

Psychologische Fachgruppe Notfallpsychologie Expert Group on Crisis and Disaster Psychology – Section Clinical Psychology

Crisis and Disaster Psychology

... deals with prevention of and coping with posttraumatic stress reactions or disorders

stressed and burdened individuals after traumatic events such as abuse, catastrophes, accidents or criminal acts

relatives and the bereaved

witnesses and spectators

Target groups for psychosocial support

disaster relief forces, paramedics, firefighters

staff and colleagues



Specialists:
Phone 030-22358938, Mobile 0177-4367363, g.bringer@stresszentrum-berlin.de

Dipl.-Psych. Gabriele Bringer

Capability of Crisis and disaster psychology

Tasks in critical situation:

Communication of safety, stability and normality

Elements of psychological intervention: Prevention

Preventative training of paramedics, firefighters, peers, organisations and executives

Acute intervention within 24 hours

Stabilisation

Offering support for 4-6 weeks to enhance the coping process

Ongoing Support

Psychological coaching and establishment of contacts and junctions for future support

Crisis and disaster psychological intervention is also possible:

In individual and group counselling sessions and coachings available on short notice

Through institutions / organisations that reach out to those seeking support

For all affected individuals regardless of age, gender or disability

Crisis and disaster intervention chain Element of psychosocial crisis and disaster management

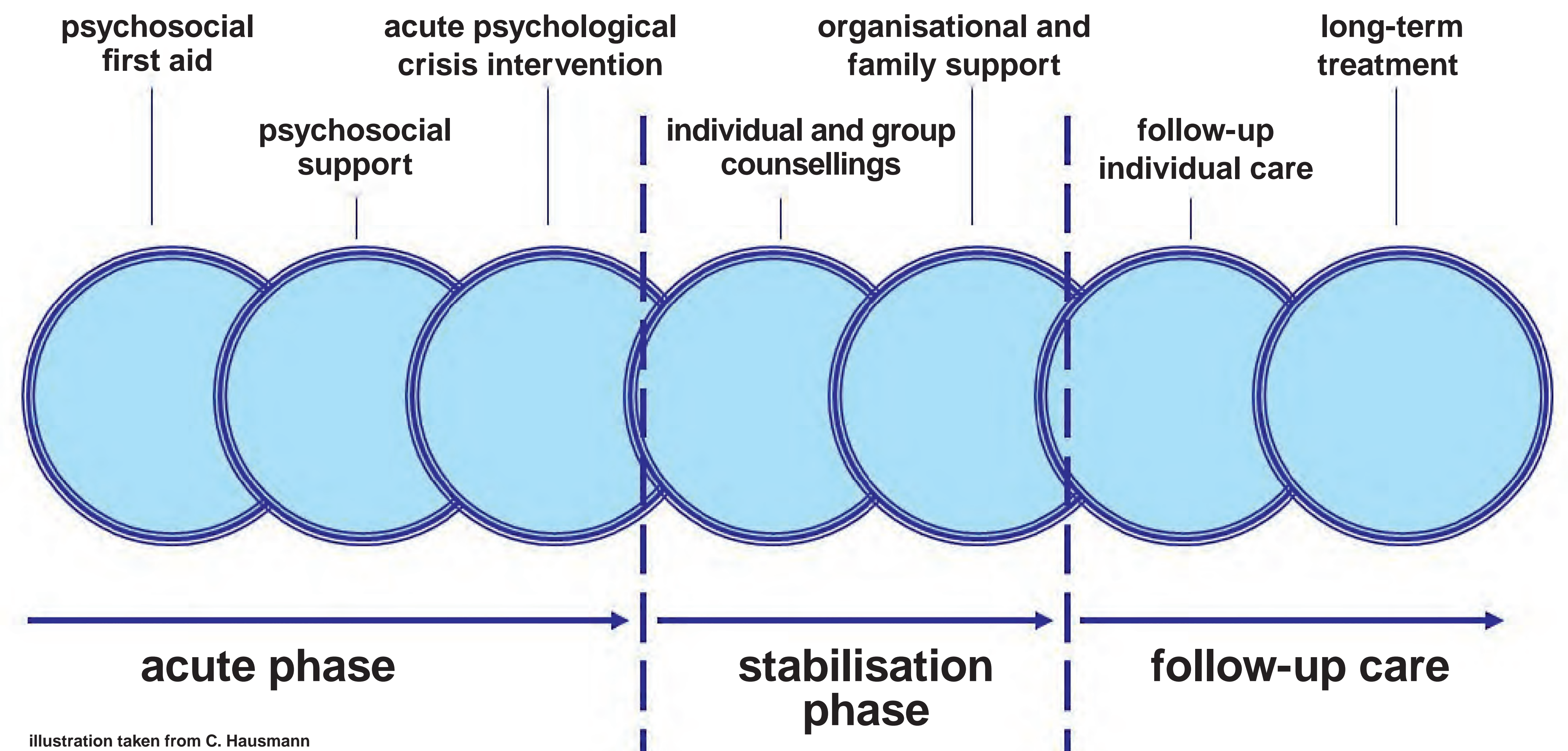


illustration taken from C. Hausmann

