

## KRTS Power to Recover™ An early intervention programme

### What is KRTS Power to Recover?

The KRTS Power to Recover blended eHealth trauma support programme was designed for organisations who have experienced a traumatic incident and who need to facilitate the psychological recovery of their employees, ensuring they return to work in a safe, effective way.

The KRTS Power to Recover early intervention programme is a 7 step system, made up of online modules and personal telephone coaching, that takes people that have experienced a traumatic event **from** feeling overwhelmed, out of control and helpless **to** being empowered, informed and active in their recovery.

### Results

Research\* carried out with users showed

- Overall, a 68% decrease in traumatic stress symptoms
- 84% of users experienced over 75% reduction in traumatic stress symptoms
- Many of them described the programme as *“life changing”*

\*based on results collected from pre and post scores for the Impact of Events Scale-Revised

### Solving problems

KRTS Power to Recover is a quality controlled and cost effective early intervention programme that can be delivered globally by a team of experienced mental health professionals. It was created in response to the limitations organisations and employees have reported about the problems with existing treatment provision.

- Trauma support was an add-on that wasn't tailored to fit within the organisation's existing procedures and resources.
- Individuals stayed “in counselling” for a long time, with the organisation not being aware of what was going on and feeling disempowered or frustrated.
- Individuals received counselling support that was not evidence based as effective and therefore meant recovery was often long and slow, or where evidence based treatment, such as psycho-education, *was* provided the standard varied hugely.
- A lack of qualified trauma therapists meant people could be off work for several weeks before receiving support.
- The stigma around accessing therapy meant many people, particularly in traditionally macho industries, delayed or avoided accessing support programmes.

## Benefits of the KRTS Power to Recover programme

This innovative programme has benefits for both the individual and the organisation.

For the employee	For the organisation
This interactive programme offers individual, tailored support through a specially trained mental health professional as well as an interactive self-help package. The correct level of support is given rather than a one-size fits all approach	There is more consistency on standard of intervention provided so they can be certain they are getting what they are paying for  Research shows that the earlier the intervention the better the recovery
Employees will learn strategies that are trusted by trauma therapists world-wide and that work to reduce symptoms	Emphasis is placed on normalising reactions as opposed to medicalising an individual's response. This can help facilitate an earlier return to work and/or identify a more timely need for further support
The individual is empowered to take control of their own recovery through education and prescribed action, whilst benefiting from the support and advice of a dedicated professional	More effective treatments result in financial savings including reduced sickness absence, and costs of sickness cover or overtime and recruitment
The programme is more flexible for those who do not / cannot / will not engage with standard therapy for a variety of reasons	Supportive management involvement, as part of the post incident procedures, leads to organisational empowerment
Family/friends can become involved as a source of support	The programme meets health and safety legal requirements and consequently reduces organisational exposure by protecting the company from reputational damage and financial costs of prosecution or litigation
The programme meets the National Institute for Clinical Excellence (NICE) Guidelines for treatment purposes meaning that the individual is receiving quality, effective care	An effective trauma support programme can contribute to improved workplace morale, better working relationships and increased employee satisfaction as staff feel valued and cared for, and ultimately increased productivity, through employees being healthier, happier and better motivated

## Understand the symptoms to take control

One of the things that many people find helpful is to understand their symptoms as normal responses to an abnormal event

Understanding what is happening in their body and brain can give them some sense of control. Importantly, they can then help their body and brain to settle down and move on from the event by using strategies that are tried and tested

The programme explains why the body and brain continue to react even once the danger has passed and what the individual can do to reduce or “switch off” this response.



## The programme is ideal for people who

- Want to work independently and be self-sufficient – who prefer to take control of their recovery, with specialist support to guide them along the way
- Don't want to access traditional talking therapies
- Are unable to access traditional talking therapies due to time or location barriers or prefer to work from the privacy of their own home or other convenient location
- Are comfortable working on a computer
- Want to be able to access support in a simple format as and when it suits them in a matter of minutes.

*“I am a police sergeant who previously served in the armed forces including tours of conflict areas. I have suffered with PTSD due to the experiences I have had in my working life. In my opinion the Power to Recover® programme is very effective and gives a positive outlook for the user. I felt supported and encouraged to help myself and understand my issues and mood swings. It is a very useful tool in aiding my ongoing recovery. I thoroughly recommend this programme to others who suffer with the ongoing effects of PTSD ... this is a great tool for the road to recovery ... a great bit of kit”*

*Police officer, UK*

During the course of the programme they will learn tried and tested strategies to:

- ✓ Switch off traumatic stress hormones
- ✓ Deal with intrusive images of the event
- ✓ Reduce panic attacks and anxiety
- ✓ Get their sleep back to normal
- ✓ Relax and reduce the sensation of still being on “high alert”
- ✓ Safely confront their fears and resume their normal activities
- ✓ Regain a sense of enjoying life and being in control
- ✓ And so much more...

## In the safe hands of a trained clinician

A key ingredient for success is that all this is delivered in the safe hands of a trained clinician. This is not a programme that leaves people isolated in front of a computer. The human aspect is a vital component of its success. The KRTS Power to Recover trauma coach

- Assesses client suitability
- Motivates and encourages the use of the programme and its strategies
- Addresses avoidance or blocks to recovery
- Assesses additional needs
- Liaises with the organisation where appropriate
- Provides essential human contact

The complete KRTS Power to Recover programme is the equivalent of over 12 hours of trauma-focused trauma support packed with activities and strategies to manage symptoms and build resilience.

*“This support programme is an excellent learning and support foundation. It is easy to follow, very informative, and can be used anywhere or anytime you have a quiet space/place. If you are a person who prefers to help themselves or manage to get through things themselves or to work things out for themselves, this is an excellent self support programme. It will demystify post trauma feelings, reactions and behaviours help you towards feeling empowered and feeling in control again”*

*J. Davies, Independent and NHS Psychotherapist*

## Contact

If you feel that KRTS Power to Recover is a programme that may help your organisation and staff, or you would like more information on this, or other options available, please contact us.

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