

## Core Element Comparison

### **Bruce Perry's Core Strengths**

- ❑ Developing potential
- ❑ Attachment
- ❑ Self-Regulation
- ❑ Affiliation
- ❑ Attunement
- ❑ Tolerance
- ❑ Respect

### **Five Essential Elements of Immediate and Mid-Term Trauma Intervention**

(Hobfoll, Watson, Bell, etc)

- ❑ Promote sense of safety
- ❑ Promote calming
- ❑ Promote sense of self and collective efficacy
- ❑ Promote connectedness
- ❑ Promote hope

### **Carl Bell, M.D. Field Principles**

- ❑ Rebuild the village/Construct social fabric
- ❑ Provide access to modern medical technology
- ❑ Improve bonding, attachment, & connectedness dynamics
- ❑ Improve self-esteem or self-respect (this task is achieved by providing individuals with opportunities to develop a sense of power, a sense of models, a sense of uniqueness and a sense of connectedness)
- ❑ Increase social skills of target recipients
- ❑ Reestablish the adult protective shield and monitoring
- ❑ Minimize the effects of trauma.

### **Strengthening Families Illinois**

- ❑ Parental resilience (being strong and flexible)
- ❑ Social Connections (parents need friends)
- ❑ Knowledge of Parenting and Child Development (Being a great parent is part natural and part learned)
- ❑ Concrete Support in Times of Need (We all need help sometimes)
- ❑ Social and Emotional Competence of Children (Parents need to help their children communicate)
- ❑ Healthy Parent Child Relationships (Give your children the love and respect they need)

### **Psychological First Aid Core Actions**

- Contact and Engagement-human connection
- Safety and Comfort- physical and emotional-calming
- Stabilization
- Information Gathering: Current Needs and Concerns
- Practical Assistance
- Connection with Social Supports
- Support with Coping