



**TRAINING PROGRAM FOR SCHOOL TEACHERS  
ON PSYCHOSOCIAL CARE FOR CHILDREN IN DISASTERS  
12-13 November, 2014**



**TRAINING PROGRAM FOR SCHOOL TEACHERS  
ON 'PSYCHOSOCIAL CARE FOR CHILDREN IN DISASTERS'  
12-13 November, 2014**

**Venue:**

Bachat Bhawan, D. C. Office, Shimla

**Objectives:**

- Provide basic knowledge about psychological work in disaster situations
- Develop basic skills for providing psychological care to children
- Understand varied needs of the survivors of disasters
- Understand the role psychosocial care givers need to play

**Methodology:**

- Understanding psychological issues in disasters
- Phases of disaster-changing scenario of psychological needs
- Interactive sessions
- Power point presentations
- Participatory learning
- Process orientation to issues

**Trainer:**

1. Prof. Sekar K., NIMHANS, Bangalore
2. Dr. Arvind Raj, NIMHANS, Bangalore



## Schedule

DAY ONE – 12.11.14			
	Session	Methodology	Time
1	Inauguration and introduction	Talk	09.00
2	Pre assessment	Questionnaire administration	09.45
3	Disaster and psychosocial care	presentation	10.00
4	Experience of the survivors	Game	11.00
	<b>Tea Break</b>		<b>11.30</b>
5	Impact of Disaster on Survivors	Group activity presentation	11.45
6	Develop a need spreadsheet of care	Exercise	12.45
	<b>Lunch Break</b>		<b>13.15</b>
7	Multiplicity of roles	Activity	14.00
8	Understanding the concept of loss	Exercise	14.15
9	Understand reactions to stress	Exercise and group discussion	14.45
	<b>Tea Break</b>		<b>15.30</b>
9	Techniques of Psychosocial care	Activity/ Discussion	15.45
10	Spectrum of Care	Discussion	16.45
DAY TWO – 13.11.14			
	Session	Methodology	Time
1	Review of day one	Group sharing	09.30
2	Identifying qualities of a good caregiver	Exercise	09.45
3	Impact of Disaster on children	Brain Storming	10.15
4	Recalling Childhood Events	Discussion	10.45
	<b>Tea Break</b>		<b>11.30</b>
5	Understanding the emotional reaction of children	Group Discussion	11.45
	<b>Lunch break</b>		<b>13.00</b>
6	Internalization of process of working with children	Role play	14.00
	<b>Tea Break</b>		<b>15.30</b>
7	Referral Needs of Children	Group Discussion	15.45
8	Psychosocial disaster preparedness among children	Role plays by participants	16.00
9	Feedback session	Activity	16.45

## Day-1

### **Inaugural Session;**

The training programme was inaugurated by Hona'ble Deputy Mayor of Shimla Mr. Tikendar Panwar. He gave brief description of vulnerability of Shimla city to different natural hazards like earthquake, landslides, snowfall, fire etc. He explained how psychosocial care is important for children during time of disaster through an example of Uttarakhand. He also focused to

incorporate the psychosocial care in School Disaster Management Plan.



### **Morning Session**

#### ***Pre assessment***

Dr. K. Sekar has done the pre assessment of the participants and asked the participants about their expectations of the training and what do they do know about disaster, psychological care, disaster management etc. Majority of the participants told that they want to understand the conceptual knowledge of the psychosocial care and its use at the time of disaster.



### ***Disaster and psychosocial care***

After knowing from participants, Dr. K. Sekar has given the presentation regarding conceptual knowledge of disaster and disaster management, significance of psychosocial care in disaster.



### ***Experience of the survivors***

The teachers were being oriented about experience of survivors. This has been experienced the experience of disaster survivors through game. The objective was to make them realize how survivors behave and experience during disasters.



### ***Impact of Disaster on Survivors***

The purpose of this exercise is to make them understand the various impacts of disaster.

The participants have been explained about various impact of disaster on

survivors like Physical, Psychological, Social and Economical impact. The group has been divided in the sub four groups and each group have been given one impact of disaster to describe that specific

impact like to what can be included in Physical vulnerability. After the group exercise, the group has presented their assigned task.



***Develop a need spreadsheet of care***

After any disaster, survivors need to come out from problems. The participants have been given a task to come out from the problems through tying two persons from rope. The purpose of this exercise was how we make the problem complex and do not find easy solutions.



## Afternoon Session

### ***Multiplicity of roles:***

The care giver may perform the multiple roles as a same time. This has been explained through a game. Each participants have been divided in pair and has been a given a role of car and driver. The purpose is to make them experience the roles and responsibility of each individual specifically when they have become responsible for their task.



### ***Understanding the concept of loss:***

It is necessary to understand the concept of loss to become an empathized so that they can understand the situation of survivors who have lost their loved ones in the disaster. This has been explained through an exercise like to make the person blind and to walk around. The purpose is to how one feels after losing his/her own part of body. Through this exercise they could understand the concept of loss.



### ***Understand reactions to stress***

Many survivors losses their loved ones or lost everything from disasters. Due to loss of parents or family members, children go under stressful situation and they cannot cope up the situation. So to understand this, participants have been given group exercise. Each group has been given cards of stress like physical, emotional, behavioral and relational. Through this exercise they could understand the difference of each type of stress and thus how they can deal with it accordingly.



### ***Techniques of Psychosocial care:***

There are basic techniques of psychosocial care like ventilation, empathy, social support and active listening.

- **Ventilation:**

The participants have been given an activity to tell about their sad story which has happened to them. The objective was to give them space to speak and how did they react about it. Generally during disaster, children will be given a space to share what has happened to

them so that they can come out from stress.



- **Empathy:**



The participants have been given a task to write two activities for those whom they know. After that they have been told to do same for them and then that reaction was entirely different. The objective was to make them understand how a care giver should be empathized and understand the situation of the children by putting themselves into that situation.

- Social Support:

Social support is crucial component for care giver because children who have lost their family members feel alone so that providing social support becomes necessary for those children. The participants have been explained the concept of social care by sharing their own experience of normal life.

- Active listening;

Through this technique they have been explained certain behavior which should be developed by the care giver so that survivors will feel that s/he is being listened and also feel that they are being accepted, it also creates an enabling environment to share their feelings and thoughts.

- Externalisation of Interest;

This is also a technique where a child can be given a task to do the activity as per their interest. The participants have been asked the activity which they generally do during their leisure time.

- Value of Relaxation/Recreation

Through this technique, a child can come out from the stress and by involving in this activity they can change their mind and can involve themselves into the activity. The participants have been asked to the activity in their relax time.

- Spirituality

To understand this technique, the participants have been asked what they generally do when they are in trouble. Praying and having faith on God is also a technique to come out from stress.



## ***Spectrum of Care***

This has been explained through the group discussion how care is necessary for children who have been affected by the disasters.

## **Day-2**

The day started with the review of previous day. Participants have been asked to write whatever they have learned on Day-1



## ***Identifying qualities of a good caregiver:***

The disaster scenario has been created by crowding people, the one person has been given a role to become a councilor and other has been given a disaster victim. And councilor has been asked to council the victim in the crowded and noisy situation. Through this exercise they could understand which type of qualities a good caregiver should develop.



***Impact of Disaster on children:***

The participants have been asked to what can be the impact of disaster on children through brainstorming. They discussed that it can be loss of familiar environment, fear and insecurity, struggle for food, shelter and other amenities, witnessed of death, witnessed of rapes and other forms of violence, and continued threat to their sense of well being etc.



***Recalling Childhood Events:***

The participants have been asked to share some events which happened to them during childhood. The purpose was that how some incidents leave some mark in the mind and which become unforgettable. This is to understand the psychology of children.



***Internalization of process of working with children:***

The participants have been divided in one pair. They have been asked to create a statue to his/her partner. Someone has created a statue of Krishna, shape of flowers etc. The purpose was to understand how a child feels at a specific situation.



## Afternoon Session

### ***Understanding the emotional reaction of children***

The participants have been divided into group and they have been given cards of facial expressions, thematic story cards, family portrait etc. Through this they expressed themselves by relating with cards. This type of exercise can be exercised with children and through the children will share their feelings specifically in context of disaster which is being faced by the children. Each group has presented after the exercise.



### ***Referral Needs of Children and Psychosocial Disaster Preparedness among children***

Children may sometime need the referral services in case of severely depressed, substance abuse, post traumatic stress disorder, somatisation etc. in this situation, children should be referred to specialized persons for the treatment.

Psychosocial disaster preparedness among children should be exercised in the school periodically.



## Feedback and Certificate distributions

The participants have been asked to share their views about the programme. They have told that this type of training is first time being attended by them and they have never done it before so it was a great learning also they ensure that they will take it further in their school.

After that the certificates have been distributed to every participant. Ms. Komal Kantariya, City Project Coordinator has given vote of thanks to all.



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