
Subject: Re: Winds of Change
Posted by [Tikatu](#) on Thu, 26 Jul 2012 00:25:58 GMT
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From: susanmartha Sent: 3/9/2007 9:53 PM

Thursday, August 16, 1:30 PM, Tracy Island

"Dianne? Anna poked her head into the sick room. "You wanted to see me?"

"Yes. I want to talk to you about Elise. You talked to her yesterday, didn't you?"

"Yes, we had an appointment."

"How did it go and what do you think?"

"I think you're doing a good job and don't see any reason to change." At Dianne's surprised look she went on. "She trusts you and that can be very hard to get. She also trusts Gordon in the water. That's out and out amazing. If he ever wants a job as a physical therapist for trauma victims, I'll be glad to recommend him."

"Did you read my notes on her?"

"Yes, after I'd asked her if it was ok." Dianne raised her eyebrows. Anna replied to the unspoken question. "The more control a person feels they have over their life the better. If you had said this was an emergency or you didn't know what to do, I would have read them regardless. But by asking her, I gave her power. And, hopefully, some confidence that we both are trustworthy."

"What do you think?"

"Two things. She isn't just afraid of dying alone. She's also afraid of being the only survivor. I know it's irrational but she still subconsciously feels she should have saved them, somehow."

"That's perfectly normal for the age she was when they died. Cherie was that age when her father was killed. But she still feels that way now?"

"Cherie still had you. And her grandma and friends and the same school and church, Girl Scouts, etc. She was still in her own room, in the house she had always known. Elise went from a situation where she was loved and supported to live with a total stranger, in a new place."

Anna went on. "And there wasn't anyone there to tell Elise it wasn't her fault. Or even to notice she was having problems. I gather the aunt didn't have a lot of experience with kids and wasn't close to the family. I suspect Elise buried any feelings she had."

"I wasn't exactly 'there' all the time when Cherie's father died. And we didn't always get a lot of support."

"But it was familiar. And you were there for her to see. Plus, as I understand it, when she was

attacked, others defended her and her father. And, the most important thing, you took care of them. So did Lisa. When you did leave, you came to a place that felt very safe. And with no unpleasant associations."

Anna looked down at her computer. "The other thing I wanted to ask you about-- is she still having flashbacks?"

"No, I don't think so."

"I see you taught her some relaxation techniques. Did you teach her to ground?"

"I've heard of grounding, usually when reading about PTSD. I've never done it," Dianne said slowly.

"It's a way of bring someone, or yourself, out of a flashback. You do something to reconnect yourself to the here and now instead of the flashback. Grounding is not hard. There are several different ways to do it. I would like to teach you, Elise and several other people how to do it."

"Who else?"

"Who would Elise go to if she started panicking?"

"Scott, Virgil or me probably."

"Them at a minimum. Also Gordon. She feels very safe in his company. And your husband. I'd also like to include Callie. I don't think she will start getting flashbacks, but it won't hurt. It can also be used if someone feels a panic attack coming on. And with any luck, Callie might start using it in her dreams."

"You didn't mind going through Callie's records?"

"Callie is an emergency. As her Doctor you have every right to ask my advice. Besides, you said she had given her permission."

"So had Elise."

"True, but she was here and I could ask. Callie -- we're trying to head off a problem before it gets out of control. I talked to Brains about the Hood. I'll talk to Tin-Tin and Kyrano later today or tomorrow. I also want to talk to Dom about finding her in the jungle. I may be out of my league here, but I can give her some basic tools. We'll see how well they work."
