (2017). Wildland fires, climate change and society. In *J Earth Sci Clim Change*, 2017, Volume 8, Issue 10 (Suppl). DOI: 10.4172/2157-7617-C1-036. ISSN: 2157-7617
5. Senabre, J. (2016). Incendios forestales en la sociedad del riesgo. Ed. PREVINFO Soluciones. S.L.U. Alicante. ISBN: 978-84-617-5671-1.
6. Senabre, J. (2016). Wildland fires and climate change. In *J Earth Sci Clim Change*, 2016 Volume 7, Issue 5 (Suppl). ISSN: 2157-7617 JESCC. <http://dx.doi.org/10.4172/21577617.C1.025>

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Biography

Jaime Senabre is a Psychologist and Master in Psychopathology and Health. He completed doctoral studies in the Department of Personality, Evaluation and Psychological Treatment of the UNED, related to Stress and the Immune System, Posttraumatic Stress Disorder and Mobbing. Chief of Brigade in the Forest Fire Service of the Generalitat Valenciana, with more than 20 years of experience. With multidisciplinary training at the Master's level in areas such as: Occupational Health and Safety, Emergency Management, Sport Psychology, Human Resources Management, Mediation, Conflict Resolution and Coaching. Postgraduate in Environmental Consulting and Criminology. As a psychologist, he collaborates with several private clinical centers. Also, with several companies and institutions in the area of training in Psychology in Emergencies and Human Resources management. He is Professor at the University of Valencia in the Master in "Intervention and operational coordination in emergencies and catastrophes" and other postgraduate courses on emergencies. Director and President of the International Scientific-Professional Committee of the National Symposium on Forest Fires (SINIF). He is part of the Editorial Board of several international scientific journals and published numerous articles on forest fires, stress, psychosocial risks and emotional trauma, mainly in relation to emergency services and natural disasters. Member of the Spanish Society for the Study of Anxiety and Stress (SEAS), and the Spanish Association of Clinical Psychology and Psychopathology (AEPCP).

jasenabre@sinif.es

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