



demeanor are not helpful, the survivor will feel “reinjured” by the helper. If on the other hand, the helper practices effective emotional first aid, the survivor will be very grateful.

### 3. **EFA: A Lasting Affect**

A survivor who receives emotional first aid is not only grateful for the **immediate** assistance the helper provided but the helper becomes a **permanent** part of the survivor’s memory of the tragic event and its aftermath. When the survivor “relives” the tragic event, the memory of “*the help I received from that kind helper*” will be a soothing part of the survivor’s memory tape. It’s not an exaggeration to describe a helper who provides emotional first aid as a “healer”. The immediate support the helper provides is as important to the survivor’s recovery as the help that may be provided by a support group, a member of the clergy or a professional counselor later.

“Minutes of skillful support by  
any sensitive person  
immediately after the trauma  
can be worth more than hours of  
professional counseling later.”

- Bard and Sanger – The Crime Victim’s Book