

Psychological reactions to war and trauma:

A webinar series for psychologists, psychology students and other helpers





Adults exposed to the atrocities of war and flight – Reactions and what may help

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The war in Ukraine





People react differently

- Personal characteristics



Photos: Shutterstock

- Characteristics of the event (-s)



Photos: Pixabay



Intentional violence





Resilience



Normal reactions to trauma

Emotional reactions

Physical reactions

Cognitive reactions

Spiritual reactions

Relational reactions





Helpful things to do when feeling overwhelmed





How to be helpful





Early warning signs: need for professional help



Personality changes after traumatic events

- A chronic feeling of threat
- Distrust of other people
- Social withdrawal
- Emptiness and hopelessness
- Feeling alienated from others

When normal reactions develop into long-term debilitating states

Depression

Anxiety

Posttraumatic stress disorder (PTSD)

Complex posttraumatic stress disorder

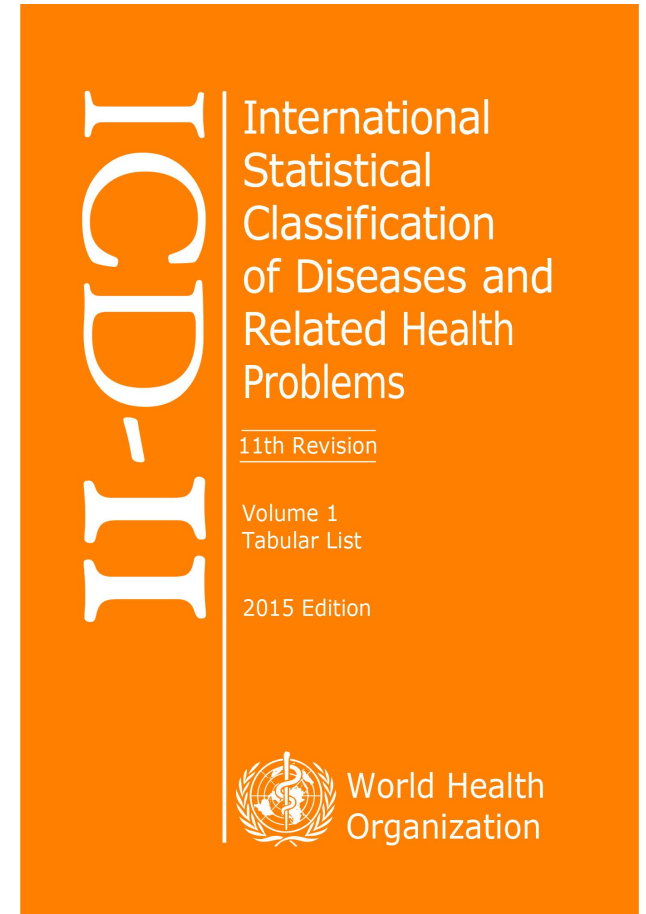
Somatization, pain problems and physical disorders

Personality changes

Dissociative disorders

Substance abuse

Psychoses





Therapy after extreme trauma



Immediate, shortly after, and long-term
perspective on strengthening resilience and
health



References and background literature

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Resources

- WHO's PM+ Problem Management plus (PM+): individual psychological help for adults impaired by distress in communities exposed to adversity: <https://www.who.int/publications/i/item/WHO-MSD-MER-16.2>
- WHO's Self Help plus: Doing What Matters in Times of Stress: https://www.who.int/publications/i/item/9789240003927?gclid=Cj0KCQjwg_iTBhDrARIsAD3Ib5jElc2RCHFgNr9XYPCCW9leLfxen8lO7Q3LliRjBLOc-pLJrtDeL_YaAp2hEALw_wcB
- Skills for psychological recovery: <https://www.nctsn.org/resources/skills-for-psychological-recovery>
- The National Child Traumatic Stress Network (NCTSN): <https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery/about-spr>
- The TENTS guidelines for psychosocial care following disasters and major incidents. The European Network for Traumatic Stress. www.tentsproject.eu

Thank you for your attention

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