

<b>Course Title</b>	:	<b>Helping people with post-crisis stress</b> 危機之後
<b>Course Code</b>	:	<b>CSL1032</b>
<b>Department</b>	:	<b>Curriculum and Instruction</b>

### **Synopsis**

Crises are inevitable in our lives. Natural disasters – earthquakes, tsunami, and hurricanes – happen in different parts of the world every year. On a smaller scale, minor disasters such as fires or fatal traffic accidents are more common in our local society. These disasters and accidents often cause sudden casualties, leaving the survivors to experience not only immediate shock and loss, but also prolonged stress and trauma. Helping people to cope with their post-crisis emotional problems in a healthy manner and to return to their daily routines as rapidly as possible in the circumstances has become a major concern of many voluntary crisis counseling organizations. Since the 1990s, “Post Crisis Counseling” (PCC) skills have been developed and refined based on frontline practice and experience in helping trauma victims. These PCC skills have nevertheless been demonstrated to be highly teachable and can be learned under proper training and supervision in an experiential manner. The course aims at enabling students to acquire the essential knowledge and skills associated with PCC through interactive lectures, experiential service-based learning workshops and practicum so that they may be able to offer critical help to people in need whenever such situations arise.