

Mass shootings and our Collective Psyche

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Mass Shooting: occurring
in Public Places, 4 or more
deaths.

ABC News Poll post
Parkland, Florida Shooting

58% say that stricter
gun laws could have
prevented Parkland

77% say that better
mental health
monitoring and
treatment could
have prevented
Parkland
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Moral failure-----Mental affliction

*Mental Health Experts say there is little
connection between mental health and mass
shootings-NPR
February 23, 2018

Evolution of the way we look and feel trauma.

Individual to Communal

- Direct exposure
 - Witnessing the trauma
 - Learning that a relative or close friend was exposed to a trauma
 - Indirect exposure to aversive details of the trauma, usually in the course of professional duties (e.g., first responders, medics)
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Sikh Temple Shooting

August 5, 2012

Public mass shootings account for a tiny fraction of the country's gun deaths, but they are uniquely terrifying because they occur without warning in the most mundane places. Most of the victims are chosen not for what they have done but simply for where they happen to be.- Washington Post, Democracy Dies in Darkness.

Racist White Male

Common Individual Factors

Congressional Research Services
(2013)

1. Traumatic life events
2. Extreme anger, revenge, and rage
3. Social Isolation, alienation, attachment
4. Low self-esteem, fragile self image
5. Easy access to firearms
6. Manifesto, disturbing writings, rumination and planning
7. Feeling persecuted
8. Extreme Paranoia, paranoid traits
9. SI and HI
10. Narcissistic traits

Societal Factors

Congressional Research Services
(2013)

1. Western Civilization and cultural shift
 2. Boys will be boys
 3. Social Media
 4. Recognition and the wounded ego
 5. Easy access to firearms
 6. Media coverage
 7. Disconnected communities, families
 8. Lack of information sharing
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Why haven't so many mass shootings changed the minds of Americans?

- Habituation
- Emotional Attachment
- Identity motivated Reasoning

Is the mental health community doing enough
to address the trauma impacting
communities?

<https://www.youtube.com/watch?v=rE9h-fqnFcY>

Call to Action by Survivor's families