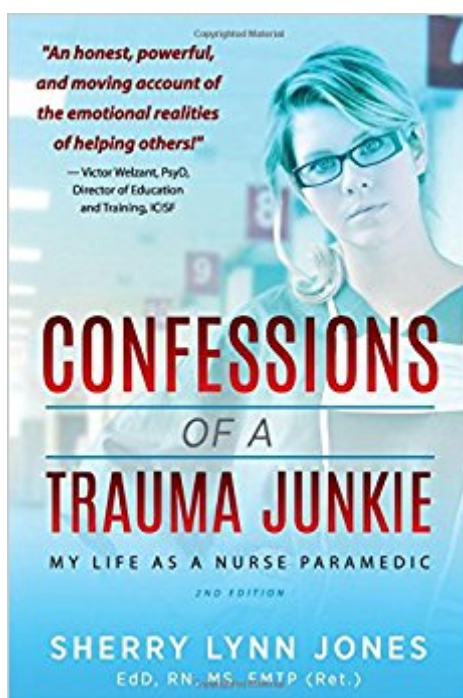


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# Confessions Of A Trauma Junkie: My Life As A Nurse Paramedic, 2nd Edition



## Synopsis

Ride in the back of the ambulance with Sherry Lynn Jones. Share the innermost feelings of emergency services workers as they encounter trauma, tragedy, redemption, and even a little humor. Sherry Lynn Jones has been an Emergency Medical Technician, Emergency Room Nurse, prison healthcare practitioner, and an on-scene critical incident debriefer. Most people who have observed or experienced physical, mental or emotional crisis have single perspectives. This book allows readers to stand on both sides of the gurney; it details a progression from innocence to enlightened caregiver to burnout, glimpsing into each stage personally and professionally. "Corrections" the third realm of emergency care behind layers of concrete and barbed wire. Join in the dangers, challenges, and truth-is-stranger-than-fiction humor of this updated and revised second edition of *Confessions of a Trauma Junkie*. In addition to stories from the streets and ERs, medics, nurses, and corrections officers share perceptions and coping skills from the other side of prisons' cuffs and clanging metal doors.

**Emergency Service Professionals Praise *Confessions of a Trauma Junkie***

"A must read for those who choose to subject themselves to life at its best and at its worst. Sherry offers insight in the Emergency Response business that most people cannot imagine." --Maj Gen Richard L. Bowling, former Commanding General, USAF Auxiliary (CAP)

"Sherry Lynn Jones shares experiences and unique personal insights of first responders. Told with poetry, sensitivity and a touch of humor at times, all are real, providing views into realities EMTs, Nurses, and other first responders encounter. Recommended reading for anyone working with trauma, crises, critical incidents in any profession." -- George W. Doherty, MS, LPC, President Rocky Mountain Region Disaster Mental Health Institute

"Sherry has captured the essence of working with people who have witnessed trauma. It made me cry, it made me laugh, it helped me to understand differently the work of our Emergency Services Personnel. I consider this a 'must read' for all of us who wish to be helpful to those who work in these professions." --Dennis Potter, LMSW, CAADC, CCS, FAAETS, ICISF Faculty

"*Confessions of a Trauma Junkie* is an honest, powerful, and moving account of the emotional realities of helping others! Sherry Lynn Jones gives us a privileged look into the healing professions she knows firsthand. The importance of peer support is beautifully illustrated. This book will deepen the readers respect for those who serve." --Victor Welzant, PsyD, Director of Education and Training, The International Critical Incident Stress Foundation, Inc (ICISF)

Learn more at [www.SherryLynnJones.com](http://www.SherryLynnJones.com)

Biography & Autobiography: Medical - General

## Book Information

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## Customer Reviews

"A must read for those who choose to subject themselves to life at its best and at its worst. Sherry offers insight in the Emergency Response business that most people cannot imagine. This book details life through the eyes of a caring individual who is a devoted CISM practitioner and true professional, who continually accepts the crisis presented, employs best practices, focuses on the mission, and makes the trauma, pain and suffering a little easier to manage." --Maj Gen Richard L. Bowling, former Commanding General, USAF Auxiliary (CAP)"We are not alone. Sherry Lynn Jones shares experiences and unique personal insights of first responders. Told with poetry, sensitivity and a touch of humor at times, all are real, providing views into realities EMTs, Nurses, and other first responders encounter. Emotions shared bind this fraternity/sorority together in understanding, service and goals. Recommended reading for anyone working with trauma, crises, critical incidents in any profession. It's heartening to know we share such common experiences and support from our peers." --George W. Doherty, MS, LPC, President, Rocky Mountain Region Disaster Mental Health Institute"In this book, Sherry has captured the essence of working with people who have witnessed trauma. It made me cry, it made me laugh, it helped me to understand differently the work of our Emergency Services Personnel. I consider this a 'MUST READ' for all of us who wish to be helpful to those who work in these professions." -- Dennis Potter, LMSW, CAAC, FAAETS, ICISF Instructor

"Sherry has encapsulated the first responder human lifestyle and given it soul. Makes you appreciate those who serve others in what happens in the streets of America every day. Sherry gracefully exposes the dreaded 'F' word...Feelings... and will absolutely touch every reader in

surprising ways." --Police Officer (Ret.) Pete Volkmann, MSW, EMT, Ossining, NY Police Department"Confessions of a Trauma Junkie is an honest, powerful, and moving account of the emotional realities of helping others! Sherry Lynn Jones gives us a privileged look into the healing professions she knows firsthand. Her deep experience is a source of knowledge and inspiration for all who wish to serve. The importance of peer support is beautifully illustrated. This book will deepen the readers respect for those who serve." --Victor Welzant, PsyD, Director of Education and Training, The International Critical Incident Stress Foundation, Inc."Never before has anyone depicted, in such vivid detail, the real life experiences of a street medic. EMS is a profession that at times can be extremely rewarding and other times painfully tragic. Thank you for telling our story through your eyes!" --Diane F. Fojt, CEO, Corporate Crisis Management, Inc., Former Flight Paramedic

Sherry Lynn Jones is a registered nurse, retired paramedic, and a critical incident stress management (CISM) educator with more than two decades of experience in civilian and paramilitary emergency services. Jones is the author of a blossoming Trauma Junkie anthology featuring the personal and professional experiences, thoughts, and feelings of emergency responders from both sides of the gurney. Sherry's urban and rural Paramedic experience and nursing in ER trauma centers, inpatient psychiatry, and state corrections merge with ground and air team training with the United States Air Force Auxiliary, Civil Air Patrol (CAP). As a Lieutenant Colonel, Jones was a key architect in developing CAP's National CISM Program, taking it from concept to full program supporting the organization's 50,000+ emergency services volunteers, addressing a growing need for resilience training and posttrauma response strategies. Sherry is a faculty member of and approved instructor for the International Critical Incident Stress Foundation (ICISF), and a Fellow of the American Academy of Experts in Traumatic Stress (FAAETS). Following her Master of Science in Psychology specializing in Crisis Management and Response, Jones completed her Doctorate in Education, writing her dissertation on Nurses' Occupational Trauma Exposure, Resilience, and Coping Education (<http://scholarworks.waldenu.edu/dissertations/2360/>). Sherry lives in the Detroit area, serves as CEO of Education Resource Strategies, and is a board member of the Michigan Crisis Response Association, promoting and providing emergency services education. Her most valued duties involve acting as Nona to her grandsons and Dr. Mom to children of two and four feet. Sherry's website is <http://www.SherryLynnJones.com>

I have always had the utmost respect for people who working in the nursing, paramedic or ER

professions, and during my time as a student nurse I can agree on some of things that Sherry spoke about - a Gallows humour for example, that I think would apply to everyone in the healthcare profession. This book is an insight to her time as an Emergency Medical Technician, Emergency Room Nurse, prison healthcare practitioner, and an on-scene critical incident debriefer. The stories will show you just how ever changing the EMT environment can change and how they don't know from the call out until they get there what the situation is actually like, they will have to think on their feet and adapt and being the first responder they will see some sights that those working within the hospital walls will never see. The mental damage seeing such trauma must have a profound effect on them and we get an insight to those moments that broke her despite her many years previous not being as affected as such. Several stories had me in tears and I was only reading it from a book, I can only imagine the effect seeing the actual destruction an accident for example can cause on someone's mental health. Paramedics (as they are called in the UK) or EMTs don't get enough respect from the public I think and once the patient is handed over to medical staff in the hospital they rarely see the outcome unless the person is DOA by the time they get there. A worthy read to gain insight into this profession for sure. I received this book through Beck Valley Books Book Tours, I have volunteered to share my review and all the opinions are 100% my own.

I have several family members who work in the medical field, so I've spent my life hearing stories like these. Stories of medical personnel thriving on adrenaline while saving people's lives. This book is chock full of stories of Paramedics, Emergency Room nurses, corrections officers and others who help save lives every day. Some of the stories will make you laugh, some will make you cry, and you'll experience every emotion in between. My only problem with this book is that it's difficult to just pick up and read for an extended period of time. Because of the emotion involved it was much better for me in small bursts. But that's what makes this book amazing. It's what makes you have so much more respect for first responders and medics. Because now you've seen a tiny sliver of their lives and you're amazed that they can continue on, day after day. I truly recommend this book, as it will give you so much insight to the other side of every hospital visit and ambulance call. I received this book through Beck Valley Books Book Tours, I have volunteered to share my review and all the opinions are 100% my own.

This book was written from the heart and the perspective of someone who has been there, done that! It is essentially a series of true life experiences of Sherry Lynn Jones and others she knows (names changed to protect the innocent) as she transverses the world of trauma. She worked in all

the professions that are showcased. Not all the stories are of her--but of others as well. You will alternately laugh out loud, cry and even shudder a bit at what first responders, nurses, paramedics, etc experience in their day to day lives--and what they do to relieve the tension. If you have ever worked in a hospital, nursing home or even been a patient or had to rush, or be rushed to the emergency room you may recognize some of these scenarios. Just remember that these people see trauma and death daily --they truly need an outlet and our support and respect!

There are people who put their lives on the line for complete strangers and the general public every day who are often overlooked as being a critical part of our communities. These nurses, EMTs, paramedics, etc., also known as "first responders", are held to such high standards and placed under intense scrutiny. Unfortunately, as a 'regular citizen', we don't get to see the multiple facets that come with a career such as these. This book gives you a firsthand look at every in and out of the careers whether it's good, bad, sad, or a complete give-in of continuing in this field of work. It's easy to say that we could step into their shoes and do their job but being in such critical positions, the events that unfold affect a person professionally, as well as personally. Any field of work that relates to the care of our loved ones is something we shouldn't take lightly. Confessions of a Trauma Junkie: My Life as a Nurse Paramedic is a book that we can all benefit from. We will stop taking people in these jobs for granted and learn to appreciate that they are humans, with real emotion, too. Some of the stories made me laugh while others took the very beat of my heart and caused tears to stream down my cheeks. I gained a whole new respect for this career group!! I received this book through Beck Valley Books Book Tours, I have volunteered to share my review and all the opinions are 100% my own.

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