



Guidelines for psychosocial interventions including people with disabilities

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Magda Rooze





What is a guideline

- Support instrument for practice
- No manual, no turn-key solution
- Contribution to high quality, evidence based psychosocial care



Why early psychosocial interventions

- To stimulate the natural recovery of those affected and to use natural resources
- To draw attention to those affected who need acute psychosocial assistance
- If necessary: to refer those affected to a specialist/to treat those affected who need acute psychosocial assistance

Guiding principles

- Needs of the affected are leading
- Emphasis on prevention and preparedness
- The importance of resilience
- The importance of a personal (social) network
- Psychosocial care is practical, emotional and social

A supportive context

- Practical support
- Providing information
- Empathy
- Personal support network



Organisation

- As regular as possible
- Collective interventions
 - Crisis/relief centre/assistance and support in acute stage
 - One-stop shop function
 - Help line and use of social media
 - Online information and referral centre



Including people with disabilities

- Integration in mainstream and general guidelines, standards and procedures
- Inventory of specific needs for awareness raising, prevention and better preparedness

Including people with disabilities

- Including the approach of resilience
- Individual needs supported by social networks and community based interventions



Implementation via networking

- European Federation of Psychologists Associations (EFPA) Standing Committee on Crisis and Disaster Psychologists
- Civil Protection
- European Society of Traumatic Stress Studies (ESTSS)
- International Red Cross Network of Psychosocial Support



Thank you for your attention

Magda Rooze

m.rooze@impact.arq.org

www.arq.org

www.efpa.eu