

**Meeting of the**

**EFPA Standing Committee on Crisis, Disaster and Trauma Psychology**

**7th – 8th of October 2022**

**Friday 15.00 – 18.00 hrs.**

**Saturday 9.00 – 15.00 hrs.**

**UNIVERSITY OF CYPRUS (Panepistimio Kyprou in Greek) NEW Campus (Panepistimioupoli in Greek) in Aglantzia area**

**see briefing notes in attachment**

**Guest**

**Mrs. Melita Murko**

**Technical Officer Mental Health Policy**

**WHO Regional Office for Europe**

**Via Zoom**

**Link to be provided**

**Agenda of the meeting**

**Friday 7th of October 2022**

**15.00 – 18.00 hrs.**

Attendees

Magda Rooe Netherlands

Vitaly Klymchuk Ukraine

Boris Kordic Serbia

Anthi Loutsiou Cyprus

Eleni Karayanni Cyprus

Kristina Mozuraityte Student Representative Lithuania

Anna Romeu Spain

Marc Stein Luxembourg

Florian Stoeck Germany

Andreea Apostol Secretary for Meeting (EMDR Europe)

Stepan Vymetal Czech Republic

1. Opening and Welcome – Magda Rooze

Magda opened the meeting with a welcome to all the members of the Standing Committee. She thanked Eleni and Anthi for the great organization of the symposium and the meeting, expressing the wish that the lectures in the morning help making decisions.

1. Secretary of the meeting – Andreea Apostol
2. Minutes of the meeting 6th of May 2022 Kiev Ukraine – Anthi Loutsiou - see attachment

The minutes of the Kiev online meeting were approved without amendments.

1. Minutes of the meeting 7th of July 2022 Ljubljana Slovenia – Stepan Vymetal – see attachment

The minutes of the Ljubljana meeting were approved without amendments.

1. Situation in Ukraine and refugees in Europe– Vitaly Klymchuk and all members

Pending Vitaly’s communication

1. News from the National Associations – all members

Marc Stein – Luxembourg

He comments on the process of regulate the job of psychology. He complains the ministry is not being responsive. There are also trying to reach an agreement with national health insurance about payment. For now no one can get reimbursed by psychologists or psycho therapist, except for systemic therapy.

Anthi – Cyprus

She reports no critical incidents here in Cyprus in the past months. No wildfires during the summer. Nevertheless, the first responders appear to be exhausted from the past years.

Another target group seem to be the teachers, they're also feeling greatly burned out because of the Covid pandemic. Youth too.

Regarding Covid-19, wearing the mask is voluntary for the first time in three years.

Anthi also comments on the fact they now have a national health service here in Cyprus and the clinical psychologists can now be reimbursed for services, but they are very disappointed because their referrals need to go through the medical profession. So, our profession that has been around for many decades, for the first time in history it has become medicalized, it became dependent on the medical system. And there is just a lot of tension right now in terms of psychotherapy gaining ground as independent of psychology, in a sense that people that come from any background that are not licensed health professionals. They can go to advanced training and psychotherapy and they're trying to gain access as health providers.

On the other hand, even if there is a lot of actions happening in the field of crisis and disaster, like crisis response, the idea of an emergency psychologist doesn't exist. The idea of crisis psychology or emergency psychology as a specialized field does not exist.

Nevertheless, Anthi explains that the symposium yesterday seems to have had an impact, as the Commissioner for the environment made a public commitment, and now it’s the moment to make a press release or something like this and connect this issue to the wildfires, as it seems the best way to approach it, connecting it to the climate crisis.

Andreea Apostol – EMDR Europe

Latest activities organized by National Associations of EMDR across Europe:

* There is ongoing support for clinicians in Ukraine and a cooperation regarding this with Regent University and its representatives in Kyiv.
* Giada Maslovaric (Italy) helped the Polish NA with a seminar on organising the situation they are facing – EMDR in disasters.
* Zuzka Cepelikova (Czech Republic) conducted 5 helpful and practical online seminars on ASSYST by Ignacio (Nacho) Jarrero to different countries like Poland, Slovakia, Hungary, Romania and Ukraine. Several hundred clinicians took part in these seminars
* EMDR Europe organized a seminar conducted by Emrah Devrim and Berfin Bozkurt (Turkey) for the interested clinicians from the border countries and Ukraine on work with EMDR with children in the war context. It was translated simultaneously for attendees to different languages (Ukrainian, Hungarian, Slovakian, Rumanian, Polish) .

Cooperation with other associations:

* Vitol Foundation has contacted us to collaborate for projects for the Ukrainian population, following the IASC guidelines. In these projects we will be part of the Mental Health Psychosocial Support (MHPSS) network, where EMDR Europe can give a significant contribution.
* There was a request from Medecins Sans Frontières (Doctors without Borders) for support for their clinicians in the field in terms of training in relevant issues from psychologists and psychotherapists. Following this specific request, we offered them trainings on psychotraumatology, acute psychology and supervision/debriefing for their personnel.

Kristina Mozuraityte – Student Representative, Lithuania

They are preparing the autumn campaign, they have already started the annual one related to mental health topics, as well as “ Better together”, oriented towards diminishing the discrimination topics, and pretty much educating young people students.

Kristina also remarks that the organization has been moving towards the climate change topic.

Anna Romeu – Spain

She reports no big disaster in Spain either, there were some fires but not a major disaster.

Regarding the interventions with refugees she explains the project organized by the Town Hall of Barcelona city and the Psychological Association of Catalonia, coordinated by Andreea Apostol. The project has ended in September as it was designed as a crisis intervention.

Anna explains that the role of the psychologist of emergency has been improved in Catalonia, starting with the pandemic. The figure of the emergency psychologist was already in the medical emergency interventions, but starting with the pandemic the emergency psychologists also are in full positions in the 112 telephone line.

Andreea adds that, starting with June 20th, in the Emergency Lines it was created a special position for the psychologists, psychiatrists and mental health nurses, attending people who want to commit suicide or know of someone who wants to do it.

Magda suggests that maybe it could be an interesting idea to organize a symposium on suicide prevention, to exchange models on prevention.

Kristine agrees, she explains that Lithuania is the country in Europe with the highest rate of suicide, which increased too after the Covid-19.

Boris Kordic, Serbia

He insists on the consequences the war is having in Serbia (the price of electricity is increasing, the cost of living too etc), he is afraid that more and more people will be at the edge of poverty. Serbia has a delicate position as it’s not a country belonging to the European Union. There are people supporting Russia and others UE.

Stepan Vymetal - Czech Republick

There are many requirements for psychologists, a busy time, but we see recognition for our profession, satisfaction for receiving the award of the national CZ psychological associations for Disaster psychology and international cooperation in this field.

1. UA refugees – almost 420.000 registered people, CZ is the most loaded country per capita
2. (adaptation and integration challenges, lots of psych. activities… Cz. Institut for Psychotraumatology and EMDR is very active helping UA) + Collaborations helping UA (WHO, ICRC, USA – book for children)
3. The biggest wildfire in CZ history, in Natural park Czech Swiss + Sachsen Swiss… (firefigting from July 22 to Aug 12, with 700 FRS people involved…)
4. Energetic crisis – gas/electricity - Prices have risen several times, fear of the winter… Food prices +, inflation…
5. Antisystem demonstrations in CZ
6. Illegal transit migration (1000 people/week, randomly detained, transit migration from Turkey mainly from Syria towards GER)
7. Planned monitoring mission MEDEVAC (MoI, uniformed psychologists) to Armenia and Azerbaijan has been suspended/postponed for security reason.
8. Increase in self-harm in children and suicidal behaviour in certain groups (including uniformed services, medical personnel, young people) - linked to isolation and covid burden, we have a system of trust lines, the need to focus actively on prevention.

Participation of uniformed psychologists: Central Crisis Staff of the Czech Republic, Strategic Group for Solving the Migration Crisis, KRIT Team for Crisis Communication (MoI), Team for State Strategic Communication (Stratcom, Government Office).

Challenges: countering disinformation/hybrid threats, polarization and radicalization of society, including public administration workers, proactively strengthening population resilience and cohesion. (See presentations from the symposium)

Preparation of an exhibition of Ukrainian children's drawings in the centre of Prague ("Children, war, hope"). We are preparing a virtual exhibition. The aim is to raise awareness of vulnerable groups, tolerance and support helping refugees.

<http://www.detivalkanadeje.cz/>

Florian Stoeck – Germany

He explains a project and an App they are going to launch, called HEiDi – “The Help App for Emergency Services” - is a free app toolkit (currently under development) for emergency services and specialists in the context of psychosocial emergency care (PSNV).

HEiDi is designed as a modular support system for the preparation, implementation and follow-up of operations. HEiDi has a flexible framework that can be customized by individual PSNV teams, but also by aid organizations, professional groups, and individuals to meet their own needs.

<https://heidi-psnv.de>

Florin also reminds us about the symposium they are going to have the 2nd - 3rd of December 2022 in Eichstätt, in the context of the public presentation of the App. Is a free of charge seminar, in German language.

Link to registration form: <https://bit.ly/HeidiTagungEichstaett>

Link for the program

<https://heidi-psnv.de/index.php/projektfortschritt/neuigkeiten/29-heidi-tagung-in-eichstaett>

Magda Rooze – The Netherlands

The Dutch National Association merged together with the Dutch Association for Psychologist working in health care. Health psychology working in healthcare, had split from the National Association because they thought that their interest was not promoted enough by the National Association. It was like eight years ago, and now both of the boards have tried to overcome these differences.

Magda also mentions that two or three years ago she took the initiative to create a working group on psychotrauma within the National Association. It has nine board members and it’s well-known for the profile of the psychologist in the Netherlands working crisis and disasters. They have been organizing webinars and also started again to organize conferences in person. The first one they organized to see whether there was an interest for this topic specifically, they got hundred participants, reaching the full capacity of the conference center. They also offered a prize for the students who send their master thesis, and they can win some money for further education. The idea is that the National Association is also for the students and young starting psychologist, so that there's an interest to participate.

Regarding Covid in the Netherlands, no special measures for the moment, wearing a mask is not compulsory.

**Action**

**Anthi** suggests that every participant should send a brief abstract (two paragraphs) of the news from his/her Association by the end of the following week, so that the person in charge with the minutes have an easier task. What is especially interesting is that links should be mentioned when sending the abstract.

**Florian** offers himself to ask it to the people.

**Marc** offers himself to develop a small template.

1. **Pan-European World Mental Health Coalition**
   1. EFPA is a collaborating partner in this Pan-European Mental Health Coalition. Our Standing Committee is asked to participate in 1 of the priorities of this Coalition: Emergency Preparedness, response and recovery: mental health in the context of the pandemic and assisting mental health needs of the population affected by the war in Ukraine. Magda Rooze participated in the meeting of the 4-5th of May representing EFPA and our SC. Work package 5 for which we will be the collaborating committee on behalf of EFPA was not discussed during this first meeting. For this purpose, we invited a representative of the WHO, Melita Murko, Technical Officer Mental Health Policy to see how we can work together. Mrs. Melita Murko will also present on our Symposium.
   2. Link to the Report: [Launch of the World Mental Health Report: Transforming mental health for all (who.int)](https://www.who.int/news-room/events/detail/2022/06/17/default-calendar/launch-of-new-who-mental-health-report--transforming-mental-health-for-all)
   3. Discussion on ideas for collaboration on the topic of mental health in emergencies on a European level

The group agrees there are many aspects of this collaborations we need to clarify before we decide how we can participate in this project. Marc would like to know what is our role as a Standard Committee of Disasters, for how many years does the project last, and if it has a time-line.

Florian also mentions that is important to know the resource that the project implies.

Stepan insists on the importance of letting clear their expectations and also to have a network behind.

Another doubt regards the number of the working groups in this area.

Melita Murko joins the meeting, Magda thanks her in the name of the group. She informs Melita we have many questions and that we would need an open discussion on what we have to accomplish.

Melita explains there is going to be a second meeting of the Coalition in November and the 5th package is going to be approached. At the same time she is aware of the importance of having the budget confirmed first, as funds are needed.

Melita is convinced there are many people with a great experience in humanitarian crisis and we need to bring them together. This may happen in December, January maybe. This first meeting is going to be more or less a brain storming session. What WHO would like to avoid is to limit our contribution to producing a theory, which is potential good read but without no impact in the real world. They have 22 collaborating centers, and 4 of them (in Spain, Germany, United Kingdom) interested in this work package 5. Melita expects a group about 50 people.

Melita says there is a certain ambition, to integrate MHPSS in their planning, but it’s hard to anticipate the time line. Different countries have different systems get involved. For instance, The Czech Republic already has very clear steps, but this is very different in other countries. When we come up with a proposal, we must reassure we have clear counterparts in every country (Ministry of Health or other sectors). At some point they will seek for our support, on a national level.

Melita wants to know who would be her correspondent on behalf of SC and Magda will assume this role for the moment.

1. **EU Centre of Expertise for Victims of Terrorism by Victim Support Europe,** ran a 2-year project until the end of 2021 on the needs of victims of terrorism. Several of our members had been approached to be part of this project. During one of our meetings we decided to try to create a collaboration on a more structural level. Victim Support Europe was interested and we started conversations. On the 6th of September we had a follow up meeting since they want to apply for a next EU project. In our earlier meetings we supported the idea of collaboration and also the Executive Council is in favour. Victim Support Europe is waiting for the new terms of reference for the project. For now, the idea is:

* More participation of stakeholders
* Extent the consortium with more victim organisations
* Include more international expertise on psychotrauma
* Develop training pan European on basic skills

See link <https://eucvt.eu>

In the context of ‘The bridge project’ they created a discussion board on their hub to exchange expertise in support of the victims of the War of Ukraine

* 1. Who wants to be participate as a member

Andreea Apostol and Anna Romeu had offered to participate as a member.

Magda explains that EFPA is in the support, so the road is opened, so we have to wait for further steps. The ideas is to plan to apply for funding.

Eleni wonders if EFPA would come as a partner. If so, than we would need an official agreement with the Victim Support. They would have to give us an official explanation, we would need to know that is going to be in the work plans. So it’s not so easy at an administrative level, to say “ok, we’re partners”. The question is whether to sign something as an official level.

We don’t know yet how they are going to involve us.

Eleni says whether is going to be a research project, Magda answers that is not a research project. We shall be focusing on practice tools.

1. Results of the **EU INHeRE project**, coordinated by the University of Ghent Belgium, in which EFPA and our Standing Committee were partners as member of the Advisory Board, as knowledge source and implementation partner
   1. Video on the results of the EU INHeRE project “Care improvement for migrant victims of sexual violence: findings of the INHeRE project – Leni Linthout – University of Ghent Belgium
   2. See website of International Centre for Reproductive Health Belgium, Faculty of Medicine and Health Sciences, University of Ghent [www.icrhb.org](http://www.icrhb.org) (latest project-see more projects-Inclusive Holistic Care for Migrant victims (INHeRE)
      1. Good Practice tool for police hearings (Eng.,Nl.,Fr.,It.)
      2. Triage Tool (Nl.,Eng.,Fr.,It.)
      3. Mapping of national policies on safe reporting (Eng.)
      4. Safe reporting framework for migrant victims (Eng.,Nl.,It.,Fr.)
      5. Free online course on sexual violence and migration. Access this course via the user guide (Eng.,Nl.,It.,Fr.)
      6. Project brochures
   3. Please think about organisations c.q. professionals to disseminate the material

*Pending to be discussed*

1. **EFPA matters – Eleni Karayani**
   1. EU projects and EFPA policy – see attachment

Eleni says that EFPA Head Office has no capacity to work on the proposal for the moment.

The policy is the same, the questionnaire has changed slightly. Mainly relates to other organizations, coming and saying: this is our experience so far, would EFPA be interested to participate. But the EFPA Head Office only has 3 staff members right now, we have a lot of people changing, this means we don’t have the stability to offer the expertise in certain areas. EFPA offers dissemination. Part of this has to do with developing guidelines it’s a lot of interact work, but we don’t have the capacity to give answer to it. If an EFPA group wants to participate, it has to reassure that is ongoing and they will be there for 3-4-5 years. One spends almost a year writing, then comes the evaluation, it’s a long commitment for people. It’s something that we have been reviewing a lot, because the time commitment is always an issue. We have to be mindful of not overburdening Sabine et co.

* 1. Expel Russian Psychology Association – do we need to discuss the topic on the role of psychologists and professional organisations on the spectrum of political neutrality versus political responsibility?

The procedure started at the beginning of the year, they received a letter they had to respond, the procedure was completed by the end of May, the decision was taken by the General Assembly, the Russian Psychology Associations is no longer a member of EFPA.

Magda is wondering whether we have a political responsibility in these matters, as a psychological organization? It’s a difficult point. There is a difference between the organization and the individual psychologist, but it’s a heavy matter always.

Marc asks himself how can we help psychologists in Russia? How could we help these psychologists that cannot accept what is happening? It’s a hard decision but maybe we can find another a way to contact personally these psychologists in Russia.

On the other hand, Eleni says that in the process of communication with our Russian colleagues we didn’t feel they corresponded. There was a chill environment, a lack of response from the Russian colleagues, the lack of support, that’s why the vast majority voted for the expulsion. They received only a couple of letters from some psychologists.

Both Eleni and Stepan consider there is a real risk of safety for many of our Russian colleagues, because of the present situation in Russia. There are colleagues who have switched their profession, quitted psychology. Others are working for the Russian regime.

1. New website Standing Committee Crisis, Disaster and Trauma Psychology

What will be displayed:

* a customized visual/ logo to represent your group (see here attached proposal)
* a small introduction text
* the list of members (optional: with pictures)
* the group deliverables
* the public events linked to the group
* a more info section for additional information related to the group

The website of EFPA is not available, the new one. The old one is available: <http://disaster.efpa.eu/introduction/>

to be discussed:

* feedback on the group's logo proposal here attached

We express our disagreement with the logo’s proposal, we express our discontentment of not being consulted regarding what would be the logo we would like our group to have.

**Action**

Magda will ask if it can be changed or not, before we could think about a symbol for a group, what we consider it would be better, a better direction than this. Maybe something more in the direction of resilience, growth.

* a short description of your group (Max 1/2 A4) to serve as introduction text

**Action**

Magda will send us a short description of the group and make propositions.

* the list of the resources/deliverables you want to move on the new pages, sent to your EC liaison

Marc says there is not enough space for resources in the new website, which does not correspond at all to our work from all these 20 years.

**Action**

Marc offers to do some clean up, but he would need to know the structure, because he needs to know where everything will be put afterwards, or how much we can keep.

Marc will contact Ruth for all these doubts and he will come back to us.

* a contact person for the website: the tasks of the contact person will be to update the description and the list of members. Note that deliverables/resources provided will be uploaded by the Head Office team.
* If any, the public events to put on the website by the EFPA Head Office

Marc suggests our names should be put on the webpage, we are a Special Committee and we have so much good information. He says in the new format there is not enough space for the resources.

Magda says Ruth is in the charge for this, or at least she can put us in contact with people who can answer these doubts.

1. European Congress of Psychology 3-6 July 2023 Brighton United Kingdom
   1. Deadline early review submission 16th of October 2022

We discuss whether it would be a good idea to organize the Symposium and the EFPA SC meeting during the Congress, but finally we quit the idea because of the high prices (the registration price if someone wants to be a presenter is around 600 euros).

Anthi wonders whether we could organize a discussion panel instead of a symposium, we only would need two persons. Magda and Stepan, tough, think that a panel discussion is not so popular.

Florian thinks that many members would not be able to attend so many meetings because of the costs.

Marc proposes that maybe we can ask people in the Workplace if they are interested in going to the Congress.

Anthi suggests that Magda still can have an individual slot in the program if she is thinking to participate, which would be easier rather than hold a 90-minute slot, what a group would need.

1. Other topics – Membership of SC

We lost many members, we are 17 now.

**Magda** discusses on how to engage new members or how we could get feedback from old members why they are not here in the SC, what are the reasons. There were members for more than 20 years that no longer belong, we lost Italy, Franc, U.K., Lithunia ,Finland, Hungary, Iceland, Norway, Turkey

Magda asked Island’s representative why she was off the list, she didn’t know, she wasn’t aware she wasn’t on the list anymore. She says she would ask the association, but we have no more news from them.

**Anna** - There are some countries that have members who are not active but they are nominated. And these could be contacted directly but there are some other countries that have no members nominated so we have to write the association and ask them if they can nominate somebody or what we can do.

**Action**

**Magda** will make a list with the members that we could approach and with the addresses we have, and come back to the other members, if we have more.

Anthi suggests to approach people we know. We’ll have to coordinate so people shouldn’t be reached out different times.

**Florian** will connect to Swiss, **Magda** will take a look at the list, **Stepan** can contact Slovakia, **Anna** will write to Charlote from Sweden.

Also contact people that are not longer on the list, to inform them that our meetings are now hybrid, so that maybe their associations would contact again EFPA.

1. Next meetings
2. First meeting: 5th - 6th of May 2023

Proposed place: Luxembourg.

1. Second meeting: 6th - 7th of October 2023

Proposed place: Greece

Proposals for symposium topics: suicide prevention? Refugees?