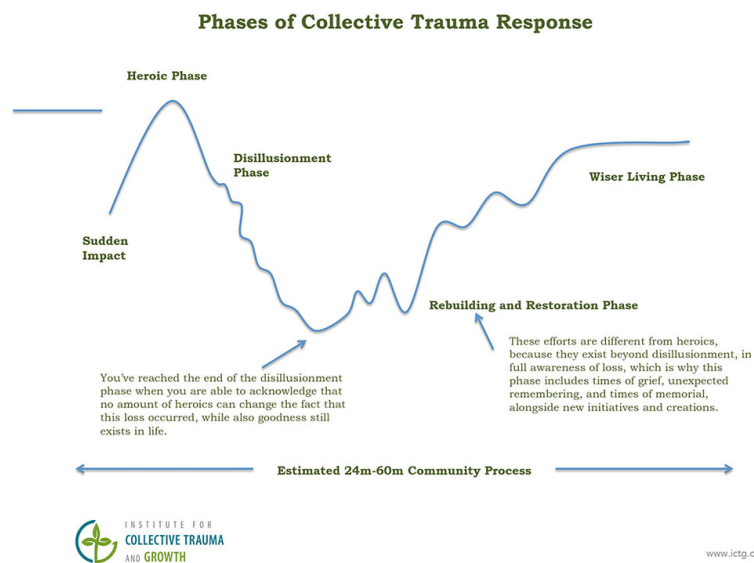


## Phases of Disaster Response

This chart is a visual guide, designed to aid conversations about collective trauma response. For some, it reminds them of a "heart beat." For others, it provides initial language for beginning to articulate their own personal experience, which may or may not be similar to what is depicted here.

*Scroll down for phase details and chart history.*



*Generally, the four phases listed on the charts tend to take 24-60 months for a community to process through.\**

As a leader of a school, business, nonprofit, or congregation, you may find this aid especially useful for:

- getting conversation started
- helping staff recognize how everyone heals from trauma at different paces



*simply a tool to see general patterns. It is not prescriptive,  
but simply a guide.\*\**

- assessing the degree to which individuals may be helped by additional therapeutic resources outside the organization

DOWNLOAD CHART

## More Information

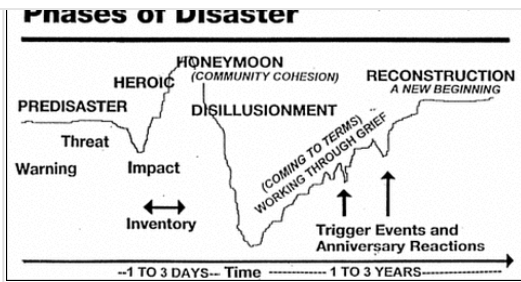
**PHASE DETAILS - WHICH PHASE ARE YOU IN RIGHT NOW?** +

**HEALING TRAJECTORY CHARTS - A BRIEF HISTORY** -

### The Evolution of the Healing Trajectory Visual Aid

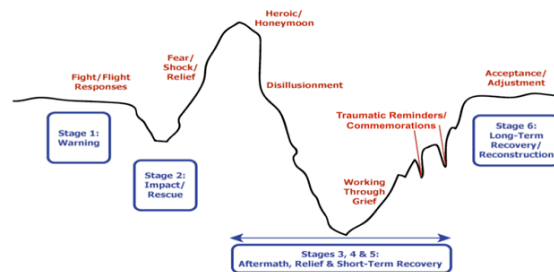
The four visual aids below trace the evolution of emotional trajectories in response to disasters. Originally, the first three traced responses to natural storms. The fourth focuses on responses to human-caused disasters.

Throughout the evolution you will note changes in senses of impact of events, perceived heights of newfound senses of normal, and labels used.



agencies, like the Center for Disease Control and Prevention, to depict phases of disaster response. As they note on their website, the following image describes phases that were first observed or described among natural disaster recovery practices. They are general principles and illustrate a scope of response to situations where no precise, universal timeline exists because responses vary by each disaster. This chart was first published in *Disaster Mental Health Services* (Myers and Wee, 2005).

The **second chart** has been used by many agencies, again from observations of response to natural storms, to describe emotional impacts of disaster for the purposes of planning long-term reconstruction.



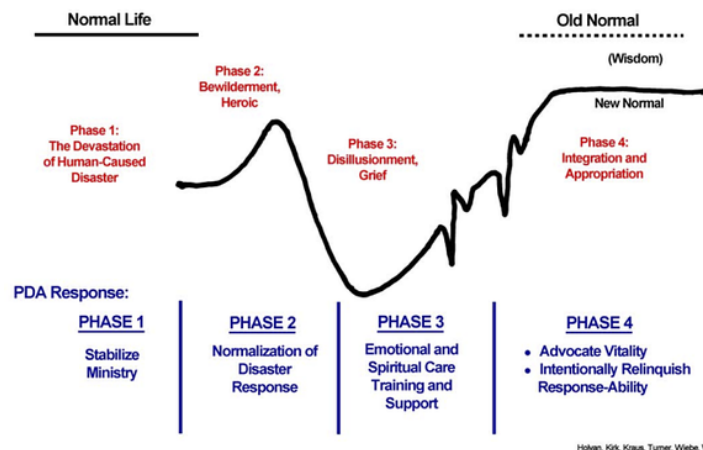
The **third chart** appears on many



phases of restoration after disaster.

The **fourth chart** is a visual aid for human-caused disaster, adapted from one of the original graphs intended to trace response to natural storms. It depicts a general emotional trajectory for a group following a human-caused disaster, which is distinctive from the emotional response to natural destruction. It can be useful for identifying relational patterns and group dynamics in the months and years following an internal or community tragedy.

### The Four Phases of Human-Caused Disaster Response





Presbyterian Disaster

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*\* This is only an estimate, and every experience is unique.*

*\*\* This guide is an educational aid and is not prescriptive. Every trauma and healing process is unique, even when commonalities exist. This guide also does not depict cases in which a culmination of events may result in collective trauma symptoms, or cases in which a community may have experienced multiple disasters within a year or two. However, in those more complex circumstances, this chart may still prove a helpful conversation aid to highlight ways in which individual members may be processing at their own paces.*



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