

**Course In Trauma Psychology For Community Leaders, Government Officials,
Physicians, Teachers, Mental Health Professionals, and Other Volunteers**

Islamabad, Pakistan

November 9-11, 2005

Faculty:

Syed Arshad Husain, M.D., FRC Psych, FRCP (C)
(Course Director)
Professor & Chief of Child and Adolescent Psychiatry
Professor of Child Health (Pediatrics)
Director, International Center for Psychosocial Trauma
University of Missouri, Columbia, Missouri, USA

Eli Breger, M.D.
Life Fellow
American Academy of Child and Adolescent Psychiatry
Full Bright Senior Specialist
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Kathy Dewein, Ph.D.
Director of Psychological Services
Division of Youth Services
State of Missouri
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Andra Ferguson, MS
Adolescent Therapist
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Rose Procter, B.S.
Executive Director
International Medical & Educational Trust (IMET)
International Center for Psychosocial Trauma (ICPT)
Columbia, Missouri USA

Rich Sternadori, CBO
Med Candidate
Stephen College
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Facilitators:

Abul Fazi, M.D.
Professor of Psychiatry
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Javed A. Choudhry, M.D.
Child Psychiatry Fellow
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Attending Psychiatrist
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Mohammad Talib, M.A., T.I.
National Track & Field Coach
Director, Pakistan Fitness
Center
Karachi, Pakistan

Handara Shakur Hankins
Humanitarian Worker
Building Consultant

Objectives

Day One: Reserved for Community Leaders and Government Officials Following are the objectives of the first day's course:

1. To familiarize Community Leaders and Government Officials with the psychological consequences of disaster and displacement.
2. To introduce a road map to the Community Leaders and Government Officials to promote trauma recovery in children and their families.

Day Two & Three: Open to Mental Health Professionals, Physicians, Teachers, and Other Volunteers. Following are the objectives for the second and third day of the course:

1. To develop skills in identifying the psychological consequences of the 2005 Earthquake Disaster on children and their families.
2. To provide hands on treatment practicum to physicians, mental health professionals, teachers, and other rescue workers to help children and their families better cope with their trauma and losses.
3. To develop a road map to promote trauma recovery in children and their families and to enhance mental wellness.

Introduction to Trauma Psychology for Community Leaders

November 9, 2005:

8:30 - 9:00	Introduction of the Course and Faculty
9:00 - 11:00	Recognizing the Psychological Consequences of Disaster Amongst the Survivors: An Introductory Course for Leaders (Arshad Husain, M.D.)
11:00 - 11:15	Break
11:15- 1:15	Helping the Helpers: Dealing with Compassion Fatigues in Leaders and Rescue Workers (Kathy Dewein, Ph.D., Mohammad Talib, M.A., T.I., & Rich Sternadori, CBO)
1:15 - 2:15	Lunch
2:15 – 3:15	Team Building: Creating a Rapport Amongst Leaders (Rose Procter, BS & Arshad Husain, M.D.)
3:15 – 4:30	Developing a Roadmap to Prepare the Physicians, Humanitarian Workers, and Volunteers to Help Survivors of Disaster (Arshad Husain, M.D., Rose Procter, BS, and Javed Choudhry, M.D.)

Course in Trauma Psychology for Physicians, Teachers, Mental Health Professionals, and Other Volunteers

November 10, 2005:

8:30 - 9:00	Introduction of the Course and Faculty
9:00 - 10:30	Recognizing the Psychological Consequences of Disaster Amongst the Survivors (Syed Arshad Husain, M.D.)
10:30 - 11:00	Break
11:00- 1:00	Helping Children Deal with Grief and Loss (Kathy Dewein, Ph.D.)
1:00 - 2:00	Lunch
2:00 - 3:30	Principles and Practice of Group Therapy in Children (Andra Ferguson, M.S. and Arshad Husain, M.D.)
3:30 - 4:00	Break
4:00- 5:30	Recovery Program for Child Victims of Natural Disasters A. Unifying Principles B. Model Program (Eli Breger, M.D.)

November 11, 2005:

8:30 - 10:30	Refugee Camp: Preparing a Caring Environment for Children (Eli Breger, M.D.)
10:30 - 11:00	Break
11:00- 1:00	Use of Art and Play Therapy & Story Telling in Dealing with Trauma in Children (Kathy Dewein, Ph.D.)
1:00 - 2:00	Lunch
2:00 - 4:00	Helping the Helpers: Dealing with Compassion Fatigue (Kathy Dewein, Ph.D., Rich Sternadori, CBO, & Eli Breger, M.D.)
4:00 – 5:00	Feedback Session (Arshad Husain, M.D.)
5:00 – 5:30	Distribution of Certificates