

## Seminar on Psychological Support Capacity Building in Humanitarian Rescue for Developing Countries

Program name	Seminar on Psychological Support Capacity Building in Humanitarian Rescue for Developing Countries		
Organized by	Red Cross Society of China Training Center		
Time	2025-10-10 -- 2025-10-23	Language used	English
Countries invited	Developing Countries		
Planned number of participants	25		
Requirements for the Participants	Age	Under 45 for officials at or under director's level; Under 50 for officials at director general's level.	
	Health condition	In good health with health certificate issued by the local public hospitals; without diseases with which entry to China is disallowed by China's laws and regulations; without severe chronic diseases such as serious high blood pressure, cardiovascular/cerebrovascular diseases and diabetes; without metal diseases or epidemic diseases that are likely to cause serious threat to public health; not in the process of recovering after a major operation or in the process of acute diseases; not seriously disabled or pregnant.	
	Language competence	Capable of listening, speaking, reading and writing in English during the training	
	others	Family members or friends shall not follow	
Venue	Beijing City	Weather conditions	9°C~19°C
Cities to be visited	Shanghai City	Weather conditions	Shanghai City:18°C~24°C
Remarks	1. Please prepare the discussion materials related to the theme of the program; 2. Please wear formal or traditional ethnic clothing or working uniform to formal activities; 3. Please carry a small amount of common medications; 4. The Chinese side will not provide computers, please bring your own if necessary; 5. It is generally prohibited to alter international flight tickets personally. If necessary, please consult the Economic and Commercial Office of the Chinese embassy in your country to handle the process of flight ticket change; 6. If unexpected circumstances prevent your timely departure, or if your connecting flight is delayed, please contact the Economic and Commercial Office or the contact person of the organizer in a timely manner and inform them of the latest flight information for pick - up arrangements; 7. When transferring flights, please confirm whether you need to recheck your luggage; 8. After collecting your luggage upon landing, please wait patiently at the international arrival exit or domestic arrival exit. Our staff will pick you up with a sign bearing the name of the organizer. If the wait exceeds 15 minutes, you can contact with the contact person of the organizer by phone; 9. It is recommended to download and register WECHAT in advance.		
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About the Organizer	<p>Chinese Red Cross National Training Center (“Training Center”) was established on June 14, 1983. For more than 20 years, Training Center abides by the fundamental principles of the International Red Cross and Red Crescent Movement, and upholds the spirit of the Red Cross Society—“humanitarian, fraternity and dedication”. It has experienced three development stages, namely “hotel management”, “hotel management and first-aid training” and “hotel management, first-aid training and major public welfare program implementation”. Training Center has given full play to its unique role and influence in terms of first-aid training, Red Cross staff training, health and safety education training, foreign aid etc. as a nationwide training institution of the Red Cross system. Also, it has formed a development pattern led by program management, while based on first-aid training and hotel management.</p> <p>Main business: In terms of training development: first, the Red Cross first-aid training, with an aim to promote to people’s capacity related knowledge and skills in disaster prevention and reduction, emergency shelter, self and mutual medical aid; second, Red Cross staff training, intended to organize knowledge and skills training targeting at grassroots staff; third, international training, inviting Red Cross personnel of the developing countries to China and enable them to have a comprehensive understanding of our current works, sharing our success experience, and meanwhile organizing RC staff to study abroad, so as to learn management mode and developing experience of public organizations in developed countries. In terms of program management: core programs funded by the Red Cross Society of China, IFRC, ICRC, and NSs (including Integrated Community Resilience, First-aid, Emergency Rescue programs); Red Cross life, health and safety education programs funded by the Ministry of Finance; reproductive health projects and other humane management and public welfare program implementation works supported by the United Nations Population Fund.</p>	
Training content	<p>1. Main Training Contents</p> <p>(1) China's National Conditions and Achievements of Reform and Opening Up: Introduction to China's political, social and historical development and achievements of reform and opening up;</p> <p>(2) The emergency search &amp; rescue system of the China: Paths and Practices for Comprehensively Enhancing China's National Integrated Capacity in Disaster Prevention, Mitigation, Relief and Recovery;</p> <p>(3) RCSC’s International Cooperation and humanitarian assistance of RCSC: share mechanisms and relief practices of international cooperation &amp; humanitarian assistance work of RCSC.</p> <p>(4) China's Disaster Psychological Response System &amp; Mechanisms</p> <p>(5) Psychological Support Framework in Humanitarian Response</p> <p>(6) Psychological First Aid Work of RCSC□Introduction to the emergency rescue system and mechanisms, Psychological First Aid Work of RCSC as well as the construction of Psychological Emergency Teams□</p> <p>(7) Core Skills of Disaster Psychological First Aid□Rapid Application of Psychological First Aid (PFA) in Disaster Sites</p> <p>(8) Core Skills of Disaster Psychological First Aid□Identifying PTSD Symptoms in Disaster Survivors</p> <p>(9) Core Skills of Disaster Psychological First Aid□Psychological Stabilization in Earthquake Rubble Scenarios</p>	

	<p>(10) Core Skills of Disaster Psychological First Aid□Simulation of Psychological Stabilization in Earthquake Rubble Scenarios:</p> <p>(10) Core Skills of Disaster Psychological First Aid□Preventing Vicarious Trauma (VT) Among Rescuers</p> <p>(11) Resource Integration &amp; Cross-Sector Collaboration in Disaster Response</p> <p>(12) First aid knowledge and skills: lectures, demonstration and competition of first aid knowledge and skills, including basic knowledge on cardiopulmonary resuscitation (CPR), CPR procedures and skills, how to use automatic external defibrillator (AED), causes, determination, symptoms, first aid skills of airway foreign body obstruction (AFBO), first aid for trauma, etc.</p> <p>2. Discussion and Exchange</p> <p>(1) Participants exchange their thoughts on Psychological First Aid work with related experts from RCSC.</p> <p>(2) Participants discuss the current challenges and related cases of Psychological First Aid work in their own countries.</p> <p>(3) Participants share the history, culture and national conditions of their own countries.</p> <p>3. Field Visit</p> <p>(1) During the stay in Beijing, all the participants will be organized to visit the Disaster Preparedness and Response Center of the Red Cross Society of China, Rescue Service Center of Red Cross Society of China Beijing Branch, etc.</p> <p>(2) During the study tour in Shanghai, the participants were organized to visit and inspect the Shanghai Mental Health Center, the Shanghai Red Cross Disaster Preparedness and Response Center, and the "Xinyi" Psychological Rescue Team of the Jing'an District Red Cross Branch, among others.</p> <p>4. Cultural Experience</p> <p>(1) Chinese cultural life experience: Chinese learning.</p> <p>(2) Chinese history, culture and social life experience: Through the tour of the Great Wall, the Summer Palace or other historical and cultural sites, and the experience of the Silk, Pearl market and other commodity markets, to understand the heritage of Chinese culture, local customs, experience the real life of ordinary Chinese people.</p> <p>5. Team Building Activities</p> <p>(1) Ice-breaking: participants will be invited to carry out fun team building activities to get familiar with each other.</p> <p>(2) Seminar instruction: main objectives, detailed arrangements and other information of the seminar will be introduced to the participants to help them know more about the seminar. Meanwhile, training needs and questionnaires will be collected.</p> <p>(3) Summing-up meeting: comments &amp; suggestions will be highly appreciated and collected from the participants in the end of the seminar.</p> <p>6. Introduction of seminar lecturers</p> <p>(1) He Wenping, Research Fellow, Institute of West Asian and African Studies, Chinese Academy of Social Sciences.</p> <p>(2) Zhang Peng: National Disaster Reduction Center, Ministry of Emergency Management, who introduces the disaster management of the Chinese government.</p> <p>(3) Hai Liman: Head of International Cooperation Division, External Liaison Department of RCSC HQ, in charge of work related to international cooperation and exchange, international humanitarian aid, etc.</p> <p>(4) Cai Wennan: Head of Disaster Management Division of Health and Relief Dept., RCSC HQ, in charge of the system building, policy and strategy formulation, and overall management of disaster management of RCSC.</p> <p>(5) Zhang Lan: Chief Expert at the National Psychological Crisis Intervention Base.</p> <p>(6) Zhao Lei: Head of the Psychological Team, Blue Sky Rescue Team.</p> <p>(7) Xie Bin: Director of the Disaster Psychological Rescue Department, Shanghai Mental Health Center.</p> <p>(8) Liang Hong: Director of the Psychological Crisis Intervention Center, Beijing Huilongguan Hospital</p> <p>(9) Qi Hua: First aid trainer of the Chinese Red Cross National Training Center, who has participated in edition of all RCSC first aid manuals, and engaged in first aid education for more than 20 years, who has served as the head nurse of the Department of Cardiovascular</p>
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	<p>Medicine and Emergency Department of the former Beijing Military General Hospital, and has been engaged in clinical nursing, management and clinical nursing teaching of neurology, ICU, cardiovascular medicine and emergency department for more than 30 years.</p> <p>(10) Kang Lina: First aid trainer of the Chinese Red Cross National Training Center, who engaged in first aid education for over 20 years and trained a large number of Red Cross first aiders for primary and secondary schools, colleges and universities, state organs, enterprises and institutions.</p> <p>7. Preparation by Participants:</p> <p>To facilitate communication with invited experts, participants are requested to prepare for materials related to the theme in advance, such as:</p> <p>(1) Basic information, challenges and cases of Psychological First Aid in their own countries. Exchange materials on culture &amp; national conditions of their own countries.</p> <p>The above is the preliminary schedule, and the final version will be provided upon the arrival of the participants in China.</p>
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