



**Training-workshop on Psychosocial Response to Disasters with focus on
Children in Asia: Teaching Recovery Techniques**

organized by
Asian Disaster Preparedness Center (ADPC)
in collaboration
Children and War Foundation and Norwegian Geotechnical Institute (NGI)

Sponsored by the Norwegian Ministry of Foreign Affairs

**The Imperial Queen's Park Hotel
Bangkok, Thailand
27-29 January 2010**

The *aim* of this workshop is to enable participants to teach others to run groups for young people (and their parents) who have been affected by exposure to the traumas of war and disasters. The workshop is based on the *Children and War Foundation* manualised group protocol. By the end of the workshop, participants should also be able to train colleagues to run groups according to the manualised protocol.

The workshop is intended for mental health and educational professionals who work with children and teenagers (e.g. counsellors, psychologists, psychiatrists; teachers, pedagogues).

DRAFT TIMETABLE

Wednesday 27 January

08.30 – 08.45	Opening Ceremony / Welcome Addresses / Group Photo
08.45 – 10.30	Participants Introduction
10.30 – 10.45	Coffee/Tea Break
10.45 – 11.00	Workshop Overview/ Admin/ Host Team
11.00 – 11.30	Presentation Case Study 1
11.30 – 12.00	Presentation Case Study 2
12.00 – 12.30	Questions and Answers
12.30 – 1.30	Lunch Break
1.30 – 2.30	Introductions and introduction to the training Group work with children: introduction and overview
2.30 – 2.45	Coffee/Tea Break



2.45 – 4.30	Recovery techniques for intrusive memories (1)
4.30 – 5.00	End of the Day Steering Committee Meeting
7.00 pm	Group Dinner

Thursday 28 January

08.30 – 08:45	Plenary/Host Team
08.45 – 10.30	Intrusions (2)
10.30 – 10.45	Coffee/Tea Break
10.45 – 12.30	Relaxation and arousal reduction
12.30 – 1.30	Lunch Break
1.30 – 2.30	Recovery techniques for avoidance (1)
2.30 – 2.45	Coffee/Tea Break
2.45 – 4.30	Recovery techniques for avoidance (2)
4.30 – 5.00	End of the Day Steering Committee Meeting

Friday 29 January

08.30 – 08:45	Plenary/Host Team
08.45 – 10.30	Helping bereaved children; Running parallel groups for parents and carers
10.30 – 10.45	Coffee/Tea Break
10.45 – 12.30	Evaluation strategies, measures. The new writing manual Setting up groups, on-going supervision, burnout prevention
12.30 – 1.30	Lunch Break
1:30 – 2:00	Closing Ceremony and Awarding of Certificates
2.00 – 2.30	End of the Day Steering Committee Meeting/Debriefing

Trainers:

Dr. Atle Dyregrov
Center for Crisis Psychology
Bergen, Norway

Prof. William Yule
Institute of Psychiatry
King's College, London, UK