PLN SERIES · PLN-09

PLN-09 — Shock, Grief, and Recovery

The Psychology of Disaster

A reference-and-protocol course on the psychological arc of disaster — from the first freeze to the long recovery — for households and MAGs.

BOTTOM LINE UP FRONT

PLN-09 gives households and MAG members the psychoeducation to recognize and navigate the psychological arc of disaster recovery — the community-level phase timeline, the grief stages applied to property and community loss, normal-versus-concerning trauma responses, and household-specific risk across children, elders, and caregivers. It teaches Psychological First Aid for supporting others, and the judgment to escalate when a situation exceeds peer support. It is not a substitute for professional mental health care, and it does not cover the operational recovery work — insurance, FEMA IA, contractor vetting — that the Household Recovery Workbook is built for.

People in the first hours of a disaster are frequently numb, dissociated, or paralyzed — and most of them believe they are handling it well.

That impairment is invisible from the inside, which is exactly why knowing what to expect — in yourself and in the people around you — has to happen before the moment arrives. PLN-09 names the territory in advance: the freeze response, the grief that follows, and the long, nonlinear road back.

> *"When you know what is coming, you can name it. When you can name it, you can manage it."*

THE FOUR-PHASE COMMUNITY ARC

Phase	What it looks like
Acute	Day 0–72 hrs. Shock, dissociation, hypervigilance. Impaired judgment at its peak, invisible from the inside.
Honeymoon	Week 1–4. High solidarity and adrenaline — often masking a trauma debt that surfaces later.
Disillusionment	Month 2–12. Setbacks compound just as outside support and attention fade — the most dangerous phase.
Reconstruction	Year 1 and beyond. Meaning rebuilds; outcomes depend heavily on support received during Disillusionment.

COURSE LESSONS

#	Lesson	What it covers
01	**The Population Arc**	The four-phase community timeline and why Disillusionment is the dangerous phase.
02	**The Seven Stages of Grief, Applied to Disaster Loss**	Kübler-Ross reframed for property and community loss; nonlinear, recycling model.
03	**What Your Body and Mind Will Tell You**	Four trauma-response categories; normal versus clinically concerning.
04	**Your Household: Children, Elders, and the Caregiver**	Age-banded child responses, the underserved elder, caregiver burnout.
05	**Psychological First Aid**	Presence over advice — the evidence-based protocol, and what helps versus what doesn't.
06	**Escalate Immediately**	High-risk indicators requiring immediate professional help, and how to raise it directly.
07	**Building Your Recovery Plan**	Capstone: a personal recovery plan that pairs with the Household Recovery Workbook.

REFERENCE FRAMEWORKS

Framework	Source	Used for
Stages of grief and dying	Elisabeth Kübler-Ross	Adapted from terminal-illness grief to property and community loss (Lesson 02).
Psychological First Aid	SAMHSA, Red Cross, NCTSN	The core presence/safety/listening protocol taught in Lesson 05.