

Multisystemic Levels Map: Terrorist Attacks, New York City, 9/11/2001

Systemic Level	Traumatic Event(s) Impact (Severity and Duration)	Protective Factors Resources and Resiliency	Symbolization and Narrative System	Problematic Reactions to Event(s) and Long- Term Sequelae	Interventions and Prevention
Biological System <ul style="list-style-type: none"> • Physical • Nervous system • Endocrine 	Death, injury, CNS response Respiratory problems from debris	Levels of physical fitness and health, youth, stress inoculation, mind-body- spirit practices	Somatic expression, dreams	Somatic symptoms, respiratory and health problems	Pharmacological agents, mind-body- spirit regulatory practices and intervention, physical self-care
Individual Psychological System <ul style="list-style-type: none"> • Cognition • Emotions • Behavior • Rotation 	Loss, insecurity, disruption of routine & role, fear and anxiety Dissociation, altered time	Personality and coping skills, identity, self-image, cognitive skills, relational behavior, affect regulation	Recall and constructions of dreams and intrusive memories, and multiple personal meanings	Anxiety, depression, acute stress symptoms, PTSD, grief reactions Aggression and suicidality, alcohol and substance abuse	Individual counseling and therapy, stress-relieving interventions, psychoeducation, enhancing intrinsic strengths, facilitation of posttraumatic growth Psychological and emotional self-care Recreational, physical, and artistic activities
Social Systems <ul style="list-style-type: none"> • Family and intimate relations • Natural support system: local community—church, neighborhood, school, work, other groups • Ethnic/national/global • Ancillary support system— emergency, hospital, welfare 	Separation and loss, change in relational behavior and bonding, stress on family and other social groups, displacement, disruption of role and routine Increased connectedness & bonding Communication breakdown, media response Activation of ancillary support system	Family support, competence of natural supports, community organization and support, history of family and community Community self- mobilization, organization and support National and international support Ancillary support	Collective narration with family, friends, neighborhood, and community National and global narratives	Disruption of family life cycle, neighborhood relations Flight from city and severing of social attachments Displacement of families and work organizations Stress due to loss of income, housing, employment Intrusion of ancillary support systems	Family, group, and network counseling and therapy Mobilization and facilitation of natural support systems by ancillary support systems Peer support networks Building on long-term preventive groups and methods Organizing community forums; enhancing social connectedness for communication, problem-solving, and resource-accessing
Cultural Systems <ul style="list-style-type: none"> • Meaning systems • Knowledge systems • Language and symbols • Identity • Rituals and practices 	Shattered world assumptions, sense of invulnerability and safety	Creation of rituals Religious and spiritual solace, patriotism, sources of coherent world view, arts and literature, communication	Interpretation of collective narratives, of old and new rituals, contextualizing and memorializing, creation of new symbols, 9/11 as a temporal marker	Increasing rigidity and resort to primitive belief systems, discriminatory responses to Arab & Muslim minorities	Changing cultural belief systems from vulnerability to resilience Facilitation of new rituals and practices focused on communal grieving, revitalization, and conciliation, cultural legacy, and mission
Ecosystemic Environment <ul style="list-style-type: none"> • Physical and natural world • Economic & political context 	Environmental destruction and hazard Mobilization of rhetoric	Economic and political resources, physical	Impact of environmental, economic, and political change on symbiotic systems	Disruption of utilities, transportation, and communication Exaggerated political responses (Patriot Act and curtailment of civil rights)	Clean-up of environment, plan for reconstruction War on terrorism, preemptive strikes