



– Recovery from Whistleblowing

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Whistleblowers Australia Conference 2014

Recovery from Whistleblowing

- Basically it is recovery from PTSD

Recovery from Whistleblowing

Feeling Overloaded?



PTSD

Common Symptoms

- Suffering from bad dreams
- Experiencing uncontrollable thoughts
- Avoiding places that remind one of the event
- Feeling worried, guilty, or sad
- Sleeping too little or too much
- Feeling on edge
- Fighting with loved ones
- Feeling alone

Recovery from Whistleblowing

- Four Wheels on the Rolls Royce of Recovery
 - Physical
 - Psychological health
 - Purpose and Trajectory
 - Medication

Recovery from Whistleblowing

- Four Wheels on the Rolls Royce of Recovery
 - Physical
 - Exercise
 - Sleep Hygiene
 - Eating

Recovery from Whistleblowing

- Four Wheels on the Rolls Royce of Recovery
 - Psychological health
 - Thought patterns
 - Thinking time
 - Family
 - Support systems
 - Spiritual
 - Forgiveness

Recovery from Whistleblowing

- Four Wheels on the Rolls Royce of Recovery
 - Purpose and Trajectory
 - Find a purpose
 - Set life on a trajectory
 - Leave the old ‘purpose’ or ‘no purpose’ behind

Recovery from Whistleblowing

- Four Wheels on the Rolls Royce of Recovery
 - Medication
 - 16.6% of Australians will suffer anxiety disorder sometime in their lives
 - If you had diabetes you would treat it (for life if necessary) wouldn't you?
 - Find the right dose of the right drug

Recovery from Whistleblowing



Just because you're paranoid

doesn't mean they're
not out to get you.

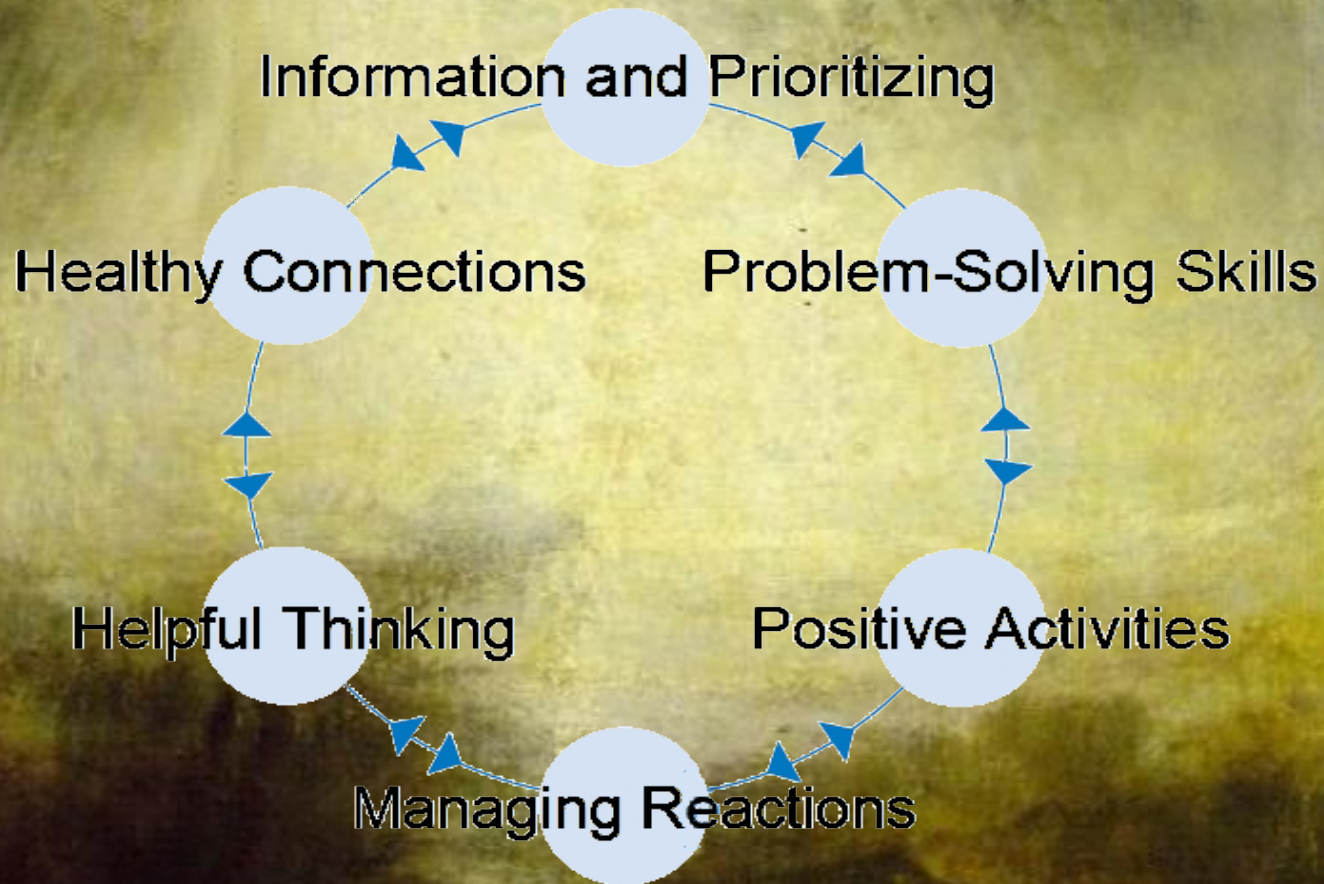
Recovery from Whistleblowing

Whistleblowers:

- are driven by altruism.
- are generally moralistic, becoming committed and even obsessed.
- emphasize rights.
- are stubbornly committed and uncompromising.
- are willing to go against social conventions.

Recovery from Whistleblowing

Skills for Psychological Recovery Training

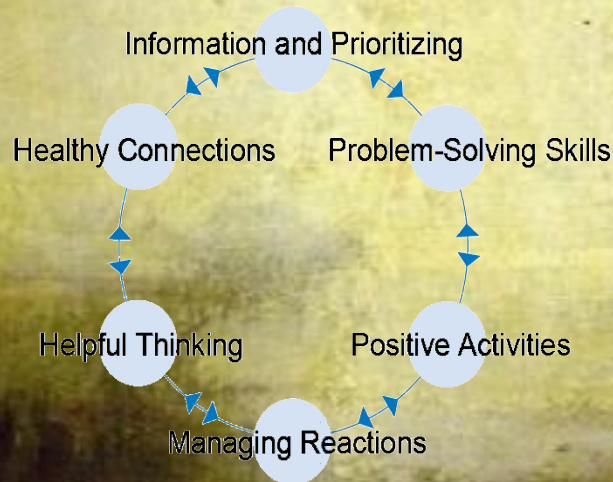


Recovery from Whistleblowing

Skills for Psychological Recovery Training

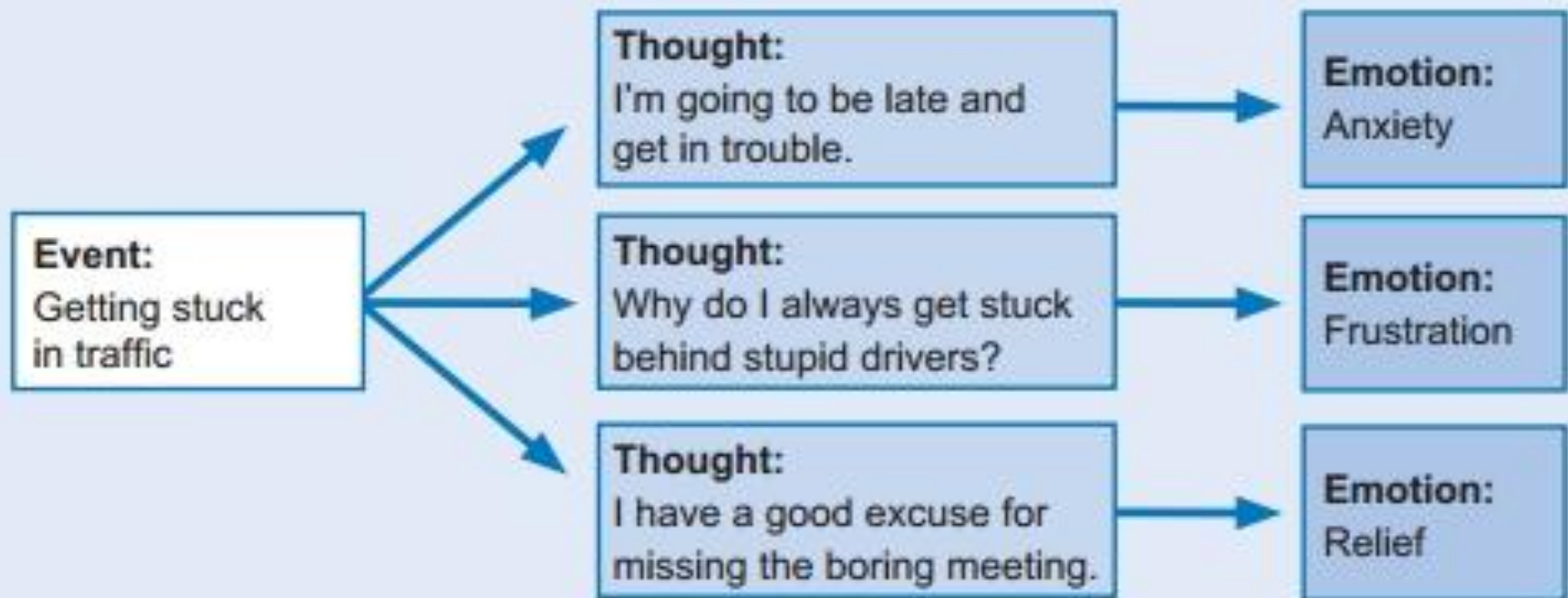
http://www.ptsd.va.gov/professional/materials/manuals/skills_psych_recovery_manual.asp

PRT



Recovery from Whistleblowing

Skills for Psychological Recovery Training



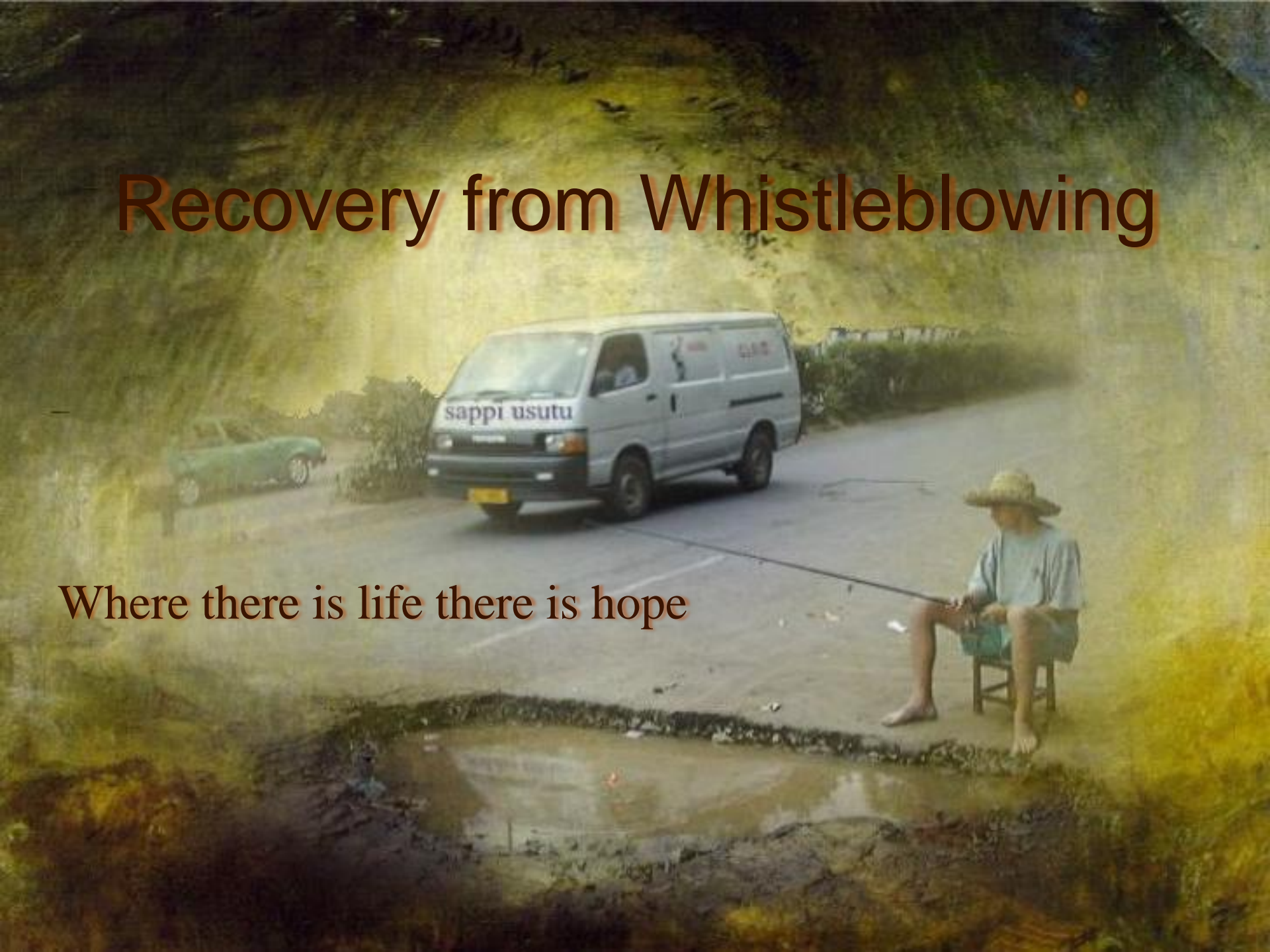
Recovery from Whistleblowing

Skills for Psychological Recovery Training

- Strengthens family relationships
- Emphasizes family needs
- Focuses on problem-solving
- Relationship building
- Old vs. new values
- Establishes a meaning for the event

Recovery from Whistleblowing

Where there is life there is hope



Recovery from Whistleblowing

Westmeadhospitalwhistleblowers
resources-and-help