

May 1, 2008

Dear Geneie,

This letter is both one of “Thanks” for developing your extraordinary Trauma First Aide (TFA) approach and also a statement of my commitment to help promote this work for the benefit of others. After having attended your Basic TFA training twice, as well as your Advanced Training, I feel excited about the numerous settings where this training could have significant impact. Being a former Army Nurse Corps Officer, I have a special place in my heart for soldiers and feel this work has tremendous application within the military setting.

The AMEDD, is the Army’s Medical Department Center and School. It would be fantastic for you to share this work with senior leaders there and talk with those in charge of teaching army medics. TFA would be an incredibly valuable training for these soldiers. Not only would it teach and help them practice “self care”, but it would enhance their performance in combat situations, and help prevent PTSD in fellow soldiers in the field. I would go as far as to say this approach could be instrumental in saving lives. Part of TFA’s attraction is how simple it is to learn and integrate into any pre-existing professional or para-professional skill set. As a nurse, I feel this training would be an indispensable skill set for *all* nurses (and physicians); especially those deployed to the combat theater. After attending your class, I was immediately able to use TFA in my role as an Advanced Practice Nurse with a veteran suffering from PTSD who was hospitalized for other problems. Following this intervention, the veteran thanked me profusely and told me “this was the first time in 17 years I have had any peace”. His response to your approach speaks for itself.

For combat soldiers, TFA could be taught in AIT or higher levels of required educational training necessary for advancement of a soldier’s military career. By enabling soldiers to understand, *normalize* (as you so beautifully teach!) and process trauma, individuals retain the ability to excel and avoid perpetuating “dysregulated” behaviors often exhibited by those suffering from PTSD. This type of training offers individuals the opportunity to fulfill their highest potentials. In turn, TFA could be a key factor in fostering strength of the military force. It prepares soldiers to maintain high levels of readiness and to respond appropriately under pressure.

It is my sincere hope you will continue to explore avenues to share this work with the military community. Not only does TFA have the potential to enhance the strength of the force, but also to strengthen military families who are the backbone of our service. If I can be of assistance to help further this work, it is my desire to do so. I am happy to share my experience and insights gained from TFA with those who are interested. I have included my email and work phone below. Please feel free to share it as you see fit. Thank you for developing this simple and effective approach and for selflessly and lovingly sharing it with so many. You have been an inspiration.

Wishing you great success,

Leslie

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