

DISASTER PSYCHOSOCIAL

SPEAKERS BIOGRAPHY:

Dr. Björn Ratjen is the founder of Integrated Communication and is a Registered Clinical Counsellor who specializes in assisting people of all ages and walks of life through difficult life and death situations.

Drawing on his 25 years experience as a firefighter, Björn has learned practical and effective tools and techniques that are valuable in emergency situations. He is often called upon for critical incident debriefings, working with local authorities and victims to respond to the needs of an emergency situation.

Björn has been actively involved in international and multi-cultural educational issues and development throughout his professional career. As a certified teacher and experienced facilitator, Björn develops workshops, programs and evaluations for businesses, community organizations and government agencies, focusing on Loss and Grief, Critical Incident Stress Management, Psychological First Aid, Recovery from Trauma, and Conflict Resolution.

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SESSION ABSTRACT:

This workshop examines the effects of various types of disasters on an individual, a family and a community. It offers insights in response mechanisms and provides practical information about Psychological First Aid.

It provides an overview of impact and reaction, phases of a disaster and the reaction of those immediately and indirectly affected. Responders and rescue personnel will experience specific stress factors that can be addressed with practical coping strategies and appropriate stress management.

Any emergency situation, accident or disaster can challenge individual coping mechanisms within the situation (acute) or much later (cumulative). Unsuccessful coping can have cognitive, emotional, physical and behavioural effects which can be debilitating.

This applies both to victims and responders in different ways, however the human response is key to managing a disaster successfully. By understanding emotional responses and finding channels for action emotional stress can be mitigated.

Dr. Björn Ratjen

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