

Half-day programme

Time	Programme
1.30pm – 2.00pm	Registration
2.00pm – 2.15pm	Welcome and Introduction to the Workshop
2.15pm – 3.15pm	Crisis Management and Psychological Reactions in times of Stress and Crisis <ul style="list-style-type: none">- Understanding Critical Incident Stress Reactions- Impact and Consequences of stress and crisis- Overview of Crisis Management
3.15pm – 3.30pm	Tea Break
3.30pm – 4.30pm	Basic Crisis Helping Skills <ul style="list-style-type: none">- Listening and Crisis Communication skills (condensed version)- Skills practice
4.30pm – 5.00pm	Self Care <ul style="list-style-type: none">- Dealing with own feelings- Boundaries
5.00pm	End