

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