

The Ukraine War



PRINCIPLES OF INTERVENTIONS FOR ASR

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ד"ר אופיר לוי (סא"ל)
ר' התוכנית לפסיכותרפיה בגישה פסיכודינאמית
ביה"ס לע"ס ע"ש בוב שאפל, אוני' ת"א.

Articles that could be useful

2

- Shoval-Zuckerman, Y., Dekel, R., **Levi, O.** (2015). The effectiveness of early group intervention for military reserves soldiers: The role of the repressive coping style. *Israel Journal of Psychiatry and related science*, 52(3), 49-57.
- **Levi, O.**, Wald, I., Svetlitsky, V., **Zusmanovitz, S.**, Parasha, E., Shoval-Zuckerman, Y., Afik, G., Haikin, G., Fruchter, E. (2017) Combat-Related Multi-Faceted Trauma-Focused Group Therapy: A Pilot Study. *Journal of Nervous and Mental Disease*, 205(2), 133-139. DOI: 10.1097/NMD.0000000000000619.
- **Levi, O.**, Shoval-Zukerman Y. (2017). Continuance Group Intervention Protocol (CGIP) for a Unique *Intervention*. *International Journal of Emergency Mental Health & Human Resilience*, 19(2), 1-7. DOI: 10.4172/1522-4821.1000364.
- Svetlitzky, V., Farchi, M., Ben-Yehuda, A., Start, R. M., **Levi, O.**, & Adler, B. A. (2020). YaHaLOM Training in the Military: Assessing knowledge, confidence and stigma. *Psychological Services*, 17(2), 151-159. Doi: 10.1037/ser0000360.
- Allen, B., Melissa J. B., Steinberg, M.A., Vernberg, M.E., Jacobs, A., Speier, H.A., Pynoos, S.R. (2010). Perceptions of psychological first aid among providers responding to hurricanes Gustav and Ike . *Journal of Traumatic Stress*, 23(4), 509-513.
- Bisson JI, Berliner L, Cloitre M, Forbes D, Jensen TK, Lewis C, Monson CM, Olf M, Pilling S, Riggs DS, Roberts NP, Shapiro F. (2019). The International Society for Traumatic Stress Studies New Guidelines for the Prevention and Treatment of Posttraumatic Stress Disorder: Methodology and Development Process. *J Trauma Stress*, 32(4):475-483. doi: 10.1002/jts.22421

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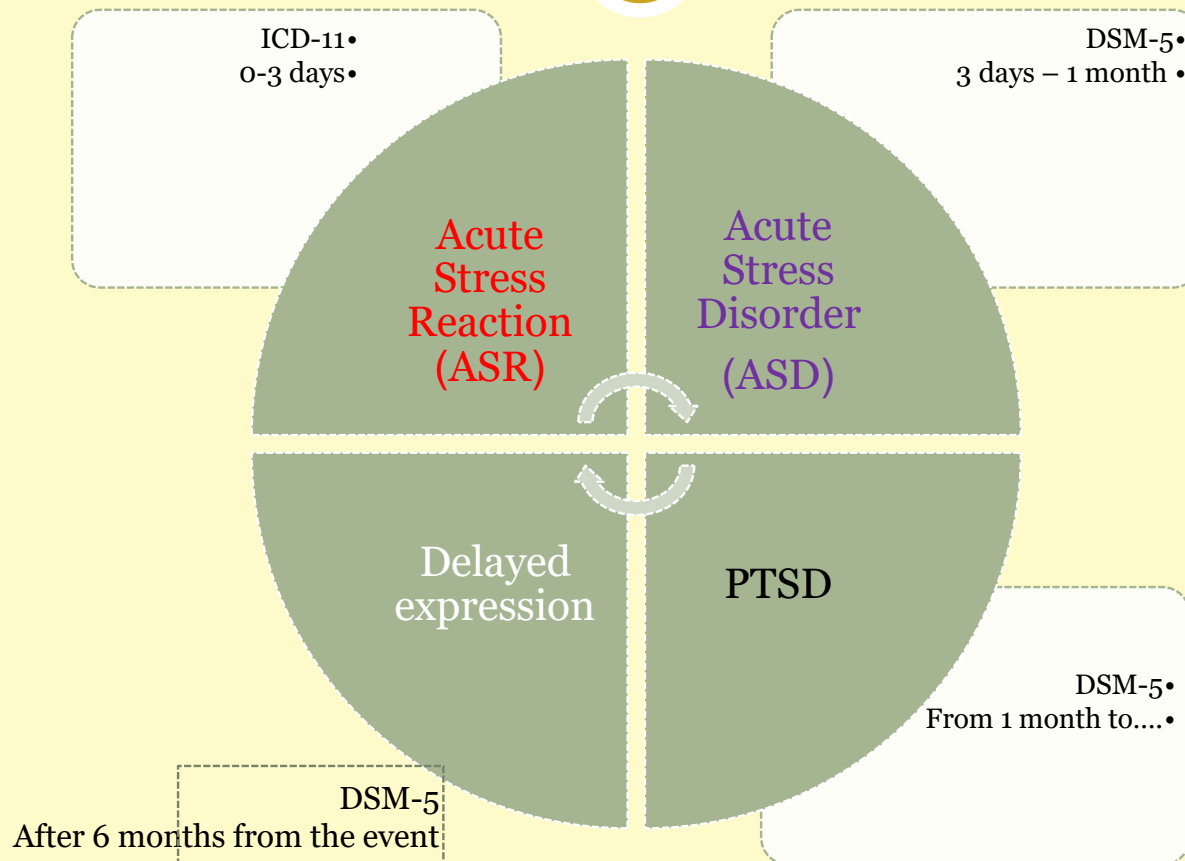
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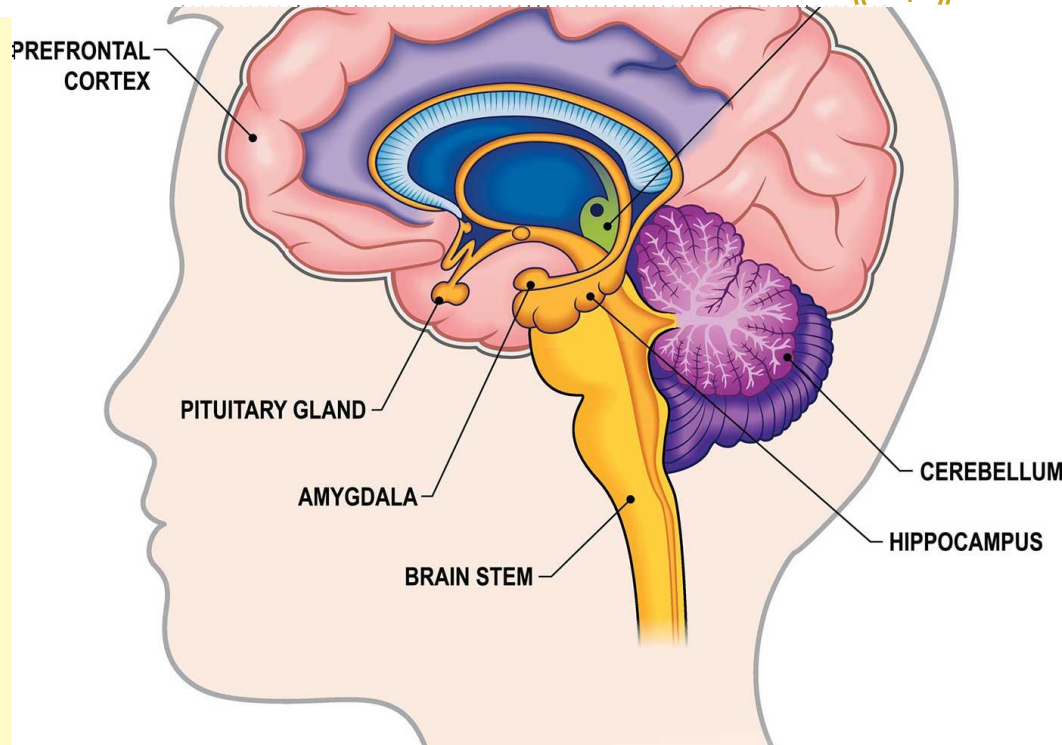
Trauma – developmental process

3



The biological principle behind ASR

4



The Amygdala causes emotional flooding

Activates the prefrontal cortex:

*Working slowly.

*Helps analyze the situation and make decisions that help reach targeted solutions.

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The three circles of prevention

5

- Primary prevention
-
- Secondary prevention
- Tertiary prevention

Intervention principles – Individual

Psychological First Aid – (PFA)

6

- Orientation (present ourselves, the place they arrived to)
- Giving a sense of safety/ calming (you are in a safe place)
- Stress management (Meichenbaum D. [1994]))
- Dialog/ Engagement (regarding events that happened in the last days **and** where they are staying)
- Psychoeducation
- Activation
- Information

Intervention principles – Individual

Psychological First Aid – (PFA)

7

- Contacting relatives/ friends
- Stabilization (in the period they are staying in the camp)
- linkage with collaborative services
- Create a social support
- Hope

Using the Group – Three Stages



- (a) **Opening** – (1) Build a collective image of what occurred (2) Enable each one to express his thoughts and feelings regarding the events.
- (b) **Discussion** – (1) Facts and then (2) Emotions and Thoughts (based on the facts).
- (c) **Summary** - (1) Giving orientation to the 'near future' and (2) help the group to act for their welfare.

Using the Group



- (a) Look for a comfortable and quite venue.
- (b) No criticism and aggressiveness is allowed.
- (c) No cutting in is allowed.
- (d) Each participant should tell his story.