

Inside Trauma



A word from the Editor

How we write and verbally communicate with others is an everyday task from the workplace to social settings. Nowadays, bluntness is perceived rude and sarcasm/facetiousness often gets lost in translation when sending emails and messages. In some cases people don't even pick up on this when it's being verbally communicated over the telephone or face-to-face. Due to the overriding nature that political correctness has become, many are easily offended when faced with opinions, jokes or comments that they either do not understand or they don't agree with. This compliments the nature that political correctness has gone mad.

Political correctness is a term used when people are uncomfortable/sensitive with a topic or statement



and would rather dismiss as being politically incorrect than discuss it. Many claim it to be "well mannered" to be politically correct, however, this is not the case. Having good manners, being inclusive and respectful is what society tells us is political correctness, however, it's not. Political correctness has been forced on us as a society, because for some reason they think we do not understand on our own merit that you shouldn't call someone names or bully them, or make discriminatory comments about their appearance. Political correctness is about censorship and dismissing topics that no one really wants to talk about and stamping a PC sticker over it. Is it really the best solution?

Alana Sumic
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In this edition:

A Word from the Editor
By Alana Sumic

*Addressing Issues in the
Workplace*
By Madelyn Dabb

Misinterpretation
By Emma Sestan

*Political Correctness is Out
of Control*
By Peter Horton

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are available through the
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Addressing Issues in the Workplace

Even the best teams and workplaces will periodically have issues that they need to settle. Unfortunately, the pursuit of political correctness can lead us to avoid dealing with these issues. Nowadays, the politically correct way of handling workplace issues involves biting your tongue, sending an indirect email to your team, or sweeping the issue under the rug hoping that no one will notice. However, this only prolongs and escalates the issue, creating a negative workplace culture, characterised by poor communication, disgruntled employees, and ineffective leadership.

With this in mind, it is important that we deal with workplace issues directly as they arise. Addressing issues in the workplace productively means having the courage to speak up and stand your ground, in a respectful and dignified manner. Clear and effective communication will help you get your message across in a productive, non-confrontational way. Keeping your emotions in check and approaching the situation calmly and rationally will go a long way towards achieving this.

Managers have responsibility to implement guidelines and policies for communication and conduct in the workplace. Further, taking preventative action and checking in with employees from time to time can give them the chance to air any grievances and nip them in the bud, before they escalate.

While it is important to be mindful and respectful of others in the workplace, it is equally important to stand up for your rights at work. This will lead to a happy and more productive workplace on the whole.



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Madelyn Dabb
Postgraduate Counsellor

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Brain Teasers

Question One

What is greater than God,
more evil than the devil,
the poor have it,
the rich need it,
and if you eat it, you'll die?

Question Two

What gets wetter and wetter
the more it dries?

Question Three

If you have me, you want to
share me. If you share me,
you haven't got me.
What am I?



Inside Trauma



Misinterpretation

Written language allows for much greater variance in interpretation when being read. While verbal communication has the added component of body language to help us decipher the true meaning behind what the speaker is saying, this is lacking in written language. With technology becoming more present in our day-to-day interaction, texting and emails are becoming more common forms of communication. Therefore, misinterpreting what has been written is occurring more often.

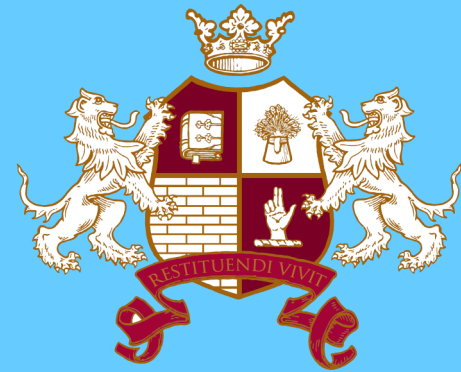
Sarcasm is commonly used in our daily interactions and can be comical when used appropriately. However, if you were to write an email, or send a text, which used sarcasm, this could quite easily be misinterpreted to be serious and offensive or judgemental.



Therefore, it is important to ensure that we are mindful of what we write, and how the receiver may interpret the text. Be careful about using humour in an email or text message with someone you don't know very well. What seems harmless to you could be hurtful to someone else. Be aware that people have different communication styles. Misunderstandings often arise when people are not aware of their own communication styles, or the styles of others. This can vary from culture to culture, person to person.

At the end of the day, being politically correct or tolerant is about treating others the way you would want to be treated. If you are unsure of how something is going to be perceived, think twice about how you phrase it before you write it.

Emma Sestan
Provisional Psychologist



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Political Correctness is out of Control and Creating Psychic Trauma

The loss of innocence; the robbery of being Australian; being direct; being informal, are becoming the reality. However, with correctness comes fallout, misinterpretation, hurt, and trauma.

We unabashedly have embraced, constructed, contrived ideological indulgence towards telling human beings not to be human.

Topics and reflective stances on racism, domestic violence, and sexism has erupted and evolved toward the development of a controlled, sanctioned way of seeing the world.

When and what day did labelling a black person as black become wrong?

Society appears to have caught a virus and the infection is ever-growing; the repercussions condemns and suppresses human beings which can create psychic trauma.

The promotion of constructed truth is an infliction upon the masses that controls and stifles expression. Perhaps the only real freedoms left are the moments when we are able to think.



It appears that points of view are only valid and correct if it is reflective of the construct view of the do-gooders.

Yes: today Santa can no longer “Ho Ho Ho”, so politically correct language change is often the advocate for positive progress. My view, however, is the vested interest (the vocal minority) is using media and politics to ensure their patch of turf is safe.

Brain Teaser Answers

Question One

Nothing

Question Two

A towel

Question Three

A secret

“I got a feeling about political correctness. I hate it. It causes us to lie silently instead of saying what we think”

- Hal Holbrook

“Political correctness is what right-wing bigots call what everybody else calls being polite”

- Iain Banks



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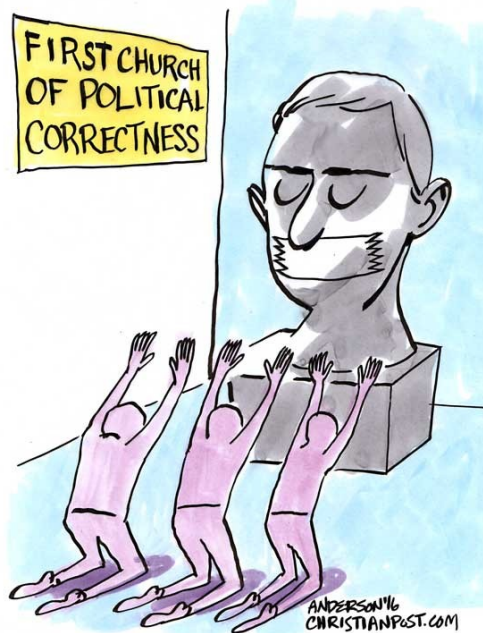
The argument to avoid political correctness encapsulates the arousal of 'trigger warning'. The perceived inflicted hurt and constructed pain arises from interpretations of words and their subsequent meanings.

Both listeners/speakers are asked to usher their thoughts to safe havens which avoid verbal interchanges and intellectual dialogue.

To argue with challengers appears to be a lost skill; more over we are funnelled toward safe places where the language police can group and amass their attack.

So when did freedom of speech die? Was Don McLean's hit song of American Pie (1971) an insight, a forecast of what is now a reality. Did freedom of speech die?

So gently sing the lyrics and reflect on the words that lead us to "The day the music died", perhaps then we can understand the Trauma of being human as the imposed external control about expressing our feelings of our thoughts.



If we are to attack the media; the funnel police; the vested interest groups, then we are deemed as being politically incorrect, racist, and sexist, but moreover it is society that has created the Trauma of Constructed Reality and in turn created internal psychic confusion.

Peter Horton
Psychologist

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