



Working with resilience in the Red Cross and Red Crescent

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Psychosocial Support

IFRC Definition of PSP

*“Psychosocial support is a process of facilitating **resilience** within individuals, families and communities. Through respecting the independence, dignity and **coping mechanisms** of individuals and communities, psychosocial support promotes the restoration of social cohesion and infrastructure”*

(IFRC Psychosocial Framework 2005-2007)

PSP – what is it about

- To assist affected communities in their collective recovery
- To assist affected people to
 - Regain a sense of normality
 - Restore hope and dignity
 - Promote mental and social well-being
 - Attain a stable life and integrated functioning
- Early interventions make a long-term difference

Community-based approach because

Communities have resources, strengths and support networks

Non-stigmatising presence, in-built referral mechanisms



Community-based PSP

Aligns with the RC/RC volunteer-based approach

Promotes capacity-building and local solutions

Linking up to other types of relief action

After natural disasters – sudden onset



Complex emergencies – slow onset



Children in AT/OT Palestine



Vulnerable Roma children in Serbia and Montenegro



People affected by HIV and AIDS



Terrorist attacks and catastrophic events

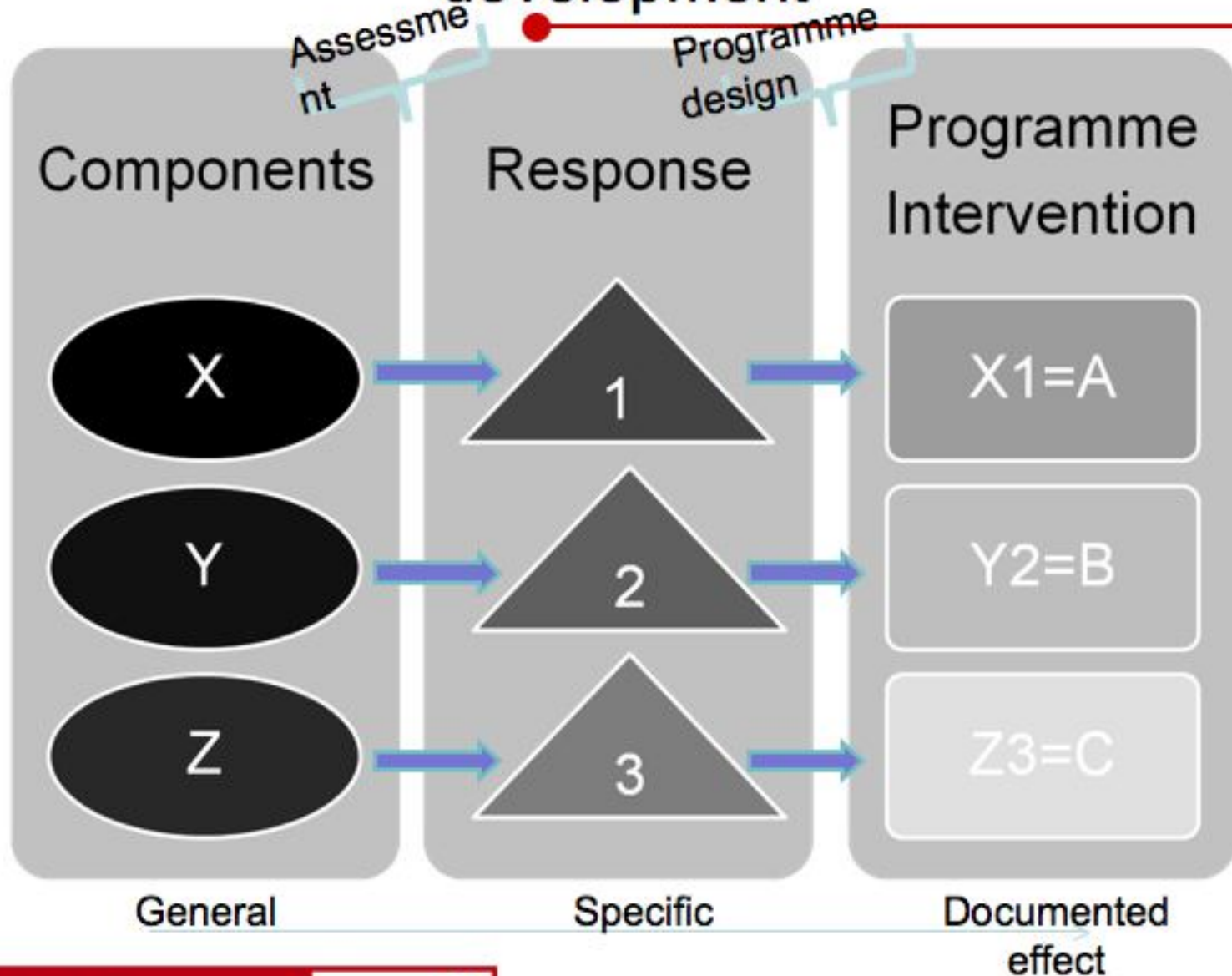


Measuring resilience

Emotional responses/impact commonly observed

Lack of trust	Hope(lessness)
Feeling of loneliness and loss	Sadness
Feeling of fearfulness	Numbness
Self-esteem/Self-confidence	Apathy
Dignity/Self-respect	Surreal perception of one's reality
Helplessness	Uncertainty
Control over future, life, property	Meaningfulness (meaninglessness)
Anger and irritability	Loss/inability to access and maintain spiritual needs

Evidence-based process for indicator development



Critical issues in measuring resilience

- Local knowledge vs. scientific objectivity
- 'Donor education'
- Measuring well-being at the collective level
- Baselines – ethical and practical considerations
- Quick interventions vs. the need for sustainable solutions
- Documenting effects and collating best practices
- The right of communities to heal themselves



THANK YOU!

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