



Psychosocial support

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Plenary session for all TTT participants

Psychosocial support

- What is a crisis event (15m)
- Preparedness and response (5m)
- Stages in a disaster preparedness (20m)
- Factors affecting psychosocial responses (25m)
- Intervention pyramid (3m)
- Matching needs with psychosocial resources (3m)

Stress and Coping

- Identify & strengthen coping (20m)
- Recognize stress reactions Differentiate between normal & abnormal reactions (25m)
- Learn more coping skills (30m)
- Learn the MOST-BASIC model (20m)
- Assessment of coping strategies (20m)
- Who to refer – When and How to refer (15m)

Working with Loss and grief

- Understanding the various types of losses (20m)
- Differentiate between normal and abnormal grief reactions (25m)
- Factors that complicate the grieving (15m)
- Needs of grieving people (10m)
- Learning to support the bereaved (15m)

Community-based psychosocial support

- Identify PS community strengths & deficits (30m)
- Community resilience factors (20m)
- Impact of stress on community (30m)
- Community participation and mapping for psychological needs (30m)
- Design a PS plan in the aftermath of a disaster (15m)

Psychological First Aid

- Learn full body relaxation (10m)
- Learn active listening (35m)
- Key values in supportive communication (20m)
- Acquire non-verbal communication skills (25m)
- Learn to support groups (10m)
- Learn the principles of psycho-social intervention (15m)

Working with traumatized children

- Why children are more vulnerable ? (20m)
- Recognize stress reactions in children (30m)
- Differentiate between child normal & abnormal reactions (15m)
- Learning to support children (15m)

Supporting volunteers and staff

- Stress of work (10m)
- Causes of helper's stress (25m)
- How to manage helpers stress (25m)
- Benefits of supporting staff and volunteers(10m)
- Normal reaction of stress (20m)
- Advantage of peer support (10m)
- Principles of peer support (20m)