

Working together for a healthier world

InterHealth 

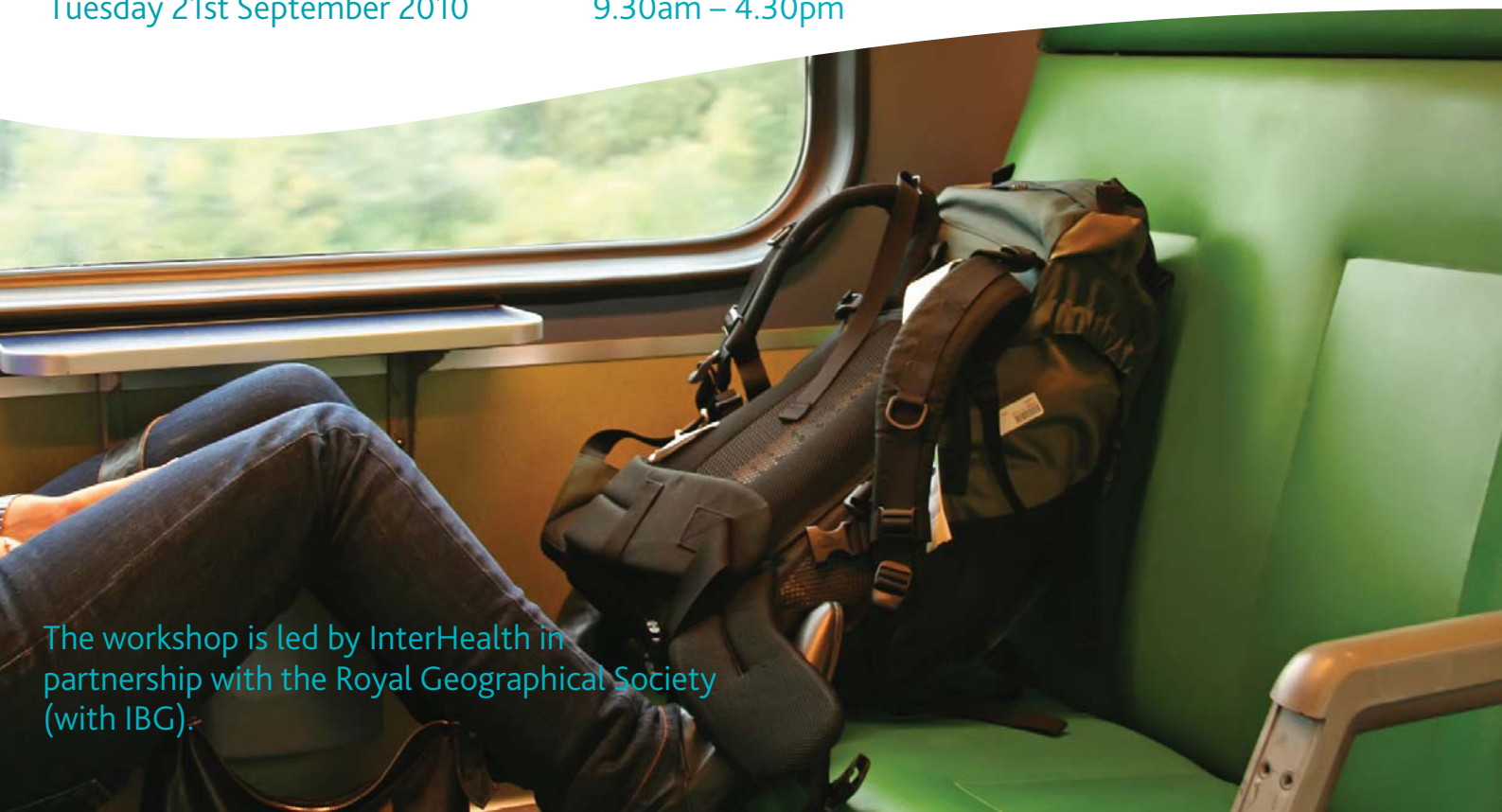
Recognising and coping with psychological health issues in volunteers and expeditioners

One day workshop

Tuesday 21st September 2010

9.30am – 4.30pm

**Royal
Geographical
Society**
with IBG



The workshop is led by InterHealth in partnership with the Royal Geographical Society (with IBG).

Enable leaders of volunteers and expedition teams to spot early warning signs of psychological health issues in team members.

Help to assess the severity of situations, possible implications and what initial steps to take to give appropriate support or obtain further help and back-up. This workshop has been developed out of InterHealth's broad expertise and clinical practice in psychological health.



Learning outcomes

By the end of the day participants should be able to:

1. Understand how psychological distress is demonstrated in a variety of ways, including changes in behaviour, mood and communication.
2. Understand which questions to ask to obtain essential information, and how to ask them.
3. Know how to identify the major risk factors for psychological distress.
4. Understand the initial management strategies for the individual, the team and home country personnel, and the family.
5. Understand how competency to recognise and cope with psychological issues in volunteer and expedition teams fits within the BS8848 guidelines and helps to build resilient organisations.

Who is this for?

Delivered by InterHealth's Consultant Psychiatrist, Dr Evelyn Sharpe, this workshop is aimed at team leaders from GAP, volunteer and expedition agencies who have direct responsibility for those on the field.

The Royal Geographical Society (with IBG)

Geography Outdoors: the centre supporting field research, expeditions and outdoor learning, is the Society's first point of contact for anyone seeking information, advice or training for expeditions and fieldwork. It has been actively involved in promoting the use of the new British Standard BS8848, to benchmark safety management system for a wide range of educational, research and adventurous activities outside the UK. www.rgs.org/GO

InterHealth

InterHealth is a specialist London based medical charity and provides Medical, Psychological, Occupational and Travel Health support to many of the major international agencies involved in humanitarian relief and poverty reduction across the world.

www.interhealth.org.uk

Location: InterHealth, 111 Westminster Bridge Road, London, SE1 7HR

Cost: £110 + VAT (InterHealth subscribers)
£135 + VAT (non-subscribers)
(refreshments and lunch included)

How to book

Book online using the registration form on the InterHealth website at

www.interhealth.org.uk/workshops.html

Committed to the health and wellbeing of those making the world a better, fairer and healthier place.

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