

Disaster Psychology

Theme

Besides creating mass destructions, disasters develop severe stress and trauma that are normal reactions to an abnormal situation. This workshop elaborates these reactions and differentiates them from the normal psychological disturbances. It enables the participants to identify the psychological problems of the disaster survivors and provides them with some basic and practical tools to help their beneficiaries. The workshop also focuses on some basic counseling techniques and stress management skills.

Desired participants

- Humanitarian aid workers (Emergencies, etc.)
- Social workers
- Students of Social Sciences

Expected Outcomes

This training workshop will facilitate the participants in understanding:

- Normal reactions to abnormal situations
- Stages of disaster
- Disaster induced stress and trauma
- Emotional phases for survivors
- Resiliency
- Human needs in normal and abnormal situations
- Psychological first aid
- Crisis intervention
- Stress management
- Psychosocial counseling
- Follow up services
- Re-establishing local mental health structures

Duration

5 days (8 hours a day)

Cost

Rs. 30000 per participant that includes:

- Training Manual and required stationery
- Compact Computer Disk
- Practical work (counseling)
- Certificate of participation
- Lunch, tea & refreshments

