Terror Attacks: Psychological Effects and Management of Fear

The modules in this class will examine the psychological and emotional effects of terror attacks upon populations.

Module 1
The Psychological Effects of Terror
1. Terror as a Strategy of Psychological Warfare against the Masses
2. Mental Health and Behavioral Consequences of Terrorism
3. Mental Health Following Terrorist Attacks
4. Affects of the 9/11 Attacks on Americans
5. Economic and Social Effects of Terrorism in Israel

Coping with the Psychological Effects of Terror
1. Effects of the Washington, DC Sniper Attacks on National Capital Residents
2. Post-Event Consequences of the London Train Bombings
3. Prevention, Assessment and Treatment of Psychological Affects
4. Possibilities of Future Attacks against the U.S.: Public Perceptions

Terror at Beslan: A Worst Case Scenario Traumatic Event
1. The Terror Attack Upon Beslan Middle School Number 1
2. Children Survival After Beslan Attack
3. Beslan One Year Later: International Red Cross Report
4. Community Assistance for Beslan
5. International Red Cross and Red Crescent Reports on Care for Beslan

Module 2
The Effects of Media Coverage on Public Mental Well Being
1. Response to Terrorist Coverage
2. Covering Trauma: Impact on the Public
3. Mass Media’s Role in Preparing Citizens for Terror
4. Arab Media Coverage of Terror

The Public-at-Large: Fear & Opinion Associated with Terror
1. Comparing Public Opinion After Terror Attacks
2. The Impact of Terrorism Upon Public Opinion
3. Managing Traumatic Stress: Coping with Terrorism
4. 2008 Opinion Polls

Preparing Populations for Terror Attacks
1. Creating a Citizenry Prepared for Terrorism
2. Understanding and Preparing for the Psychological Consequences of
3. Building Population Resilience to Terror Attacks
4. Social, Psychological and Psychiatric Interventions Following Terror Attacks
5. Preparing for and Returning to Normal after Terror Attacks
6. Principles of Mass Casualty Response to Terror Attacks
7. Building Population Resistance to Terror Attacks
8. John Stewart’s Explanation for the Need to Return to Normal Post 9/11 (video clip)
   Israel’s Quick return to Normalcy

Module 3
Fear Management
1. Terror Management Theory
2. Terrorism Threats and Workplace Management
3. Managing Traumatic Stress: Coping With Terrorism
Fear Management Plan for a Small Town, Population 10,000

1. Fear Management Objectives
2. Target Audiences
3. Key Citizen Participants (Mayor, Police Chief, School Superintendent, Religious Leader, etc.)
4. Health Organizations Participating
5. Use of Local Media
7. Execution Timeline: The Order in Which Segments Will Be Executed

Learning Outcomes from taking these modules:

**Students will:**
1. Understand the near and long-term psychological ramifications of terror attacks.
2. Be able to articulate the events of the 2004 school massacre in Beslan, Russia, as a textbook example of the devastating effects of terrorism upon populations.
3. Examine the positive and negative effects of media coverage of terror events.
4. Understand the psychological effects of terror attacks upon citizens-at-large not are not directly involved in or a victim of a terror attack but who fear that they will be.
5. Understand the mental health and psychological advantages of aspects of both preparing populations for a terror attack.
6. Know the psychological and emotional advantages of a quick return to normalcy following a terrorist attack.
7. Comprehend the basic principles of fear management for populations affected by terror attacks.
8. Become “practitioners” of fear management by designing a fear management plan for implementation at a local, fictitious American town.