International Undergraduate Program
Faculty of Psychology
Universitas Gadjah Mada

COURSE OUTLINE
PSYCHOLOGY OF DISASTER AND CRISIS

Course Code	Psychology of Disaster and Crisis
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Language of instruction	English

Course Description

Disaster is an event or series of events that occur suddenly and disrupt the life and livelihood of the community. Disasters can be derived from natural situations, technological failures or sourced from human behavior. Disaster events cause significant losses in the form of loss of life, environmental damage, material losses, and non-material that exceed the capacity of the community to overcome them.

This course focuses on the psychological and physiological human response to natural and man-made disasters. Using clinical research and case histories, students will examine normal and abnormal psychological reactions, the recovery process and principles of mental health care for victims of mass disasters. Differences between natural and man-made disasters are examined. In addition, human responses to disasters, both as a form of preparedness as well as psychological ones that arise after a conflict or an emergency situation, will get adequate discussion. Regarding this second matter, this course will also be directed to discuss strategies to improve disaster preparedness and also psychosocial and mental health management.

Course Objectives

1. Examine the theoretical underpinnings of the psychology of disaster and how they relate to the general discipline and practice of psychology.
2. Identify and demonstrate knowledge of the expected biological, cognitive, emotional, behavioral and interpersonal responses to disaster
3. Identify and demonstrate knowledge of psychologically significant aspects of various natural and manmade disasters that predispose survivors to specific types of responses and symptoms.
4. Analyze the risk factors, & protective factors that predict the overall severity of psychological distress and disruption following a disaster.
5. Examine and articulate the impact of disaster and trauma upon children and adolescents as a special population at risk and their needs following disaster experiences.

6. Examine the types of mental health interventions employed following a disaster and articulate the general principles of effective preventive, short-term, and long-term psychiatric interventions.

Grading
- Assignments   (20%)
- Class Participation   (10%)
- Midterm Exam   (30%)
- Final Exam   (40%)

Class Schedule and Assignments

1. **Introduction and explanation about this course**
   - Explain the purpose and target of the course
   - Describe what material will be delivered in class.
   - Explain the sequence of activities each face to face
   - Approve joint rules in class.
   - Seeing a depiction of a disaster by giving a presentation and wathcing documentary movies
        https://www.youtube.com/watch?v=S2ZOmMH4WHA
        https://www.youtube.com/watch?v=qhjhTOkWeX0&t=2798s

2. **What is disaster and what is psychology of disaster?**
   - Describe the prevalence, types, and impact of disasters.
   - Review the psychological phases of a disaster.
   - Identify the "participants" in a disaster.
   - Recognize the social, historic, economic, strategic, emotional, and existential impact of disasters.
   Teaching Method: Lecture and Discussion

3. **Individual and collective response to disaster**
   - The impacts of disaster: Physically, Psychologically, Emotionally, Cognitively, Social: theories and case study
   - Psychopathology of disaster
     Aspects of disaster which contribute to psychopathology
     Psychopathological susceptible factors in disaster
   - Psychological Growth
     Post-disaster revitalization
   - Risk and protection factors in disaster recovery process
   Teaching Method: Lecture, Case Study and Discussion

4. **The role of culture in responding disaster (individually and collectively), both as risk and protection factor**
   → Understanding society's way of thinking in dealing with disaster: relational vs analytical
   Teaching Method: Lecture and Discussion

5. **Psychological Impacts on Children and Special Needs Populations (a.k.a vulnerable population)**
   - Defining special needs
   - Special needs by pre-disaster
   - Special needs created by disaster
   - Special needs by disaster recovery

   Teaching Method: Discussion and Roleplay

6. **Acute Stress Disorder & Post Traumatic Stress Disorder**
   - Key partners/stakeholders
   - Frameworks and guidelines in disaster
   - Enviromental fit model disaster
   - Rapid Psychosocial and Mental Health assessment

   Teaching Method: Lecture and Practice doing assessment

7. **Treatment of Post Traumatic Stress Disorder**
   - Describe the cognitive schemata that show the relationship between stresses and adaptation.
   - Distinguish between behavioral self-blame vs. character self-blame as coping mechanisms.
   - Describe the pharmacological (medication) approaches to PTSD treatment.
   - Articulate the basic principles of cognitive-behavioral approaches to PTSD treatment.

8. **Watching Disaster/Crisis Themed Movie**

9. **Providing care (Practices and programs)**
   - Legal and ethical issues in providing psychosocial support in disasters
   - Rapid Psychosocial and Mental Health assessment
   - Needed skills
   - Psychological intervention in emergency situation
   - Disaster's non-clinical/social intervention
   - Impact on workers and responders (vicarious trauma)

   Teaching Method: Lecture and Special Practice

10. **PFA (Psychological First Aid)**
    - PFA is Psychological First Aid which can be done by anyone (non-professional, non-psychologist)
    - Doing the principle of PFA: Look, Listen, Link for the disaster survivor

    Teaching Method: Practice

11. **PFA (Psychological First Aid)**
    - PFA is Psychological First Aid which can be done by anyone (non-professional, non-psychologist)
    - Doing the principle of PFA: Look, Listen, Link for the disaster survivor

    Teaching Method: Practice

12. **Field/outdoor class (Reflection)**
    - Outdoor activity in order to get nearer to nature and reflecting on what have been learned.
    - Location: Merapi National Park (Kaliurang)
13. **Presentations**
14. **Presentations**