



# Working with resilience in the Red Cross and Red Crescent

Lene Christensen  
IFRC Reference Centre for  
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



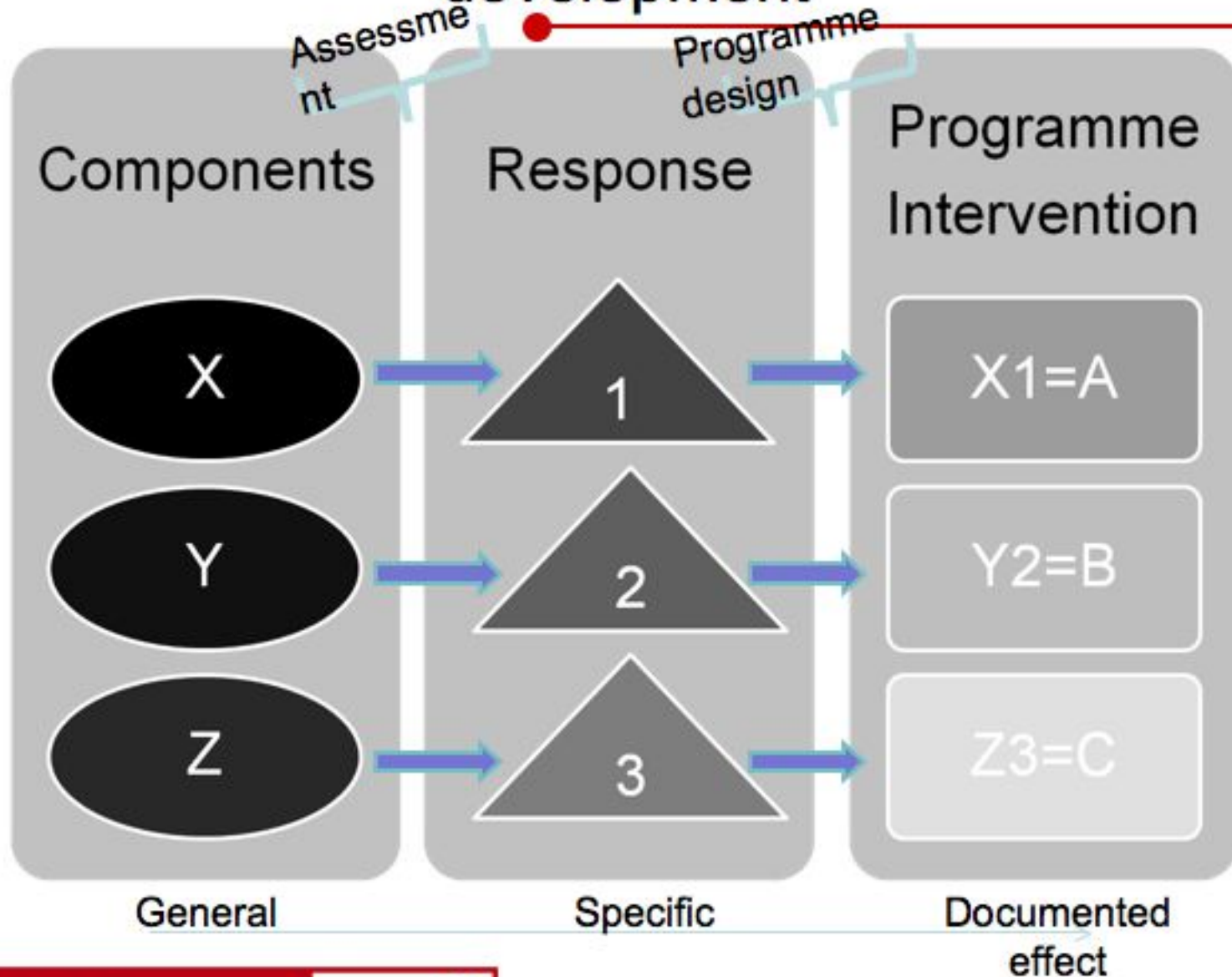
# Measuring resilience

## 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!

lec@drk.dk

<http://psp.drk.dk>