Psychological Resiliency – Building Personal Resilience and Self-Reliance

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Once the survival needs of people impacted by a disaster are stable, the important work of rebuilding the collective social network and individual lives in the community can begin. Disaster and Crisis Intervention (DCI) Facilitation processes use proven professional group facilitation skills and processes to equip individuals in the affected communities with tools that help in their psycho-social reconstruction. This online course will enable participants to work with individuals, other professionals, organizations, communities, or agencies who have experienced a crisis or who have responsibilities in crisis recovery now and in the future. The topics covered in this course include:

**Learning Objectives**
- Identify the relationship between change, crisis and disaster
- Use the Grief and Recovery Process Model for assisting people affected by crisis, change or disaster
- Describe different facilitation and resilience building techniques for individuals, groups and communities
- Explain specific strategies to take care of ourselves and other caregivers and develop appropriate strategies to use as we assist others in their recuperation
- Develop and/or determine which intervention strategies to use in communities to aid in the rebuilding of social networks and individual lives in communities

**Competencies**
- Describe the public health role in emergency response in a range of emergencies that may arise.

* Bioterrorism and Emergency Readiness
  - Collaborates with community partners to promote the health of the population
  - Identifies the role of cultural, social and behavioral factors in determining the delivery of public health services

* Council on Linkages – Core Competencies for Public Health Professionals

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