**PSIHOLOŠKA PRVA POMOČ IN PSIHOSOCIALN POMOČ V KOMPLEKSNIH(PFA-CE)**

 **PREDSTAVITEV PROJEKTA IN POVZETEK POROČILA O RAZISKAVI**

V času vse pogostejših in dlje trajajočih nesreč , projekt PFA-CE (Psihološka prva pomoč in prva psihosocialna pomoč v kompleksnih nesrečah) želi izboljšati odziv na nesreče v smislu prve psihološke pomoči in prve psihosocialne pomoči ob večjih nesrečah, z dodatnim izobraževanjem in urjenjem prostovoljcev in zaposlenih v sistemih zaščite in reševanja ter prostovoljskih organizacijah. Tekom projekta bodo strokovnjaki iz univerze v Innsbrucku pripravili raziskavo ter glede na izsledke le-te razvili Priročnik za trening trenerjev.

**Cilji raziskave so bili:**

* Psihološka prva pomoč
* Psihosocialna pomoč
* Podpora prostovoljcem in zaposlenim ter vključevanje spontanih prostovoljcev

Glede na zbrano gradivo, izmenjavo izkušenj ter predstavitev dobrih praks iz nesreč, poplave, migrantska kriza in potres, bomo razvili **Train the trainer package**, Priročnik za trening trenerjev. Cilj priročnika, ki bo preizkušen tekom projekta, je , da zagotovimo trenerjem prilagodljiva orodja, ki jih bodo lahko uporabljali pri izobraževanjih prostovoljcev in zaposlenih, ki so znotraj organizacij vključeni v odziv na nesreče.

**Metodologija**

Raziskovanje internetnih strani in pridobivanje gradiv:

* Smernice in priročniki o Psihosocialni pomoči in psihološki prvi pomoči v nesrečah
* Smernice in priročniki o podpori prostovoljcev in zaposlenih v nesrečah
* Znanstvene raziskave, izsledki ter poročila o omenjenih temah

Kasneje so zbrali še gradiva, ki so nam jih poslali projektni partnerji iz Italije, Nemčije, Hrvaške, Slovenije in Srbije.

Zbrali so 70 znanstvenih člankov, 219 orodij ter 81 smernic in 8 praktičnih primerov iz vseh treh prej omenjenih področij raziskovanja. Analiza zbranih materialov je bila narejena z namenom pripraviti osnovno usposabljanje za vse prostovoljce in zaposlene o prvi psihološki pomoči, psihosocialni pomoči in upravljanjem ter vključevanjem spontanih prostovoljcev.

Kasneje so zbrane materiale zreducirali na tiste, ki so lahko v pomoč pri usposabljanjih o psihološki pomoči ter prvi psihosocialni pomoči. Dokumenti so našteti spodaj.

**Rezultati**

Zbrali so 11 gradiv za usposabljanje, ki jih priporočajo kot osnovo za priročnik in usposabljanja. Zbran material bo uporabljen pri izdaji priročnika.

Tabela prikazuje področja in zbrana gradiva na določene teme:

|  |  |  |  |
| --- | --- | --- | --- |
| **Psihološka prva pomoč** | **Psihosocialna pomoč v skupnostih** | **Podpora prostovoljcem in zaposlenim** | **Spontani, pridruženi prostovoljci** |
| 3 smernice | 2 smernice | 3 smernice | 6 smernice |
| **2 gradiva za usposabljanje** | **3 gradiva za usposabljanje** | **3 gradiva za usposabljanje** | **3 gradiva za usposabljanje** |
|  | 3 dodatna gradiva | 4 orodja |  |

## Pregled priporočenega gradiva za usposabljanja:

## Prva psihološka pomoč

**Gradiva za usposabljanje**

* World Health Organization, War Trauma Foundation and World Vision International. (2013). *Psychological first aid: Facilitator’s manual for orienting field workers.* WHO: Geneva.

http://apps.who.int/iris/bitstream/10665/102380/1/9789241548618\_eng.pdf; Manual, 82 p.

* Save the Children. Psychological First Aid training manual for Child practitioners, One day training programme <https://resourcecentre.savethechildren.net/library/pfa-one-day-programme-manual> and powerpoints; Manual 44 p., powerpoints 24

**Smernice**

* World Health Organization, War Trauma Foundation and World Vision International. (2011). *Psychological first aid: Guide for field workers*. WHO: Geneva.

<http://www.searo.who.int/srilanka/documents/psychological_first_aid_guide_for_field_workers.pdf>; Guide, 56 p.

## Psihosocialna pomoč

**Gradiva za usposabljanje**

* IFRC Reference Center for Psychosocial Support; Community based Psychosocial support Training KIT for a five days training including particpants handbook, trainer handbook and ppt ;

<http://pscentre.org/topics/training-kit-publications/>

* UNICEF. (2009). *A Practical Guide for Developing Child Friendly Spaces*.

[https://www.unicef.org/protection/A\_Practical\_Guide\_to\_Developing\_Child\_Friendly\_Spaces\_-\_UNICEF\_(2).pdf](https://www.unicef.org/protection/A_Practical_Guide_to_Developing_Child_Friendly_Spaces_-_UNICEF_%282%29.pdf); Guide, 108 p

**Smernice**

* IASC Mental Health Guidelines: Inter-Agency Standing Committee (IASC) (2007). IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings

[www.who.int/mental\_health/emergencies/guidelines\_iasc\_mental\_health\_psychosocial\_june\_2007.pdf](http://www.who.int/mental_health/emergencies/guidelines_iasc_mental_health_psychosocial_june_2007.pdf)

* International Federation of Red Cross and Red Crescent Societies Reference Centre for Psychosocial Support (PS Centre). (2009). *Psychosocial Interventions. A Handbook.* Copenhagen, Denmark.; <http://pscentre.org/resources/>Handbook, 194 p.

## Medsebojna podpora in skrb za sebe

**Smernice**

* Antares Foundation (2005). Managing stress in humanitarian workers. Guidelines for good practice. [https://cms.emergency.unhcr.org/documents/11982/45255/Antares+Foundation%2C+Managing+Stress+of+Humanitarian+Workers+-+Best+practice+guide%2C+2005/41f70ba9-c429-4d89-8263-2567d956298a](https://cms.emergency.unhcr.org/documents/11982/45255/Antares%2BFoundation%2C%2BManaging%2BStress%2Bof%2BHumanitarian%2BWorkers%2B-%2BBest%2Bpractice%2Bguide%2C%2B2005/41f70ba9-c429-4d89-8263-2567d956298a)
* Burger, N. (2012). Guidelines for psychosocial support for uniformed workers. Extensive summary and recommendations.
* Emergency Support Network (ESN) & Tunnecliffe, M. (2007). Best practice in peer support. <http://www.emergencysupport.com.au/articles/PeerSupport_BESTPRACTICE.pdf>

**Gradiva za usposabljanje**

* International Federation of Red Cross and Red Crescent Societies (IFRC) & The International Federation Reference Centre for Psychosocial Support (n.d.). Caring for volunteers. Training manual and powerpoint. Available at:

<http://pscentre.org>

* International Federation of Red Cross and Red Crescent Societies (IFRC) &The International Federation Reference Centre for Psychosocial Support (2009). Community-based psychosocial support. Trainer’s book. A training kit. Module 7 Available at: <http://pscentre.org/wp-content/uploads/CBPS_ENTrainer.pdf>

## Spontani prostovoljci

**Training materials**

* Points of Light Institute & CNCS. (2011). Managing Spontaneous Volunteers in Times of Disaster (eCourse). Available at: <https://www.nationalservice.gov/resources/disaster-services/managing-spontaneous-volunteers-times-disaster-0>
* Western Region Homeland Security. (2016). Spontaneous Unaffiliated Volunteers Training Series. Available at: <http://wrhsac.org/projects-and-initiatives/spontaneous-unaffiliated-volunteers-training-series/>

**Guidelines**

* Australian Government. (2010). Spontaneous Volunteer Management Resource Kit: Helping to Manage Spontaneous Volunteers in Emergencies. Commonwealth of Australia, Canberra.
* Available at: <https://www.dss.gov.au/our-responsibilities/communities-and-vulnerable-people/publications-articles/spontaneous-volunteer-management-resource-kit>
* Centre for Voluntary Sector Research and Development (Canada) & Public Health Agency of Canada (2007). MAINTAINING THE PASSION – Sustaining the Emergency Response Episodic Volunteer. Available at: <http://www.redcross.ca/cmslib/general/crc_disastermanagement_maintaining_e.pdf>
* Federal Emergency Management Agency &Emergency Management Institute. (n.k.). Management of Spontaneous Volunteers in Disasters. *Student Manual. Available at:* <https://www.volunteerflorida.org/wp-content/uploads/2013/04/G489-Mgt-of-Spontaneous-Volunteers-in-Disaster.pdf>
* Points of Light Foundation, NVOAD, and UPS Foundation. (2005). Managing Spontaneous Volunteers in Times of Disaster: The Synergy of Structure and Good Intentions. Available at: <https://www.fema.gov/pdf/donations/ManagingSpontaneousVolunteers.pdf>