



# HELP FOR HELPERS

## SERIES OF WEBINARS

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



**ONLINE**

**FRIDAY 8 APRIL 2022**



**TUESDAY 12 APRIL 2022**

**THURSDAY 14 APRIL 2022**

# 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.

The webinars will take place online in April 2022 (dates are reported below) and will be recorded and made available on the [EPA website](#) afterwards.

# WEBINARS PROGRAMME

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## HELP FOR HELPERS: INTRODUCTION AND PRACTICAL TIPS

Friday 8 April 2022, from 15:00 to 16:30 CEST

Join the event by [clicking here](#).

### **Chairs:**

Agata Szulc (Poland)

Martina Rojnic Kuzman (Croatia)

### **Lectures:**

Marina Letica Crepulja (Croatia): *General information on trauma, triage and screening process (20 min.)*

Frank Padberg (Germany): *First aid psychological interventions (20 min)*

Oleg Chaban (Ukraine): *Current experiences from Ukraine with practical tips (20 min.)*

**Open discussion (30 min.)**

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## HELP FOR HELPERS: FOCUS ON CHILDREN

Tuesday 12 April 2022, from 15:00 to 17:00 CEST

Join the event by [clicking here](#).

### **Chairs:**

Nataliya Maruta (Ukraine)

Geert Dom (Belgium)

### **Lectures:**

Sena Puhovski (Croatia): *Developmental characteristics and typical symptoms of traumatization in children of different ages/how to approach and talk to children (30 min.)*

Peter Adriaenssens (Belgium): *How to support parents to support their children in the context of traumatic experiences (30 min.)*

Judit Balazs (Hungary): *Current experiences with refugees from Ukraine in Hungary with practical tips (30 min.)*

**Open discussion (30 min.)**

# WEBINARS PROGRAMME

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

Thursday 14 April 2022, from 14:30 to 16:00 CEST

Join the event by [clicking here](#).

### **Chairs:**

Alma Dzubur Kulenovic (Bosnia and Herzegovina)

Peter Falkai (Germany)

### **Lectures:**

Dolores Britvic (Croatia): *Secondary traumatisation in helpers (20 min.)*

Thomas Ehring (Germany): *Modalities and options for supervision (20 min.)*

Marianna Markova (Ukraine): *How to protect from media influence reporting on war (20 min.)*

**Open discussion (30 min.)**