

# PSYCHOSOCIAL STAFF CARE IN HUMANITARIAN ACTION

Working in the humanitarian sector is associated with a high level of stress for staff. Direct encounter with human suffering, heavy workloads, stressful managerial practices and travelling to crisis or disaster contexts can have massive impacts on their psychosocial stability. The corona pandemic also adds to this burden.

Participants will learn what impact mental stress can have on their work and the organisational culture. After the training, they will be equipped with solid basic knowledge on concepts for integrating psychosocial dimensions into staff welfare and project design as well as methods to pass on the knowledge to colleagues and partner organisations.

The three-day training is directed at experienced staff of German humanitarian NGOs with project and/or staff responsibility.

The seminar will be facilitated by Amail Bendedda of [Bioforce](#). She has worked for various NGOs in the field and at headquarters in human resources and facilitates trainings on interpersonal skills, conflict management and stress management for Bioforce. Amail is a Mental Health First Aid Instructor and a Preventer of Psychosocial Risks.

The sessions will be in English. Participation is free of charge. Given that the number of participants is limited, we kindly ask you to provide a short motivation statement upon registering. We will inform you about final admission after the registration deadline. After the seminar individual coachings are offered.

The event will be online. Participants will receive some pre-reading materials and/or pre-watching videos before the training.

The seminar is part of a joint project of the Institute for International Law of Peace and Armed Conflict (IFHV) of Ruhr-University Bochum and VENRO.

## WHEN?

Tue, 30 November 2021,  
Wed, 1 December 2021 and  
Thu, 2 December 2021  
9 am – 4 pm CET each

## WHERE?

Online (Zoom)

## REGISTRATION

Please register [↘ here](#) until  
9 November 2021.

## CONTACT

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## PROGRAMME

Participants will receive a detailed schedule before the start of the seminar.

### Day 1: Tuesday, 30 November 2021

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9:00 am – We will work on a **psychosocial risk analysis** in a humanitarian context, learn about **types and signs of stress** and look at **new working situations** that emerged in 2021.  
4:00 pm

### Day 2: Wednesday, 1 December 2021

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9:00 am – We will focus on **individual stress management, stress management technics** within a team, **resilience** as well as **psychosocial staff care pathways** and **psychological first aid**.  
4:00 pm

### Day 3: Thursday, 2 December 2021

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9:00 am – We will have a closer look at **duty of care** and stress management within an organisation and the **prevention of stress** as individuals and managers. We will also dive deeper into the quality of **working life policies and psychosocial risk prevention** and develop an action plan to **disseminate psychosocial staff care** within organisations and to partners.  
4:00 pm

All sessions include breaks, interactive expert inputs as well as discussions in small groups and plenary.

This training is financially supported by the German Federal Foreign Office.

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