

2022-04-07: Supporting Learners through Collective Trauma

Topic and Questions courtesy of Association of Professors of Gynecology & Obstetrics

The following links were shared during the chat:

- [What Is Collective Trauma? | Psychology Today](#)
- [\(PDF\) Collective Trauma and the Social Construction of Meaning \(researchgate.net\)](#)
- [forYOU Team - MU Health Care](#)
- [Trauma-Informed Medical Education \(TIME\): Advancing Curricular Content and Educational Context - PubMed \(nih.gov\)](#)



MedEd Chat (hosted by ACE) [@MedEdChat8 hours ago](#)

TOPIC 1: What collective traumas have your students struggled with? (i.e., mass shootings, political atmosphere, George Floyd, etc)? [#MedEdChat](#) [#meded](#)



Alliance4ClinEd [@Alliance4ClinEd8 hours ago](#)

T1 A good way to kick off this is discussion is to define collective trauma. This article from Psychol Today does a nice job explaining it. <https://t.co/i2mGaVVd3l> [#MedEdChat](#)



Gary Beck Dallaghan [@GLBDallaghan8 hours ago](#)

T1 All of those examples I've seen students face. I've seen students have to deal with 9-11 and any number of issues. [#MedEdChat](#)



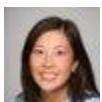
Sateesh Arja, M.B.B.S., MHPE, MSPH [@ArjaSateesh8 hours ago](#)

[#mededchat](#) Sateesh Arja from Avalon University School of Medicine, Curacao [#meded](#)



Gary Beck Dallaghan [@GLBDallaghan8 hours ago](#)

[@croyce62](#) [@MedEdChat](#) T1 Do you feel like it's worse now? Maybe it's because of the 24-7 newsfeed...but it just seems we go from one trauma to the next! [#MedEdChat](#)



helen kang morgan [@helenjkmorgan8 hours ago](#)

For some students, it's what traumas are they not dealing with given the confluence of so many issues right now. It's our jobs as [#meded](#) to ask and to listen T1 [#mededchat](#)



Sateesh Arja, M.B.B.S., MHPE, MSPH [@ArjaSateesh8 hours ago](#)

[@MedEdChat](#) [#mededchat](#) T1 the trauma in the last couple of years for our students is due to unprecedented pandemic [#meded](#)



MedEd [@TelehealthBot8 hours ago](#)

RT [@ArjaSateesh](#): [#mededchat](#) Sateesh Arja from Avalon University School of Medicine, Curacao [#meded](#)



Alliance4ClinEd @Alliance4ClinEd 8 hours ago

@helenjkmorgan Are we making time to actually listen? Or do we put our heads down and push through it...which sort of implies that's what they should do as well? #MedEdChat



MedEd @TelehealthBot 8 hours ago

RT @helenjkmorgan: For some students, it's what traumas are they not dealing with given the confluence of so many issues right now. It's our jobs as #meded to ask and to listen T1 #mededchat



Shireen Madani Sims, MD @UFDOC 8 hours ago

@croyce62 @MedEdChat T1- Agree @croyce62 , and One of the problems is that it is exhausting. For students and educators. Compassion fatigue and other types of fatigue are real. #mededchat



Scott Graziano @sgraziano118 hours ago

@Alliance4ClinEd @helenjkmorgan A lot of us have done this for most of our careers. It is a slow shift to recognize the trauma. But we need to continue to change. #mededchat



Scott Graziano @sgraziano118 hours ago

@UFDOC @croyce62 @MedEdChat More so now that many places are short staffed. Hard to have compassion when there is no time or support for it. #mededchat



Christopher Morosky @cmmorosky 8 hours ago

I feel like a big part of this is the never ending news cycle of trauma. The war in Ukraine has been front in center these past few weeks, even while COVID continues in. It's seems to be something traumatic every day #mededchat #MedEd @MedEdChat



MedEd Chat (hosted by ACE) @MedEdChat 8 hours ago

TOPIC 2: What resources are available at your institution? #MedEdChat #meded



Christopher Morosky @cmmorosky 8 hours ago

RT @MedEdChat: TOPIC 1: TOPIC 1: What collective traumas have your students struggled with? (i.e., mass shootings, political atmosphere, George Floyd, etc)? #MedEdChat #meded



Scott Graziano @sgraziano118 hours ago

And newly minted #umec chair!!!!!!



Christopher Morosky @cmmorosky 8 hours ago

RT @sgraziano11: @Alliance4ClinEd @helenjkmorgan A lot of us have done this for most of our careers. It is a slow shift to recognize the trauma. But we need to continue to change. #mededchat



Christopher Morosky @cmmorosky 8 hours ago

RT @ArjaSateesh: @MedEdChat #mededchat T1 the trauma in the last couple of years for our students is due to unprecedented pandemic #meded



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Scott Graziano @sgraziano118 hours ago

@cmmorosky @MedEdChat It is traumatizing to stay informed for sure. #mededchat



Sateesh Arja, M.B.B.S., MHPE, MSPH @ArjaSateesh8 hours ago

@Alliance4ClinEd @helenjkmorgan #mededchat T1 We listen but sometimes I feel as educators, we are helpless with external factors. But we as medical educators and educational institutions should promote diversity, inclusivity, tolerance and promote conducive and safe learning environments #meded



Scott Graziano @sgraziano118 hours ago

The silence is deafening. #mededchat



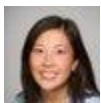
Julia Switzer, MD (she/her) @jswitzermd8 hours ago

@MedEdChat T1- closure of safety net hospital and residency programs in our city #mededchat



Scott Graziano @sgraziano118 hours ago

@jswitzermd @MedEdChat Same here in Chicago when Mercy closed. #mededchat



helen kang morgan @helenjkmorgan8 hours ago

The silence is so telling #mededchat T2



Christopher Morosky @cmmorosky8 hours ago

T2. I give full credit to our Dean of Students and her Associate Deans. They have their fingers on the pulse of our students #MentalHealth and emotional well-being #MedEdChat #MedEd



Gary Beck Dallaghan @GLBDallaghan8 hours ago

T2 During the pandemic & #BLM, the dean's office sent regular emails acknowledging how challenging all of these events are. Included contacts for counseling. #MedEdChat



MedEd Chat (hosted by ACE) [@MedEdChat](#) 8 hours ago

RT Julia Switzer, MD (she/her) [@jswitzermd](#) Replying to [@MedEdChat](#) T2 - RISE team (resiliency in stressful events)- peer support and rapid response team for caregivers facing trauma or experience "second victim syndrome" [@TJUHospital](#) [#MedEdChat](#)



Scott Graziano [@sgraziano](#) 118 hours ago

We have basic resources like EAP and mental health support for students. But nothing has expanded with all the trauma that has happened lately. So it is not enough or specialized. [#mededchat](#)



Gary Beck Dallaghan [@GLBDallaghan](#) 8 hours ago

T2 Agree [@sgraziano11](#) Events in Ukraine have received no notice. Same with some of the [#LGBTQ](#) issues in surrounding states. [#MedEdChat](#)



Christopher Morosky [@cmmorosky](#) 8 hours ago

T2. I've personally seen many students need acute or longitudinal mental health support and find great resources from our school. When they've made it back to the clerkship, you can see how they shine. Finding [#MentalHealth](#) support is critical for [#MedEd](#) [#mededchat](#)



Mental Health Tips [@MF_mentalhealth](#) 8 hours ago

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MedEd [@TelehealthBot](#) 8 hours ago

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Katherine Chen [@chen_katherine](#) 8 hours ago

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helen kang morgan [@helenjkmorgan](#) 8 hours ago

Three [@UMichMedAdmiss](#) students led efforts to completely reform mental health services for their peers [@skullbasedoc](#) <https://t.co/OMeDW7bZ3Q> T2 [#mededchat](#)



Sateesh Arja, M.B.B.S., MHPE, MSPH @ArjaSateesh8 hours ago

@MedEdChat #mededchat T2 our emergency management committee did handle it very well during the pandemic in association with Dean's office and students affairs office. Psychology counseling and other resources were provided including helping the students with grocery shopping #meded



Christopher Morosky @cmmorosky8 hours ago

RT @MedEdChat: RT Julia Switzer, MD (she/her) @jswitzermd Replying to @MedEdChat T2 - RISE team (resiliency in stressful events)- peer support and rapid response team for caregivers facing trauma or experience "second victim syndrome" @TJUHospital #MedEdChat



Shireen Madani Sims, MD @UFDOC8 hours ago

@MedEdChat @jswitzermd @TJUHospital Amazing- sounds like a well-developed program. You are so lucky to have this resource, can you post a link? #MedEdChat



Christopher Morosky @cmmorosky8 hours ago

T2. A few years back we had a student die from cancer. This was extremely tragic. I think that our school did a great job to honor her memory and provide support to her family and all of our students #MedEdChat #MedEd



MedEd Chat (hosted by ACE) @MedEdChat8 hours ago

TOPIC 3: Are there institutions where this is part of the curriculum? If so, how is it done? How do you provide a safe environment to discuss these concerns? #MedEdChat #meded



Christopher Morosky @cmmorosky8 hours ago

RT @helenjkmorgan: Three @UMichMedAdmiss students led efforts to completely reform mental health services for their peers @skullbasedoc <https://t.co/OMeDW7bZ3Q> T2 #mededchat



Scott Graziano @sgraziano118 hours ago

@MedEdChat #mededchat we do have a reflection time built into third year. Every 6-8 weeks they get together with advisors to discuss how things are going.



Sateesh Arja, M.B.B.S., MHPE, MSPH @ArjaSateesh8 hours ago

@MedEdChat #mededchat T2 the biggest challenge during the pandemic was lack of personal and social interactions. All departments were mandated to provide online feedback & guidance at least twice in a semester and as and when required. And also Psychological services if required #meded



Christopher Morosky @cmmorosky8 hours ago

RT @Alliance4ClinEd: T1 A good way to kick off this is discussion is to define collective trauma. This article from Psychol Today does a nice job explaining it. <https://t.co/i2mGaVVd3I> #MedEdChat



Shireen Madani Sims, MD @UFDOC8 hours ago

@sgraziano11 @MedEdChat We have something similar that spans all 4 years, students really feel this group is their "home" #MedEdChat



Christopher Morosky @cmmorosky8 hours ago

T3. Our longitudinal [#coaching](#) program provides students [#mentorship](#) and [#support](#) through their four years. I've personally seen the [#advocacy](#) and [#voice](#) that faculty coaches have provided students who have needed additional attention [#MedEd](#) [#MedEdChat](#)



Med Student Bot @MedStudent_Bot8 hours ago

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Sateesh Arja, M.B.B.S., MHPE, MSPH @ArjaSateesh8 hours ago

@MedEdChat [#mededchat](#) T3 some of these issues are covered in medical ethics and behavioral science courses. But many of these issues are covered throughout the 4-year curriculum though faculty mentorship program and clerkships [#meded](#)



Laura Baecher-Lind @BaecherLind8 hours ago

T2. Coaches can also complement the counseling and other support services available to students. Coaches may pick up on the student struggling with trauma that others may miss. [#MedEdChat](#)



Tracey Weiler @WeilerTracey8 hours ago

@MedEdChat T1. Yes, and FIU Pedestrian bridge collapse, Surfside condo collapse [#MedEdChat](#) [#meded](#)



Julia Switzer, MD (she/her) @jswitzermd8 hours ago

@UFDOC @MedEdChat @TJUHospital Based on work by Susan Scott PhD RN @muhealth <https://t.co/wvLnCHngZD> [#mededchat](#)



Christopher Morosky @cmmorosky7 hours ago

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MedEd Chat (hosted by ACE) @MedEdChat7 hours ago

TOPIC 4: What are best practices to incorporate support through collective trauma? [#MedEdChat](#) [#meded](#)



Gary Beck Dallaghan @GLBDallaghan7 hours ago

T4 Getting back to @helenjkmorgan comment about listening...I like this quote "...deriving meaning from trauma is an ongoing process that is continuously negotiated within groups and between groups..." from <https://t.co/WeU6m1xAC1> [#MedEdChat](#)



Christopher Morosky @cmmorosky7 hours ago

This article from Academic Medicine covers #TraumaInformed #MedEd and highlights methods to incorporating trauma-informed approaches to building a medical school curriculum #MedEdChat <https://t.co/fw5ELqk2CW>



Sateesh Arja, M.B.B.S., MHPE, MSPH @ArjaSateesh7 hours ago

@MedEdChat #mededchat T4 central task force committee to coordinate the activities across the institution, frequent communication with students, faculty and other stakeholders, keep informing all stakeholders regaling the policies & protocols so that everybody on the same page #meded



MedEd Chat (hosted by ACE) @MedEdChat7 hours ago

RT @cmmorosky: This article from Academic Medicine covers #TraumaInformed #MedEd and highlights methods to incorporating trauma-informed approaches to building a medical school curriculum #MedEdChat <https://t.co/fw5ELqk2CW>



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Emily Shaffer, DO @DrMissWV7 hours ago

@MedEdChat T4: Liberal granting of accommodations. Clear unified institutional messaging which acknowledges & validated feelings of fear/loss and provides access to multifaceted opt-in support programs (grocery/household staples available for purchase in hospital, memorials, etc) #mededchat



Christopher Morosky @cmmorosky7 hours ago

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MedEd Chat (hosted by ACE) @MedEdChat7 hours ago

We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts #meded #MedEdChat



Christopher Morosky @cmmorosky7 hours ago

We are all just people taking care of people. With that, we need to have some grace. Stop and listen. Be in the moment. Support one another. We do good work, but we are humans too - students included! #MedEd #MedEdChat



MedEd Chat (hosted by ACE) @MedEdChat7 hours ago

That's a wrap...I will post the #MedEdChat transcript tomorrow morning on <https://t.co/mJivoKroXx>. Thanks everyone for participating! #meded



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Join us again next week at 9 PM ET/ NYC Thursday. Don't forget to suggest topics by DM or email [#meded](#) [#MedEdChat](#)



Med Student Bot @MedStudent Bot7 hours ago

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Emily Shaffer, DO @DrMissWV7 hours ago

@MedEdChat People wear their trauma in dramatically different ways, many of which may not be ones which you will prob not immediately recognize as a post-traumatic coping mech Sometimes it looks like this: •socially-awkward •disengaged •inconsistent •“unprofessional” et al [#mededchat](#)



Tracey Weiler @WeilerTracey7 hours ago

@GLBDallaghan @sgraziano11 T1 Laws against abortion rights, gaslighting from the state government regarding a vast array of issues. [#MedEdChat](#) [#meded](#)

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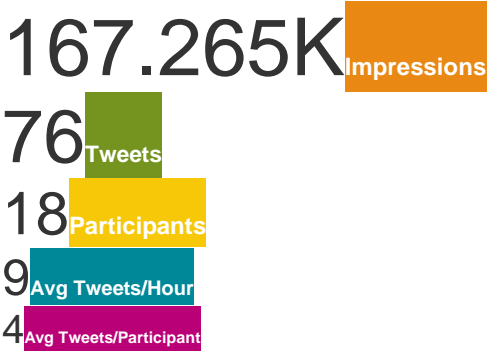
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The Numbers



Twitter data from the [#MedEdChat](#) hashtag from Thu, April 7th 2022, 9:05PM to Fri, April 8th 2022, 5:10AM (America/New_York) – Symplur.