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2. Ways to locate an external debriefer (and where to refer for further help if required).

1. Dr Debbie Lovell-Hawker and Dr David Hawker provide personal debriefing and critical incident debriefing for individuals, couples or groups. The length of session is determined by the debriefee(s), but most people require at least two hours. If appropriate, children and adolescents can be included as David is a clinical psychologist specialising with children and families. Debbie and David work in the Midlands (England), but are sometimes able to travel within the UK and overseas. They also provide training and supervision for organisations who want to train in-house debriefers. They have a list of people they have trained and can recommend, who offer debriefing in other parts of the UK. Contact: doctors_hawker@yahoo.co.uk.
2. InterHealth in London (www.interhealth.org.uk) offer a one hour session (termed a 'confidential review') for standard debriefing. They also offer a 75 minute 'critical incident review' for an individual or couple if there has been a traumatic incident. Group sessions can also be arranged.
3. Edinburgh International Health Centre (Scotland) also offers debriefing. See www.eihc.org
4. Contact Sue Ingleby about the Gloucester area.
5. For information about debriefing in Ireland, contact www.comhlamh.org
6. For debriefing in the USA, contact the Headington Institute (www.headington-institute.org)
7. For an up-to-date list of debriefers/ counsellors in the rest of the world, see www.membercare.org. Look under 'organizational resources' and then 'global member care resources list'.

3. Training in debriefing/ supervision

For information, contact Debbie Lovell-Hawker, InterHealth, People in Aid or Operation Mobilisation.

4. Useful websites

<http://www.mhwwb.org/disasters.htm>

Mental Health Workers without Borders: This site contains an excellent manual by J.H. Ehrenreich (2001) entitled 'Coping with disaster: A guidebook to psychosocial intervention'. (In Spanish or English). This site also contains a useful bibliography of resources on managing stress in humanitarian, health care, and human rights workers.

<http://www.ncptsd.org>

This is the website for the (American) National Center for PTSD. It contains a wealth of useful information (including specific information about the tsunami of December 2004). Papers and books can be downloaded free from this site.

<http://home.earthlink.net/~hopefull/index.html>

Trauma Central Website, containing numerous excellent papers on many issues related to trauma, including information about children.

www.uktrauma.org.uk

UK trauma group, providing fact-sheets and a list of trauma clinics in the UK.

www.peopleinaid.org

People In Aid website, including the Code of Good Practice; publications; and information about workshops.

www.headington-institute.org

Very useful papers on stress and trauma among aid workers, and they also offer help.

www.ifrc.org

Free publications, including 'Managing stress in the field' (in English, Spanish and French); 'Best practices for psychosocial support; and 'Community-based psychosocial support'.

www.humanitarian-psy.org

The Centre for Humanitarian Psychology, Geneva. Free, confidential, psychological support for expatriates online and by email to support@humanitarian-psy.org.

www.membercare.org

Contains several handouts on crisis/ trauma care principles. In addition, look under 'organizational resources' and then 'global member care resources list' to search for member care resources in different parts of the world.

<http://counsellingresource.com>

Counselling resources, including the opportunity to receive counselling via email.

<http://trauma-pages.com/>

Useful trauma information, including principles for working with traumatized children. Handouts available in English and Spanish.

www.missionarycare.com

Offers free e-books, 'What missionaries ought to know' and 'Coming "home": The re-entry transition'.

www.comhlahm.org

For aid workers who have returned to Ireland, includes information about free 'coming home weekends', careers tuition, referral to counsellors, and other support.

www.globalconnections.co.uk

Primarily for Christian organisations, this contains many papers relevant to overseas aid work, including a 'Code of best practice in short-term mission'.

www.oscar.org.uk

Information, advice and resources about Christian work overseas.