

## WORKSHOP

# Training for trainers: Guided training of psychologists in disaster, crisis and trauma psychology in Eastern European countries

### Invited Workshop

Organised by the European Federation of Psychologists Associations EFPA  
and the Standing Committee of Disaster and Crisis Psychology  
with the support of the Council of Europe -EUR-OPA Major Hazards Agreement

Vienna, August 30 – September 3, 2010

In the offices of Austrian Association of Psychologists  
Berufsverband Österreichischer PsychologInnen  
Möllwaldplatz 4/4/39  
A- 1040 VIENNA

# Announcement

## **Training of Psychologists in Disaster, Crisis and Trauma Psychology in Eastern European Countries initiated and guided by EFPA**

**Mag. Eva Munker-Kramer (A) and Mgs. Jana Malikova (CZ)**

### **A. Background**

In the last ten years there have been various activities mostly in western European countries to establish a basic knowledge on disaster, crisis and trauma psychology and to build up first networks to be set on scene if needed.

These attempts range from basic education already in the universities (above all Turkey and Scandinavian countries) to established networks and post-gradual trainings and the knowledge of disaster and crisis psychology in public and among psychologists themselves (e.g. Austria, Netherlands and again Scandinavia). It seems to be crucial to have official governmental structures (like CZ, B...), connections with NGOs (like Red Cross e.g. in Finland) and strong psychological associations with psychologists, who are experts in the field and able to help to develop consciousness concerning the importance of contributions of disaster and crisis psychology and psycho traumatology and building up skills.

The EFPA SC establishes and exchanges these concepts, standards and skills within a part of EFPA-countries (A, B, D, E, F, GB, S, N, TR, I, L, GR, DK, SF) for 9 years now. It has brought together various reports as one on the work done after Tsunami in the affected European countries or a report on "lessons learned", which reflects the work done in the different countries after major disasters in a standardized way. Parts of this work and additional theoretical reflections have been the topic of presentations in symposia organized by the SC regularly in the European congresses of psychology. Several members of the SC are involved in either in working abroad to build up skills in other countries (e.g. Sri Lanka) in general or in Eastern European countries especially (e.g. Slovakia, Ukraine...). Thus the SC has come to the decision to offer Eastern European countries meaningful and transferable parts of these concepts, contents and skills.

The Council of Europe has accepted a project plan and offered support by financing practical trainings and know-how transfer.

After several discussions we agreed upon colleagues from Lithuania, Latvia, Estonia, Slovakia, Poland, Hungary, Ukraine, Romania, Bulgaria, Slovenia, Croatia, Bosnia-Herzegovina who are aware of Disaster and Crisis Psychology, who are in a position and interested to function as disseminators.

### **B. Aims**

- to support interested Eastern European countries with focused know how transfer in psychotraumatology, disaster and crisis psychology and special interventions like CISM
- to offer specialities later that are seen to be needed (children, acute trauma, ...)
- to offer experience in building up meaningful and practical structures based on the national needs and backgrounds
- to enable these experts to go on with new colleagues within the country themselves

### **C. Profile of the colleagues we address in the countries (2 participants per country)**

- psychologist
- with a mandate or at least be recommended by their national psychological associations

- (already expert in the field or) strong interest in the field and / or colleagues who are involved in work with affected people
- acting in a function where dissemination of knowledge and skills is possible (contacts to the national psychological association and / or to governmental structures, public institutions ...)
- English speaking
- no pure personal interest or personal financial interest to be trained but the readiness to function as disseminators

#### **D. Time frame**

The basic workshop will take place in Vienna from August 30 – September 3, 2010 if enough interest. The project will then last for 2-2,5 years (details of the contents see below).

#### **E. Concrete plans in detail (time, contents)**

Start with a training course for participants from the mentioned countries LT, LV, EST, SR, PL, H, UA, RO, BG, SLO, HR, Bosnia-Herzegovina

Begin: Aug – Sep 2010 with 4-5 days and then twice a year 3 days for 2 years (details later) = 16,5 days

Contents: basic training in disaster and crisis psychology and psychotraumatology, acute trauma -early intervention, then specialties

In addition: support (mentoring, consulting) concerning strategies to set up standards and concepts (as the members of the SC did by exchanging with each other)

Time schedule in details:

- basic workshop (this one is financed up to now the rest must be applied yearly):  
4,5 days (Monday afternoon till Friday at noon),  
Followed by 3 days every 6 months (one day to reflect/supervision and two days with additional contents and/or exercise, coaching and consulting via email in the meantime if needed)
- contents :  
basic training as mentioned, specialities on CISM, work with children, disaster and crisis management in mayor disasters, ...  
NO training in traumatherapy, treatment of complex trauma

#### **F. Composition of the team**

The team will be composed of a group of psychologists from the EFPA Standing Committee on Disaster and Crisis Psychology with broad experience either in similar trainings in other countries, in building up structures (organizational psychology knowledge combined with disaster and crisis psychology or in special fields of disaster and crisis psychology). For the basic workshop this will be Atle Dyregrov (N), Eva Munker-Kramer (A), Nuray Karanci (TR) and Jana Malikova (CZ). If needed experts from outside the SC can be recruited.

#### **G. Expected result:**

We have skilled and trained colleagues within the countries to spread the knowledge based on national needs, structures and cultural specialities and we can address concrete persons if needed for border-crossing necessities and networking in disaster and crisis psychology.