

Uvarova Svetlana
PhD in Psychology
Rector of the International Institute of Depth Psychology

Current problems of rendering psychological emergency aid to the persons aggrieved as a result of the emergency situations

The article grounds the importance of studying the problem of rendering psychological emergency aid to the persons aggrieved at the scene of the emergency event and in the closest time after the event. Under conditions of emergency events (natural disasters, technogenic catastrophes, acts of terrorism, etc.) the acute stress states characterized by person's emotional and intellectual disorganization. A person who has experienced a traumatic impact of an emergency situation is in need of psychological emergency aid.

The purpose of the paper is to analyse the theoretical and practical aspects of a problem of rendering psychological emergency aid to the aggrieved persons as a result of emergency situations.

The article reveals the content of psychological emergency aid as a system of short-term actions aimed to regulate person's current psychological and psychophysiological state, to reduce the intensity and force of negative emotional reactions of the persons aggrieved, to stabilize their emotional state by means of professional methods which comply with the situation.

Theoretical ideas of psychic changes caused by the influence of emergency, crisis situations are reflected. The psychological concept content of emergency situation is revealed. The factors that define the specifics of organizing and rendering psychological emergency aid in the emergency situation are analysed. The content, the specific character, the principles and tasks of the psychological emergency aid are defined. One can distinguish such tasks of psychological emergency aid as preventing the acute panic reactions and psychogenic neuro-psychic disorders; reducing the acute symptoms of distress; stabilizing the conditions of the persons aggrieved; increasing person's adaptive capabilities; overcoming the manifestations of borderline neuro-psychic disorders.

The main areas of activity for the psychological emergency teams are presented. They are as follows: deciding upon whether to visit urgently the scene of the event, defining the staff content and the work schedule; organizing the work of crisis hotline; rendering psychological emergency aid to the persons aggrieved as a result of the emergency situation; counselling the family members of the persons aggrieved; rendering the necessary primary psychological aid to the persons who have experienced the indirect psycho-traumatic influence of the emergency situations; diagnosing the condition, providing recommendations and necessary psychological aid to the local specialists; informing and consulting the local specialists with regard to the main strategies for their further work with the persons aggrieved.

The content and the specific character of organizing the hotline for rendering psychological emergency aid during the emergency situations are revealed. The main criteria of success for rendering primary psychological aid are defined. They are as following: stabilizing the conditions of the persons aggrieved; releasing or reducing the

acute symptoms of distress; recovery of the functional state and the ability to regulate the emotional state and behaviour.

Keywords: *psychological emergency aid, hotline for psychological emergency aid, emergency situations, acute stress conditions, main areas of activity for the psychological emergency teams.*