

Report
**“Guided Training of Psychologists in Disaster, Crisis and Trauma Psychology in
Eastern European Countries”**
Vienna, November 2010

Project part 2010, Vienna, August 30, 2010 - Sep 3, 2010

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**Funded by the European and Mediterranean Major Hazards Agreement (EUR-OPA) of the
Council of Europe**

**In cooperation with the European Federation of Psychologists Associations (EFPA) – here:
Standing Committee of Disaster and Crisis Psychology of EFPA**

Project coordinator: Mag. Eva Munker-Kramer, Austria

How did the project start:

The idea was already there in 2003 after the flood in Mid and Eastern Europe when there were questions and requests from Eastern European colleagues to report on the models and systems in Austria, Germany and other countries. At the same time the EFPA group of Disaster and Crisis Psychology started networking and exchanging of experiences, contents and models.

In this situation the project plan was born and finally the following proposal was prepared by Eva Munker-Kramer in discussion with the task force (and later standing committee of EFPA) and changed, adapted between 2003 and 2008 several times.

EFPA initiated and guided Training of Psychologists in disaster, crisis and trauma-psychology in Eastern European Countries

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-graduate 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 useful 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 LT, LV, EST, SR, PL, H, UA, RO, BG, SLO, HR, Bosnia-Herzegovina who are aware of disaster and crisis Psychology, who are in a position and interested to function as disseminators.

Aims

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

Profile of the colleagues

There were long discussions about the question whom we should address and how many participants we should invite from each country. Finally we agreed upon two participants from each country and on the following profile.

This can be noticed by the list of participants we finally had in Vienna in August/September 2010. On one hand the clear profile made it difficult to find these persons (one reason for the small number of participants although the information and application phase was long) – on the other hand we did not want to go away from this profile because we are convinced that we had to have it like that as a group representing a European Psychological association.

Profile :

- psychologists
- with a mandate or at least be recommended from 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
- function where spreading 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

Time frame

The plan (if we get funding by the CoE) is that the project should last for 2-2,5 years (details of the contents see below) after the initial workshop in 2010 which has taken place in Vienna. After the basic workshop with the below and later mentioned contents (basic training in disaster and crisis psychology and psycho-traumatology, acute trauma -early intervention) there should be focuses on specialties that are named by the participants following their situations and needs.

Additionally there should be support (mentoring, consulting) concerning strategies to set up standards and concepts (as the members of the SC did by exchanging with each other in the last 9 years).

After the initial workshop of 4,5 days the plan is to have about 3 days every 6 months (one day to reflect/supervision and two days with additional contents and/or exercise, to offer coaching” and consulting via email in the meantime if needed

Composition of the team

In August / September 2010 (see list below) and further the trainer/instructor team will be composed by 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 was Atle Dyregrov, Eva Munker-Kramer, Nuray Karanci and Jana Malikova. For the next years they will support continuously and other experts will be added as well.

Expected result of the project:

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

According to these goals I would like to add some remarks/comments of the participants after the workshop and after the information they received after that additionally.

Nida, Sept., 10th

Dear Eva and all, thank you very much for unforgettable moments in Vienna! Only at home I realized how much I have got there! It was very useful, peaceful and productive time and I will miss you all till the next meeting. warmest regards, Nida

Nida, Sept., 15th 2010

Dear Eva,

Thank you for very useful information about psychotraumatology. This field wins me over its side more and more. Nida

Evelina, Sept., 16th 2010

Dear Eva, thank you very much for everything you have shared with us: knowledge, experience and your total care of us. I got your photos and articles, too. Thanks a lot. I wait our seminar in spring with very enthusiastic mood.

The best,

Yours Evelina

The Recruitment phase:

It was not easy to spread the offer and due to the narrow profile (see above) it was difficult to find colleagues who could effort to come (we could not offer funding for the participants individually besides offering the seminar itself for free) and who met the profile. We did many mailings and used personal contacts.

Below you find the last invitation letter to all the Psychological associations after we also presented the project in our congresses in Granada, Prague, Athens and Oslo:

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The final invitation letter to all EFPA member associations

Vienna, April 2010

Dear colleagues,

On behalf of the standing committee (SC) on disaster and crisis psychology of the European Federation of Psychological Associations (EFPA) we want to inform you about a training project we are planning to conduct for selected Eastern European countries in cooperation with the Council of Europe. You will find the background and the history of the project, the detailed concept and the criteria for the addressed participants in the attachment to this mail. One important criterion is that they should be English speaking, because the training will be conducted in English.

We kindly ask you to discuss this possibility within your national association. The costs for flight and accommodation have to be covered by the national association or the participants or by any further national funds. The EC offers to contact national civil protection authorities on behalf of that to support the initiative if needed.

The fees and administrative costs of arranging the seminars will be financed by the Council of Europe. The lecturers are international experts in disaster and crisis psychology and traumatherapy and have been involved in national and international projects for years. The planned lecturers for the first seminar in Vienna are Atle Dyregrov (N), Eva Munker-Kramer (A) and Nuray Karanci (TR) and Jana Malikova (CZ)..

You can find a presentation of the presenters and the rest of the standing committee on our website <http://disaster.efpa.eu/>

Under these premises please spread the information and identify possibly interested persons who meet the profile. We plan to train two persons from each country to set up good conditions for transfer of knowledge, because these persons are planned to become disseminators later on. We had originally planned the workshop for December 2009 but had to postpone.

Now we plan to have the seminar in Vienna in August 2010, 30th, Monday, 2 p.m. to September, 3rd, Friday 2 p.m.

Please try to give us a feedback up to the end of May sending the names, contact dates and profiles of interested participants.

Please send the information to Jana Malikova (janama65@gmail.com), Eva Munker-Kramer (muenker-kramer@emdr-institut.at) and Nuray Karanci (Karanci@metu.edu.tr).

Many thanks for your cooperation in advance!

Eva Munker-Kramer, Jana Malikova, Nuray Karanci

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Finally we were supported by the EFPA head office in Brussels very strongly and the last concrete information letter can be found below in the annexes of this report.

Final attendants Workshop Vienna

Finally there were 10 attendants from 6 countries. Two attendants unfortunately could not come in the last minute, one because of an emergency, she had to go to hospital, one because of flight schedule problems. Both will be informed to be able to step in in the 2nd part of the project.

Bulgaria:

Denislava Georgieva, Bulgarian Psychological Society
Elena Blagoeva Pentcheva, Bulgarian Psychological Society

Croatia:

Zoran Simic, National Protection and Rescue Directorate of Croatia

Latvia:

Evelina Muze, Latvian Psychological Association

Lithuania:

Nida Zemaitiene, Lithuanian Psychological Association

Malta:

Bernard Caruana, Malta Union of Professional Psychologists

Slovakia:

Miroslava Zimanyiova, Modry Blue Angels
Monika Ginzeriova, Children's University Hospital, Bratislava

Ukraine:

Oksana Nakonechna, Ukrainian Union of Psychotherapists
Viktor Kudriavtsev, EMDR Ukraine

The background of the participants and their needs was evaluated by the following questionnaire that we created before the training and sent out to the participants to be able to exactly meet their needs and prepare according to that. To go through the results and it's implications was the topic of the first day.

Questionnaire

With this questionnaire we would like to find the needs and the background in different countries in Europe – especially those of the participants in the project

1. The country you represent
2. Your name.....
3. Name of institution you work for and your position?
4. What is your position in the national psychological association and/or in government or/and NGO's?

Psychological association.....

Government.....

NGO and similar.....
5. The system of psychosocial support runs by whom in your country? Who coordinates psychosocial support on local and national level? Which organizations "are in charge" to organize the psychosocial support and services in your country?

the coordinator.....

local level.....

national level.....
6. How long does a system of psychosocial support already exist in your country?
7. Does a special financing exist for psychosocial support and services?
8. How many experts/people work in disaster psychology (crisis intervention) in your country?
9. How long have you been involved in psychosocial support in your country?
10. Contacts on experts in your country (name, email, position, working place)
11. What are your experiences in helping affected people after crisis/disaster etc.?
12. Do you have a general training in psychosocial support, psychotraumatology or similar contents in your education as a psychologist?
13. What are your needs in psychosocial training (what is missing in your educational system)?
14. What are the very concrete expectations in our project?

THANK YOU FOR ANSWERING THE QUESTIONS!

Jana Malikova, Eva Munker-Kramer, Vienna, August 2010

Concrete schedule for the kick-off workshop in Vienna, Aug./Sept., 2010

Following the preparation work the concrete work that was done in Vienna can be found in the following overview and also in the more concrete schedule under this.

	Aug 30	Aug 31	Sep 1	Sep 2	Sep 3
9 am		Overview: trauma and trauma-related diseases – implications exp. for disaster and crisis psychology	general treatment guidelines and major methods of d & c psychology, early intervention-overview	CISM	action plans, transfer ideas/necessities (general and up to the first follow up) together with „mentors“ exchange + wishes feedback and good bye
12					
1 pm	introduction coming together, goals and expectations, structure of the project	acute trauma: attitude, role of the D&C psychologist, role of early psycho-education , cultural differences	concrete experiences from mass disasters – experiences of the participants, transfer possibilities	Work with children in mass disasters	
5 pm	exchange of status of awareness, structure and knowledge in each country, legal situation	basics of neurobiology / neurophysiology if needed			
	Eva MK	Eva MK	Nuray K.	Atle D.	Eva MK/Jana M.

Schedule of the training

Vienna, Monday August 30 – Friday September 3, 2010

Monday, August 30th 2010

13.00 pm – 17.00 pm, Eva Munker-Kramer

- introduction, organizational aspects
- “history” and goals of the project, plan of the project
- “getting to know each other” goals and expectations of the participants
- structures and knowledge in each country, formal legal situation in countries in providing the psychosocial support

Tuesday, August 31st 2010

9.00 am – 12.00 am, Eva Munker-Kramer

- trauma and trauma-related diseases – implications exp. for disaster and crisis psychology

12.00-13.00 lunch break

13.00pm – 17.00pm, Eva Munker-Kramer

- acute trauma: “the way to go”, basic attitude, role of the D&C psychologist, role of early psycho-education, cultural differences (together...)
- basics of neurobiology / neurophysiology if needed

Wednesday, September 1st 2010

9.00 am – 12.00 am, Nuray Karanci

- general treatment guidelines and major methods of d & c psychology, overview of early intervention

12.00-13.00 lunch break

13.00pm – 17.00pm, Nuray Karanci

- concrete experiences from mass disasters, experiences of the participants, transfer and exchanging experiences and possibilities

Thursday, September 2nd 2010

9.00 am – 12.00 am, Atle Dyregrov

- critical Incident Stress Management (CISM) – psychological assistance after disasters

12.00-13.00 lunch break

13.00pm – 17.00pm, Atle Dyregrov

- work with children in mass disasters

Evening: “Heuriger” – the Austrian Association invites us to go into a typical Viennese Winery

Friday, September 3rd 2010

9.00 am – 12.00 am, Jana Malikova and Eva Munker-Kramer

- action plans, transfer ideas/necessities (general and up to the first follow up) together with „mentors“
- exchange + wishes
- feedback and good bye

The trainers

The trainers (can also be found on www.efpa.disaster.eu)

Atle Dyregrov

The Norwegian representative Atle Dyregrov PhD is working at the Center for Crisis Psychology in Bergen, Norway. He is a clinical and research psychologist and is a board member of the International Critical Incident Stress Foundation and one of the founders of the European Society for Traumatic Stress Studies and the Children and War Foundation. His former positions include 4 years of clinical and research work at the Children's Hospital in Bergen, and 4 years at the University of Bergen. He was the director for Center for Crisis Psychology since its formation in 1988 until 2005. He is the author of numerous publications, journal articles and books including "Grief in children", "Psychological debriefing: a leader's guide for small group crisis intervention" (published in English) and "Disaster psychology", "Grief and care within schools" (co-author: Magne Raundalen), «Children and war» (co-authored with Magne Raundalen), «Children on the Intensive Care Unit» (co-authored with several others), «Children and Trauma» and "The little sleep book". He has lectured extensively in the Scandinavian countries, as well as in Europe and the US and has worked extensively as a consultant to different UN organizations. His clinical work has covered areas such as: grief reactions in parents following the loss of a child, grief and trauma in children, organizing psychosocial disaster assistance, Critical Incident Stress Debriefing work with disaster-workers and other helpers, and work with children in war situations.



Jana Malikova



The representative for the Czech Republic, Mgr. Jana Malikova works in the Ministry of the Interior as a psychologist and is specialised in providing crisis intervention to police officers and rescue workers within the posttraumatic intervention care in Police of the Czech Republic. She focuses on forensic psychology and disaster and crisis psychology. She is a member of a psychology assistance team of the Czech airlines company. She participates in training (preparation) members of crisis assistance teams of CSA and pre-dispatch preparation of experts working in the Ministry of Foreign Affairs. In case of a large disaster she participates in coordinating psychosocial activities and providing support to victims and affected people

Eva Munker-Kramer

The Austrian representative Mag. Eva Muenker-Kramer is clinical psychologist, organizational psychologist, psychotherapist (BT, EMDR, traumatherapy), EMDR-consultant and facilitator, disaster and emergency psychologist. She works in a private practice and is partner in the EMDR-Institute Austria and Center of Applied Psychotraumatology Vienna. She lectures in the fields of clinical psychology, psychotraumatology, disaster and emergency psychology, traumatherapy, EMDR e.g. in the Academy of further Education of the Professional Association of Austrian Psychologists, in courses of the University of Vienna in cooperation with the Academy of Further Education in the General Hospital Vienna, in the Austrian Federal Railways Association, in the Austrian Fire Brigade Association, in the Austrian Red Cross, at Danube University Krems, the general hospital Vienna, and in numerous other areas. She is also author of journal and book articles in the above mentioned fields. She is chair-person of the Austrian Association of EMDR and an EMDR Europe approved EMDR trainer. She was co-founder and headed the Austrian Association of Disaster and Emergency



Psychology (2000-2003) and was in the executive committee of the Professional Association of Austrian Psychologists (1993-2001). She is one of the founders of the Psycho-Social Team for Disasters and Emergencies Lower Austria, is member of the scientific committee of the post-graduate Academy of the Professional Association of Austrian Psychologists, member of the task force "Acute Trauma" of the German-speaking Association of Psychotraumatology and member of the Lower Austrian Ethics Committee by order the Lower Austrian Government.

A. Nuray Karanci



A. Nuray Karanci, PhD is the representative from the Republic of Turkey. She is a lecturer in the Psychology Department of the Middle East Technical University, Ankara, Turkey since 1980. She got her M.S in Clinical Psychology from Liverpool University, U.K and her PhD from Hull University U.K. Since 1993, she has been extensively involved in research on psychological consequences of earthquakes, disaster management and facilitating community participation in disaster management and preparing disaster preparedness guidelines and training of trainees programs. She has worked with earthquake survivors as a clinical psychologist and provided individual psychological services and group debriefing programs. Furthermore, she was responsible for capacity building for disaster mitigation and preparedness for emergency workers and the survivors of the 1999 Marmara Earthquake. She is one of the founding members of METU, Disaster Research and Implementation Center and has been involved in applied and basic research in disasters. She is also a member of the Turkish National Earthquake Council and vice president of the International Natural Hazards Society. She has got numerous international and national publications related to her research interests

Evaluation of the workshop

(protocol evaluation Sept., 3rd 2010 by Jana Malikova)

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

Feedback to content, trainers, time schedule, material, place and organization from 10 participants.

1. What did we like

Almost each participant admired the organization matters and content of the training. The participant liked the structure of the workshop and different view on topics given by different presenters. They summed it was very useful, concrete, fruitful and helpful. Some of them pointed out the level of expertise, which would increase after being trained and from this point of view they would have better and more quality insight into the problems. Further, most of participants declared they will be able to integrate their clinical experience with crisis and disaster psychology with all these knowledge. Some appreciated leisure time they could spend together after the workshop every day. They felt very positive about all presenters and were grateful for having the opportunity to take part and were absolutely delighted with organizing, with special thanks for Eva MK.

2. What did we dislike / which wishes do we want to express

There were some objectives about the information content, which was evaluated as enormous in short time and some participants felt overwhelmed. They also missed sharing their work experience, something as supervision.

3. Recommendation

The participants recommended focusing next workshop on practical aspects. Further, they suggested to have in advance printed material, presentations and offer of related books to be better prepared. They wished to be in touch with other participants and with members the Standing Committee on crisis, disaster and trauma psychology.

Information and links given to the participants after the seminar

After the seminar and the feedbacks besides individual requests for support and help and hints (e.g. concerning the disaster and crisis psychology work along the 2012 European Football championship in Ukraine) some more hints were sent out.

1. NICE Report – an excellent overview on dealing with PTSD, set by NICE, the National Institute of Clinical Excellence in Great Britain – the NICE Report which is an often used and well considered summary of treatment recommendations also used by public decision makers and public health organizations because besides contents it refers to economic aspects of treatments.
2. Book hint: Salli Saari, "A bold from the blue"
3. Website of the Standing Committee of EFPA with research and project reviews: <http://disaster.efpa.eu>
4. Hints on research sources:
www.estss.org and www.istss.org – excellent research on different fields of psychotrauma
www.emdr-europe.org – additional research on emdr, cbt and traumatherapy
www.isisf.org – everything concerning CISM

Last remarks – outlook

After the motivating and challenging kick-off workshop the participants are waiting for the continuation and we are working on that. We try to cover their wishes content wise and concerning time and time frame.

The following questions and challenges are in the foreground at the moment:

1. Will there be a continuation – can we plan in
2. time because we have to set the time and the lecturers but on the other hand have to wait whether we will be successful with a new application (continuation following the original project plan)
3. Will it be possible to integrate more participants into the ongoing project – our idea together with the participants of Vienna 2010 is that only people who can be briefed exactly by participants who have taken part can be invited
4. Will it be possible to support the participants as well to some extend (accommodation/travel) – in the Vienna Workshop we stayed strongly behind the estimated budget

Thanks

In our name (EFPA, EFPA Standing Committee of Disaster and Crisis Psychology) and in the name of the participants we want to express our thanks to the European and Mediterranean Major Hazards Agreement (EUR-OPA) of the Council of Europe", especially to Eladio Fernandez-Galiano and Linda Rollin for their help, positive support and patience that helped us to realize this motivating and fruitful project start!

All the papers we distributed carried the "funded by" .. EUR-OPA note and it was mentioned many times in the seminar. If needed we can add these papers individually (which are integrated in this report up to now (e.g. the questionnaire, the schedule, the evaluation, the letters...))

Eva Munker-Kramer, Vienna, November 18, 2010

Annexes :

- Announcement of the workshop – May 2010 (we started to inform all 35 Member associations of EFPA during the European Congresses of Psychology in Prague 2007 and Oslo 2009)
- Email invitation to the Workshop
- Registration form to Workshop
- Personal letter of invitation for visa purposes
- List of Hotels for the workshop

Announcement Workshop

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



Announcement Workshop

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

Mag. Eva Munker-Kramer (AT) 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 specialties 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 Münker-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.

Mag. Eva Münker-Kramer, Vienna, Austria - May 2010

Email invitation sent to the 35 EFPA member associations and individual psychologists

From: Head Office EFPA [headoffice@efpa.eu]

Sent: 22 June 2010 13:27

Subject: Invitation to Workshop Guided training of Psychologists in Disaster, Crisis and Trauma Psychology In Eastern European Countries

Workshop : Training for Trainers

Guided training of Psychologists in Disaster, Crisis and Trauma Psychology in Eastern European Countries

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

Vienna (Austria) : Monday, August 30, 2010 till Friday, September 3, 2010

Dear colleagues,

As announced in our previous correspondence we send you all important information concerning the workshop "Training for trainers: Guided training of psychologists in disaster, crisis and trauma psychology in Eastern European countries".

Place:

Austrian Psychological Association
Berufsverband Österreichischer PsychologInnen
Möllwaldplatz 4/4,
1040 Vienna
Austria

Time schedule: we start on Monday August 30, 2010 from 10 a.m. till Friday September 3, 2010 at 2 p.m.

Hotel accommodation : list of hotels is attached – please refer to 'EFPA workshop' to get the special rates.

Trainers: All presenters are members of the Standing committee on Disaster and Crises Psychology and represent several countries and background. You find their profiles on <http://disaster.efpa.eu>.

The names are: Atle Dyregrov, PhD. (NO), Nuray Karanci, PhD. (TR), Mag. Eva Munker-Kramer (AT) and Mgr. Jana Malikova (CZ).

Program:

The workshop will start with an introduction, followed by "coming together" part and then we will skip into explaining program, expectation, history and plan of the whole project. After more formal start we will continue with our scientific part: definitions, history of psycho traumatology, trauma and trauma related diseases, neurophysiology and neurobiology of trauma (brief overview with practical hints).

We will touch e.g. general treatment guidelines, risk factors, communication guidelines in acute trauma. Further, we will speak about special target groups and interventions. The last day we will focus on action plans, networking and we will close our workshop with feedback.

Please send the **registration form attached** to the head office of EFPA : headoffice@efpa.eu before the end of June 2010. If you'd need a letter of invitation for visa purposes, please inform the [secretariat of EFPA](#) and give the details (name, address) that have to be mentioned.

Looking very much forward to seeing you in Vienna,
we remain with best regards,

Eva Muenker-Kramer, Nuray Karanci and Jana Malikova

Workshop : Training for Trainers

Guided training of Psychologists in Disaster, Crisis and Trauma Psychology in Eastern European Countries

EFPA INVITED WORKSHOP – REGISTRATION FORM

Monday, August 30, 2010: 10.00

till

Friday, September 3, 2010 : 14.00

Workshop site:

in the offices of the Berufsverband Österreichischer PsychologInnen BÖP

Austrian Psychological Association, Möllwaldplatz 4/4/39, A-1040 Vienna, Austria.

REGISTRATION FORM

ABOUT YOU

Title..... Gender : M / F

Name of organisation:

Last name:

.....

First name :

Profession :

Postal address:

E-mail address:

.....

Daytime Phone number:

Country :

Mobile Phone :

Hotel reservation

In attachment you find a list of hotels in the neighbourhood of the workshop site.

Please refer to '**EFPA workshop**' when booking to get the special conditions.

Return the form to: before end of June 2010

**EFPA – Workshop Vienna – Agora Galery – Rue Marché aux Herbes 105/18
B – 1000 Brussels – Belgium**

Tel: +32 (0) 2 5034953. Fax: +32 (0) 2 5033067. E-mail: headoffice@efpa.eu

EFPA
HEAD OFFICE
GRASMARKT 105/18
B – 1000 BRUSSELS
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headoffice@efpa.eu
www.efpa.eu
www.europeanpsychologist.eu

Phone : +32 (0)2 5034953
Fax : +32 (0)2 5033067

Mr.
Viktor Kudriavtsev

Pid Holoskom st, 1-11
Lviv

Ukraine

Brussels, June 30, 2010

Example of Personal invitation letter for visa purposes

Workshop : Training for Trainers Guided training of Psychologists in Disaster, Crisis and Trauma Psychology in Eastern European Countries

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

Dear Mr. Kudriavtsev,

We hereby invite you to the workshop “Training for trainers: Guided training of psychologists in disaster, crisis and trauma psychology in Eastern European countries” that will take place from Monday, August 30, 2010 till Friday, September 3, 2010

Place of the workshop :

Austrian Psychological Association
Berufsverband Österreichischer PsychologInnen
Möllwaldplatz 4/4,
1040 Vienna
Austria

Trainers: All presenters are members of the Standing committee on Disaster and Crises Psychology and represent several countries and background. You find their profiles on <http://disaster.efpa.eu>.

The names are: Atle Dyregrov, PhD. (N), Nuray Karanci, PhD. (TR), Mag. Eva Munker-Kramer (A) and Mgr. Jana Malikova (CZ).

Program:

The workshop will start with an introduction, followed by “coming together” part and then we will skip into explaining program, expectation, history and plan of the whole project. After more formal start we will continue with our scientific part: definitions, history of psycho traumatology, trauma and trauma related diseases, neurophysiology and neurobiology of trauma (brief overview with practical hints). We will touch e.g. general treatment guidelines, risk factors, communication guidelines in acute trauma. Further, we will speak about special target groups and interventions. The last day we will focus on action plans, networking and we will close our workshop with feedback.

Looking very much forward to seeing you in Vienna,
we remain with best regards,

With kind regards

On behalf of EFPA

Sabine Steyaert
Director

Workshop : Training for Trainers

Guided training of Psychologists in Disaster, Crisis and Trauma Psychology in Eastern European Countries

Monday, August 30, 2010: 10.00 till Friday, September 3, 2010 : 14.00

Hotel accommodation

Please refer to 'EFPA workshop' to get the special conditions

1. Sommerhotel Don Bosco (student homes)
A-1030 Wien, Hagenmüllergasse 33
sommerhotel@donbosco.at
15 single rooms from 29.8.2010 - 4.9.2010 (to be booked before August 15)
33€/night incl. breakfast
2. Hotel Porzellanum, Porzellangasse 30, A-1090 Wien
office@porzellanum.sth.ac.at
Reservations of 10 single rooms: €30/night (excl. Breakfast at 4,5€)
Reservations of 15 single rooms: extra price of €28/night (excl. Breakfast at 4,5€)
3. Hotel Congress
1040, Wiedner Gürtel 34 – 36
Phone: +43 1 505 55 06
Fax: +43 1 505 23 40
hotel.congress@bestviennahotels.at
<http://www.hotel-congress-wien.at/>
Single room euro 52,-
Incl. breakfast, service and taxes
4. Hotel beim Theresianum
A-1040 Wien, Favoritenstr. 52
Phone +43-1-505 16 06 Fax: +43-1-505 16 09
Email: theresianum@austria-trend.at
<http://www.austria-trend.at/Hotel-beim-Theresianum>
Single-use € 76,00
Double-room € 92,00
Incl. breakfast, service and taxes
5. Hotel Prinz Eugen
AUSTRIA HOTELS INTERNATIONAL
Phone +43 1 505 17 41 • Fax: +43 1 505 17 41-19
www.hotelprinzeugen.at prinzeugen@austria-hotels.at
Double-room, single-use € 79,00 (facing the street)
Double-room, single-use € 89,00 (facing the courtyard)
Incl. breakfast, service and taxes
6. Hotel Johann Strauss
Favoritenstrasse 12
A-1040 Wien
Phone +43 1 5057624
Fax +43 1 5057628
p.k@hotel-johann-strauss.at
www.hotel-johann-strauss.at
Single-room - EURO 92.- per night
Double-room EURO 117,- per night
Incl. breakfast, service and taxes

More hotels and information on: <http://www.wien.gv.at/tourismus/>