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## COMMUNITY-BASED PSYCHOSOCIAL SUPPORT TRAINING 23-26 FEBRUARY 2016 FROM 9:00-17:00

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### **A short Introduction to the training:**

Whenever there are disasters, conflicts, health emergencies and people lose their relatives, homes and livelihood, there will be human suffering. As attention to psychosocial needs grows, efforts are being made worldwide, to strengthen and improve the necessary skills and knowledge to respond to those needs, effectively.

Following international standards and guidelines formulated by the Red Cross Red Crescent Movement at a national and international level, this training is our foundation course for building the skills needed to provide psychosocial support. The training is taught in a participatory manner where participants are expected to have read the pre-reading and to be active contributors throughout the training.

### Dates, Deadline and other important information:

Please complete the online registration form found online at: [www.redcross.org.cy](http://www.redcross.org.cy) and on our Facebook page and submit it to the following email address: [reliefcoord@redcross.org.cy](mailto:reliefcoord@redcross.org.cy). **Registration deadline is on the 16th of February 2016.** The training will start at 09:00 and finish at 17:00 daily (please note that daily attendance is mandatory) **Cost:** €20 for members of the public and €15 for registered Red Cross volunteers

### Goals of the training:

Through a participatory approach, the training in Psychosocial Support, seeks to:

- Advocate for PSS considerations in basic services
- Carry out PSS activities in the National Society with different target groups
- Participate in strengthening community and family supports
- Participate in strengthening resilience in individuals and communities
- Prepare volunteers for field work. The training is a pre-requisite for Cyprus Red Cross Psychosocial support volunteers actions, in various settings in Cyprus

### Subjects covered in the training:

Crisis events and psychosocial support; Stress and Coping; Loss and Grief; Community based psychosocial support; Psychological First Aid and supportive communication; Children; Supporting staff and volunteers

### Target Groups and Required Qualifications:

Red Cross and Red Crescent staff and volunteers who are implementing or are planning to implement psychosocial support activities,

Good social skills, a strong interest in psychosocial support and a willingness to participate actively during the trainings

Members of the public who are able to commit their time and have an active interest in the Psychosocial Support Field and/ or those who want to volunteer for the Movement.

### Preparation:

The required preparation must be completed before the start of the training so each participant must dedicate approximately 1.5 hours of online IFRC training. These will be specified after receiving your registration form.



*Crisis: "A crisis is understood as one critical event or series of events that leads to major changes in the lives of the affected. It can be due to natural disasters and man-made events. A disaster is understood as a "severe disruption, ecological and psychological which greatly exceeds the capacities of the individual"*

*(WHO, 1992)*