



Lao Red Cross Phycology Support Program

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Background

- Since 2006, Lao Red Cross health staffs used to attend the workshop on Community based Psycho Social Support in the with IFRC in the First Regional Psycho Social Support Programs in Bangkok.
- Began of 2012, LRC Health Division discussed and prepare planed with IFRC and the LRC staff at HQ level been trained end of 2013.
- After trained, LRC and IFRC head develop training course and guideline and translated in Lao version
- Early 2014 (3-7 February), Regional Psycho Social Support, IFRC by (Ms. Zara and Dr Abhishek) provided on CBPSS training in VTE to LRC staffs and stakeholdeders~25 attendants (MoH, MLSW, CHAS, LaoPHA, APL+ and PNS).



Training' Objective

- To increase knowledge on Community Based Psycho Social Support for staff in head quarter level.
- To be able to train people in their community and work unit.



Activities: Training Community Based Psychology and Support on 3-7 February 2014:

In the training included following modules:

- 1) The psychosocial impact of crisis situations
- 2) Stress and how to cope with stress
- 3) Different types of loss and the grieving process
- 4) Community based approaches to Psychosocial Support
- 5) Psychological First Aid and Supportive Communication
- 6) How to support and protect children
- 7) How to support staff and volunteers

Method and Implementing:

- explanation and recommendation,
- Day briefing
- Question and answer,
- working group and presentation
- brainstorming
- eyes break
- Role play



President of Lao Red Cross opened Training Community Based Psychology and Support



The training session held in Vientiane capital

on 3-7th February 2014

25 participants



Lecture of the first day training

The lecture in day 1 of the training session:

- CHAS-present the result of research on Stigma and Discrimination
- IFRC, shared ongoing activity in south east Asia
- LRC shared their ongoing activities





Group work- brainstorm



**Participants
discussed and
make
brainstorming
to prepare their
presentation**



Group work-presentation



**Representative of
the group made
their
presentation
and exchange
with others
participants**



Role play



Role play of the case PLHIV were stigma in the family and psycho social support approach



Facilitators had discussed with participants at the end of day briefing



Key points:

- What do you feel
- what do you learn
- Exchange the ideas
- QA

15 minutes before end session



Outcome

- ❑ The training guideline and materials developed and available in English and Lao
- ❑ The Lao Red Cross staff high level hold that importance work
- ❑ The training was supported and followed-support by IFRC in Bangkok.
- ❑ The trainers was provide a good demonstration with medical doctors (Dr. Chanhtharavady) provide great translation and facilitate during training
- ❑ The participants play their attention specially of practicing or game, role play and actively prepare day brief



Lessons learnt

- The training course provide great informative to LRC on CBPSS, but It was difficult for someone to understand medical/technical term which needs more further information/training and technical support.
- This training identified of difference basic professional from audience make the layer of understanding hard, the next training provide needs to prioritize related topic which participant in similar field.
- The training maybe one more time (TOT), (15 participants maximum and has experience TOT before)
- Lao Red Cross CBPSS team should be improve manual again such as: The photo it should be appropriate with the Laos culture and try to use easily word adaptation in the local context.
- Lao Red Cross CBPSS Training Course should be linking with any unit such as: the Fist Aid, Ambulance service, Disaster Management Division and HIV/AIDS.
- The topic is new approach in Lao, thus LRC needs technical support/coaching from IFRC regarding training provide, TA support and keeping support further relevance activity with the community and LRC staffs



Future Plan

❑ LRC with support of IFRC

- LRC will review the manual and adapt the case studies; role-plays and photos to Lao culture before conducting trainings.
- LRC prepare of training package to LRC provincial staffs on Community Based Psychosocial Support.
- IFRC will conduct Training of Trainers (ToT) ~15 persons who have already been trained in Community Based Psychosocial Support focus on those experience Disaster Management or Health background.
- Of those who received ToT, will go back to train their volunteers from both Disaster Management and Health.
- IFRC will support the LRC health department to develop specific training packages for the different units.
 - For the HIV programme and the Ambulance Service the focus will mainly be on Modules 1,2,3 and 5.
 - For the CBHD/CBHFA the focus will primarily be on Module 1,2,5,6 and also include a component on Violence Prevention (developed by IFRC and Canadian Red Cross).

- ❑ LRC and DRC: Develop small grant proposal aim to support the strengthen LRC staff on CBPSS



Thank you