

Reflection #1  
By Eugene Dufour

**The S S – V V – P P Model for Working with Ongoing Trauma**  
(Source - NOVA Training)

To all my Healthcare Co Workers, First Responders and Essential Workers:

I started using this model of dealing with trauma when I was doing debriefings for survivors of the 9/11 attacks. It is a simple 3 step process called **S S – V V – P P**. That is all you must remember.

- **Step One:** S S stands for **Safe and Secure**. Find someone that you feel safe and secure with.
- **Step Two:** V V stands for **Ventilate and Validate**. Tell your support person how you are feeling and what you are thinking.....ventilate. Your support person just listens and says that they hear you.....validate.
- **Step 3:** P P stands for **Plan and Prepare**. You and your support person come up with a simple plan to prepare for the next day of working during the COVID – 19. The most important step is to, daily, ventilate your thoughts, feelings and fears and have someone validate that you have a right to feel this way.