



HELP FOR HELPERS

SERIES OF WEBINARS

ONLINE

A TOOLKIT FOR PROVIDING SUPPORT TO FIRST LINE
HELPERS IN COUNTRIES WITH REFUGEES FROM UKRAINE

ABOUT THE WEBINARS

Rationale: In the emergency of helping the refugees, the first line help is provided by volunteers. Volunteers usually do not have training in psychological/psychiatric subjects but are expected to provide the psychological first aid to refugees. Because of that and the emotional burden of working with persons in crisis situation who lost their homes, jobs, and other close persons, volunteers are also at high risk of secondary traumatisation.

Mental health professionals are usually not involved in the first contact with the refugees, and therefore their role in the acute situation is to provide the education and support to the helpers.

Aim: three webinars will take place in April 2022 to provide the following:

- practical tips on coping with mental health issues for volunteers who provide help to refugees.
- lectures by experienced mental health professionals.
- lecturers and chairs selected from mental health professionals with lived experience on the field from countries with ongoing or recent war events.

Target: This toolkit is aimed to help the volunteers and mental health professionals to support the volunteers who are providing help to refugees in their countries.

Target countries: Ukraine and countries with high numbers of refugees coming from Ukraine: Poland, Moldova, Hungary, Romania, Slovakia and others. The webinars will be made available in those languages at a later stage.

WEBINARS PROGRAMME

HELP FOR HELPERS: INTRODUCTION AND PRACTICAL TIPS

Chairs:

Prof. Agata Szulc, Department of Psychiatry, Medical University of Warsaw (Poland)

Prof. Martina Rojnic Kuzman, Department of Psychiatry, Zagreb University Hospital Centre, and Zagreb School of Medicine (Croatia)

Lectures:

[General information on trauma, triage and screening process](#)

Dr. med. Marina Letica Crepulja, Referral Center for PTSD Clinical Hospital Center Rijeka (Croatia)

[First aid psychological interventions](#)

*Michael Strupf, M.Sc., and Prof. Dr. Frank Padberg
Department of Psychiatry and Psychotherapy, University Hospital
Ludwig-Maximilians-University Munich (Germany)*

Current experiences from Ukraine with practical tips

*Prof. Oleg Chaban, Department of Physiology, Bogomolets National
Medical University Kyiv (Ukraine)*

WEBINARS PROGRAMME

HELP FOR HELPERS: FOCUS ON CHILDREN

Chairs:

Prof. Nataliya O. Maruta, Deputy Director on Scientific Work of the Institute of Neurology, Psychiatry and Narcology of the NAMS (Ukraine); Acting President of the Association of Neurologists, Psychiatrists and Narcologists of Ukraine

Prof. Geert Dom, Collaborative Antwerp Psychiatric Research Institute, University of Antwerp (Belgium); EPA President Elect

Lectures:

[Developmental characteristics and typical symptoms of traumatization in children of different ages: how to approach and support children](#)

Sena Puhovski Clinical Psychologist and Psychotherapist; President of Psychological society of Zagreb (Croatia)

[How to support parents to support their children in the context of traumatic experiences](#)

em.prof.dr. Peter Adriaenssens, Catholic University Leuven (KUL, Belgium), Dept Child & Adolescent Psychiatry Centre for Child Abuse & Neglect

Current experiences with refugees from Ukraine in Hungary with practical tips

Prof. Judit Balazs, Department of Developmental and Clinical Child Psychology, Eötvös Loránd University Budapest (Hungary)

WEBINARS PROGRAMME

TRAINING COURSE FOR SUPERVISORS OF HELPERS: TRAUMATISATION AND RESILIENCE IN HELPERS (HOW TO TAKE CARE OF ONESELF)

Chairs:

Prof. Alma Dzubur Kulenovic, Department of Psychiatry Clinical Center University of Sarajevo (Bosnia and Herzegovina)

Prof. Peter Falkai, Department of Psychiatry and Psychotherapy Ludwig-Maximilians-University Munich (Germany); EPA President

Lectures:

[Secondary traumatisation in helpers](#)

Prof. Dolores Britvic, MD, PhD, University Hospital, School of medicine, Split (Croatia)

Modalities and options for supervision

Prof. Thomas Ehring, Department of Psychology, LMU Munich, (Germany)

[How to protect from media influence reporting on war](#)

Prof. Marianna Markova, Department of Sexology, Psychotherapy & Medical Psychology of Kharkiv Medical Academy of Postgraduate Education (Ukraine)