

# PSYCHOSOCIAL INTERVENTIONS IN DISASTER.

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# Introduction

- Definition
- Disasters are situations whose impact can overwhelm the adaptive capacity of affected populations.

# Psychological Impact of Disasters

- Grief and loss of loved ones, bodily integrity, property, a sense of safety.
- Long-term reactions of stress and demoralization.
- About, 9% of people exposed to a disaster, eventually suffer from PTSD.

## **Psychosocial Interventions:Components**

### **A. Human Capacity (Human capital):**

- Constitutes health and well-being of people, their skills and knowledge, household livelihoods.

### **B. Social ecology (Social capital):**

- Constitutes social relations within families, peer groups, religious, cultural and political institutions.

## C. Culture and values (Cultural Capital):

- Disasters disrupt cultural values, beliefs and practice of a community.

### **NB:Treatment Strategies:**

- Debriefing
- Counselling
- Social welfare support
- Medical intervention

# Phases of a Psychosocial Intervention

- **Preparedness phase:**
- Adequate preparation reduces the impact of disaster.
- Sufficient planning in terms of leadership, co-ordination and communication.
- Resource identification and responsibilities.
- Training of personnel.

# Response Phase

## Goal is to:

- Help individuals and communities return to normal psychological and social functioning.
- Lessen feelings of fear, uncertainty and vulnerability.
- Restore feelings of confidence, competence, self-sufficiency and control.

## Recovery Phase:

- Realization of loss hits hard.
- Mourning period.
- Psychological needs felt intensely.
- Emergency services are withdrawn.
- Most severe psychological problems, such as PTSD, appear.
- Ideal period to conduct studies to evaluate effectiveness and outcome of interventions.

# Conclusion

- A wholistic disaster recovery (WDR) intervention has the three domains.
- Clinical supervision of service providers.
- A bank of resource persons.
- Training and in-servicing of service providers.
- Continuous monitoring and evaluation of the psychosocial interventions provided.

- *'Readiness is our only surest protection'.*

**THANK YOU.**