

Trauma Support for Fire and Police Personnel in New Brunswick, Canada

During my recent trip to Canada, I had the rare opportunity to present TRE to the Fredericton Fire Department. We discussed the importance of down-regulating their nervous system after stressful or traumatic events. They understood the concepts of psycho-emotional stress and well physical stress and traumas.



In an attempt to understand what firefighters go through, they suited me up in their fire gear which was extremely heavy and cumbersome. Then they put me into their training house with a controlled fire so I could experience the stress and anxiety inherent in their profession. Although they made certain I was completely safe, the experience of being in this situation helped me understand more clearly the intense stress that can occur in a live situation of fire.

During this training we also had a number of police officers. They also spoke about situations of stress, anxiety and trauma inherent in their daily jobs. One of the physical stresses on the body is the belt they wear which weighs 25 pounds. They let me wear one so I could see what kind of strain this weight puts on the pelvis and lower back. The distortion of weight distribution was quite surprising. It is amazing that more police officers do not suffer from chronic back pain due to this excessive weight distorting the lower back and pelvis. The experience was a great education for me and all of the participants experienced the tremors and their potential therapeutic value if repeated regularly as part of their decompression phase of their jobs.

