



## **Suggestions to Members on Psychological Support Work after the Sichuan Earthquake**

28<sup>th</sup> May 2008

The following are some general suggestions for Members' reference. This is not an official guideline.

1. We encourage our Members to provide psychological support service to people affected by the Sichuan Earthquake.
2. We encourage our Members to provide training, consultation, and direct service to the rescue, relief, recovery work personnel, volunteers and public.
3. We urge Members to provide such direct and indirect services in an ethical and responsible manner, to use evidence-based practice and to be sensitive of limitations related to cultural and language differences.
4. We urge Members to exercise judicious judgment to attend the site at the acute stage. Personal safety, potential effectiveness, burden to others, and best practice are important considerations.
5. We encourage concerted efforts in psychological care planning and implementation. Members are encouraged to inform their professional bodies (e.g., DCP of HKPS or College) of your involvement in psychological support work and willingness to offer you expertise support.
6. We urge Members to have preparation, sensitivity, and abide by the principle of "Do no harm" when providing your service.
7. We urge Members to affirm normalcy and encourage natural help, natural support and recovery in the acute phase of the disaster.
8. We urge Members to advocate for watchful waiting and identification of at risk group for in-depth psychological intervention after the acute phase of disaster, and not to advocate for psychological intervention "for all" at the immediate aftermath of the disaster.
9. We urge Members to advocate for respecting people to come for help at their own will, own time, own agenda, and own pace.
10. Instead of organizing our own disaster team, Members are strongly advised to join or collaborate with humanitarian services or established organizations to provide psychological support services to those affected by the Earthquake.
11. We consider basic care and support most crucial at the acute phase of a disaster. In-depth psychological treatment is more for medium and long-term work.
12. When Members provide training, we urge Members to give appropriate caution to their trainees about the limitation of the training provided.
13. Your own physical and psychological health is important. Preparation, self-monitoring and peer support are equally important for the trainers/helpers as for the survivors/rescuers.