

Traumatic Experiences of Nurses

When Your Profession
Becomes a Nightmare



Huub Buysse

'I don't think I will ever do night duty again.'

'It was at least a year before I was completely in control of my life again.'

'I kept muddling on far too long alone.'

Traumatic Experiences of Nurses is a practical and sympathetic guide for professionals at all levels of nursing, from students through to managers. Huub Buysen not only describes examples of traumatic events which nurses are confronted with but also shows them how they can help themselves and colleagues to recover.

In Part I, nurses and nursing assistants tell their own stories, describing vividly the emotional aftermath of disturbing events. In Part II Buysen provides invaluable advice and guidelines on how to cope, including:

- how to recognise a psychotrauma
- how to work towards a full recovery
- when to call in professional help
- how to organise a support team within institutions
- how to help colleagues who have been through traumatic events

There is a growing realization that nurses can be badly affected by the emotionally disturbing events they become involved with regularly in their jobs. Huub Buysen addresses this problem, and what you can do about it.

Huub Buysen is a psychologist working for the Rumke Foundation in Den Dolder, The Netherlands. He has written several books on the subject of psychological assistance and support.



Jessica Kingsley Publishers
116 Pentonville Road
London N1 9JB

ISBN 1-85302-377-9



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