

# Trauma and Existential Care

**S**  
**O**  
**P**  
**H**  
**I**  
**E**

I vs Me?  
My Self in Society...

Who am I?  
Ontology- Way of Being...

My Perception and Experiences  
How am I?  
Phenomenological reflections.

Self and other  
What can I offer to others?  
Humanistic, Relational Wellbeing...?

How do I belong to others?  
Ideologies influencing my thoughts,  
language, feelings, attitude towards life.

Why do I exist?  
Existential Health, Meaning  
Making, My Authentic Self?  
Spirituality ? My Self-care  
needs?



<b>Existential</b>	• Autonomy and Freedom • Why do I exist?
<b>Ideological</b>	• Religious, social, cultural, linguistic • How do I belong to others?
<b>Humanistic</b>	• Self and other • What can I offer to others?
<b>Phenomenological</b>	• Perception and Experiences • How am I?
<b>Ontological</b>	• Reflection • Who am I?
<b>Self Exploration</b>	• Self awareness • Spiritual care needs

**SOPHIE** ( Gulnar Ali, 2017) is a reflexive tool for Existential Advocacy that can promote personal growth while bolstering a sense of wellbeing. This tool was used to address psychological trauma among paliative care nurses in a recent study at Purdue University USA.

## Nurses' Psychological Trauma (NPT)

(Foli, 2019; Foli & Thompson, 2019)



The traumas nurses face can be nurse-focused or patient-focused and may overlap.

These traumas are distinct from other traumas, such as acute, chronic, complex, and developmental traumas.



Each individual perceives trauma uniquely based on their genetic/biological, familial, psychological, cultural, spiritual, and environmental facets.



### Nurse-Specific Traumas

Vicarious/secondary trauma and patients' medically-induced traumas.



### Impact of Nurse-Specific Traumas

Neurobiological changes.

Decreased physical and mental health, compromised patient care quality, and attrition from the profession.



### Resilience and Post-Traumatic Growth

Serve as buffers and outcomes to nurse-specific psychological traumas.

Both positive and negative individual outcomes are possible and can coexist.



### Trauma-Informed Care

Help lessen the impact of individual nurse-specific traumas. Mitigate the impact of nurse-patient-specific traumas. System and organizational strategies, including safe working conditions and sufficient resources, can reduce the impact of nurse-specific psychological traumas.

### Research Team

Dr. Gulnar Ali, University of East London, UK. (PI- Seed Grant).  
Dr. Nasreen Lalani, Purdue University, USA. (PI, APNA)  
Dr. Karen Foli, Purdue University, USA  
Dr. Kawther Hamash, Kennesaw State University, USA

### Contact us:

Dr. Gulnar Ali  
g.ali@uel.ac.uk

Dr. Nasreen Lalanin  
lalanin@purdue.edu

**Research Assistant (Seed Grant):**  
Aracely Ines Jimenez Paladines, UEL, UK

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Foli, K. J. (2019). Middle range theory of nurses' psychological trauma. Nursology. <https://nursology.net/nurse-theorists-and-their-work/the-theory-of-nurse-specific-trauma/net>.