

WS10 Are you stress fit for deployment?

How could this workshop make a difference to your time in the field?

Be prepared. The humanitarian context is complex and a life changing experience. This workshop equips personnel contemplating an international aid assignment to better prepare for stressful field conditions. Armed with basic psychosocial knowledge and skills, volunteers and aid workers can feel more confident in their capacity to adequately prepare, adjust and monitor their responses to key assignment stressors. This workshop also provides basic psychological training in how to help others in the event of a traumatic incident.

What are the topics covered in the workshop?

- Psychological and psychosocial risk factors that confront aid workers on assignment
- The stress response
- Tips for preparing and coping well with accumulative stress
- Factors and conditions that enable a resilient response
- Tips for maintaining personal resilience in the field
- The importance of preparing a personal self-care plan
- Traumatic stress and its potential long term impact
- Principles of psychological first aid
- Demonstration and role play in applying psychological first aid
- Points of adjustment challenge across the whole cycle of deployment

What are the take-aways from this particular workshop?

Practical tools to help prepare for, cope with and recover from field based stress including a template of a personal assignment care plan. Knowledge of how to cope with and support others in a crisis. Tips for maintaining resilience and capacity to work long-term in the field of international work.

How is the training conducted & facilitated?

Training is conducted in small groups to ensure that training is tailored to meet the needs of workshop participants. All training is designed specifically for the context of individual aid workers or volunteers working in international humanitarian or development agencies. Participants are invited to share their goals and level of experience with the facilitator prior to the training.

Workshops are facilitated in a strongly interactive and specifically contextualized way for those working in the international humanitarian and development sector. Workshops aim to be engaging and may use a variety of training & learning modalities such as contextualization, case examples, participant experience, application of frameworks, demonstration, mini seminars (based on research & practitioner experience), reflective activity, mapping & analysis, group discussions, brainstorming, problem-solving, film clips, hypotheticals and simulations, quizzes, participant-led presentations, role plays (for trying out new skills), coaching and structured peer consultation processes.

Who is the facilitator?

Amanda Allan is the facilitator of this training. She is a psychologist with extensive experience working with international aid agencies, humanitarian aid workers and volunteers. Her work is largely informed by years of professional practice in counselling, briefing & debriefing, facilitating, consulting, mentoring, coaching and education as well as research undertaken as a PhD student at the University of Melbourne over a prolonged period. Amanda led the first Australian 3-day forum in 2003 that envisioned a charter for systematically strengthening the psychological support of aid workers involved in humanitarian work. She also founded the Mandala Foundation and was its executive director up until 2012.

Is there any follow-up to the training such as coaching and mentoring or further training opportunities?

A feature of Amanda's training is not only its tailored approach but the opportunity for follow-up mentoring or coaching. This is offered on a small group basis or individually by Skype or phone. Amanda also offers regular peer consultation opportunities for participants who have attended her workshops previously and who are interested in an opportunity for review, reflection, reinforcement or refreshment of concepts covered in previous workshops.

Workshop date: Friday, 10th May, 2019

Workshop commences: 9.30am

Workshop concludes: 4.30pm

Workshop venue: The Travel Inn, corner of Grattan and Drummond Streets, Carlton
(Melbourne, Victoria, Australia)

Workshop fee: AUD \$ 231.00 (incl. gst)
Payment by EFT on receipt of invoice
or by credit card on day of training (requiring \$50 non-refundable EFT deposit)
* 15 % early bird discount rate available – payment in full 1 month prior to training date
** 25% concession or full time student card discount applies (excludes early bird rate) on proof of identity

How do I register? Submit an online registration form

Enquiries? Email: workshops@thehumanitarian.com.au or phone 1300 057 303