



中英文对照

灾后儿童心理救援 核心信息和培训手册

PROTECTING CHILDREN IN DISASTERS

北京大学精神卫生研究所和亚澳精神卫生协会

Peking University Institute of Mental Health and Asia-Australia Mental Health

主编 马 弘 Chee Ng

Chief editors Hong Ma Chee Ng



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主 编: 马 弘 Chee Ng

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作者名单

主 编:

马 弘 中国疾病预防控制中心精神卫生中心/北京大学精神卫生研究所

Chee Ng 墨尔本大学精神病学系

中方作者:

郭延庆 中国疾病预防控制中心精神卫生中心/北京大学精神卫生研究所

林 红 中国疾病预防控制中心精神卫生中心/北京大学精神卫生研究所

张秋凌 联合国儿童基金会驻京办事处

程文红 上海市精神卫生中心

李卫晖 中南大学湘雅二医院精神卫生研究所

李 敏 杭州市第七人民医院

卢建平 深圳市精神卫生研究所

陈 静 武汉市心理医院

梁光明 沈阳市精神卫生中心

杭跃跃 南京脑科医院儿童心理卫生研究中心

杨 辉 重庆市精神卫生中心

柯晓燕 南京脑科医院儿童心理卫生研究中心

中方顾问:

严 俊 卫生部疾控司精神卫生管理处

吕秋云 中国疾病预防控制中心精神卫生中心/北京大学精神卫生研究所

刘铁桥 中南大学湘雅二医院精神卫生研究所

赵国秋 杭州市疾病预防控制中心
余小鸣 北京大学儿童青少年卫生研究所
杜亚松 上海市精神卫生中心
曹若湘 北京市疾病预防控制中心
王民洁 南京脑科医院儿童心理卫生研究中心
王瑞儒 北京大学第三医院

澳方作者:

Julia Fraser 墨尔本大学亚联中心
Margaret Goding 圣文森特精神卫生中心
李 粤 墨尔本大学亚联中心
Jenny Smith 圣文森特精神卫生中心

澳方顾问:

Bruce Singh 墨尔本大学医学、牙科学与健康科学院
Helen Herrman WHO/墨尔本精神卫生与物质滥用协作中心
Veena Cochrane AusAID

Contributors

Chief editors:

- | | |
|----------------|---|
| Hong Ma | National Center for Mental Health, China-CDC/Peking University Institute of Mental Health |
| Chee Ng | Department of Psychiatry, University of Melbourne |

Authors from China:

- | | |
|------------------------|---|
| Yanqing Guo | National Center for Mental Health, China-CDC/Peking University Institute of Mental Health |
| Hong Lin | National Center for Mental Health, China-CDC/Peking University Institute of Mental Health |
| Qiuling Zhang | UNICEF Office in Beijing |
| Wenhong Cheng | Shanghai Mental Health Center |
| Weihui Li | Mental Health Institute, Xiangya Second Hospital, Central South University |
| Min Li | Hangzhou The Seventh People Hospital |
| Jianping Lu | Shenzhen Mental Health Institution |
| Jing Chen | Wuhan Hospital for Psychotherapy |
| Guangming Liang | Shenyang Mental Health Center |

Yueyue Hang	Nanjing Brain Hospital, Children and Adolescent Mental Researching Centre
Hui Yang	Chongqing Mental Health Center
Xiaoyan Ke	Nanjing Brain Hospital, Children and Adolescent Mental Researching Centre

Consultants from China:

Jun Yan	Department of Mental Health, Bureau for Disease Prevention and Control, Ministry of Health
Qiuyun Lv	National Center for Mental Health, China-CDC/Peking University Institute of Mental Health
Tieqiao Liu	Mental Health Institute, Xiangya Second Hospital, Central South University
Guoqiu Zhao	Hangzhou Center for Disease Prevention and Control
Xiaoming Yu	Institute of Child and Adolescent Health, Peking University
Yasong Du	Shanghai Mental Health Center
Ruoxiang Cao	Beijing Center for Disease Prevention and Control
Minjie Wang	Nanjing Brain Hospital, Children and Adolescent Mental Researching Centre
Ruiru Wang	The Third Hospital of Peking University

Authors from Australia:

Julia Fraser Asialink, University of Melbourne

Margaret Goding St. Vincent's Mental Health

Yue Li Asialink, University of Melbourne

Jenny Smith St. Vincent's Mental Health

Consultants from Australia:

Bruce Singh Medicine, Dentistry and Health Sciences,
University of Melbourne

Helen Herrman WHO/Collaborating Centre in Mental
Health and Substance Abuse Melbourne

Veena Cochrane AusAID

前 言

儿童并不是“小大人”。在他们成长的过程中，思维不断发展，身体不断发育，有着特殊的发育和卫生保健的需要。面对灾难和危机，他们与成人的应对方式很不相同，面临的危险也更大。

为了保护好儿童，成人需要了解在危机和灾难时进行心理救援的核心信息。

在2007年，来自中国和澳大利亚的精神卫生专家组成了一个特殊的小组，他们密切合作，制定出一套在灾后帮助社区促进儿童心理健康的简单原则和培训手册。

这一具有创新意义的项目名为“保护受灾儿童”，获得了澳大利亚政府国际援助项目（AusAID）的经费支持。AusAID给予了中澳专家组持续不断的鼓励和指导，受到专家们的一致好评。

参与该项目的机构有：中国疾病预防控制中心精神卫生中心/北京大学精神卫生研究所，以及亚澳精神卫生协会（由墨尔本大学精神病学系、亚联中心和圣文森特精神卫生中心联合组成）。

中国和澳大利亚的诸多卫生官员、政府官员、精神卫生专业人员，及其他科的医生、教师、社工和研究人员积极参与了该项目。经过一年的时间，项目组里年轻的中国精神科医生们成为一支具有专业培训能力的，团结、自信的团队，随时准备在灾难来临时挺身而出。

“保护受灾儿童”可以为受灾社区6~12岁的儿童提供心理急救和心理重建。教师、社区领导和家长可以立即使用本书提供的信息和方法帮助孩子们。

在灾后重建资源不丰富的社区，社区人员和儿童的照料者可以直接使用本书中简单明了的原则和方法。本书很重要的一个特点是

内容灵活。大灾后如果儿童被安置到其他地区，照料者也可以因地制宜地使用本书。

该项目显示出可以通过国际合作，将国际上先进的专业理念和方法与中国的实践相结合，从而成功地编制出适合中国文化的信息和手册。

该项目请澳大利亚悉尼科技大学中国研究中心的主任路易斯·艾德华教授担任独立评估人。她发现本书对灾后重建也有意义：“在灾后急性心理救援期之后，该项目针对重建期的那部分内容可以使人们关注并缓解灾难对心理造成的长期影响。”

2008年5月15日，也就是四川地震后3天，中国疾病预防控制中心精神卫生中心/北京大学精神卫生研究所组织改编该项目的核心信息，形成了《心理自救互救宣传手册二：抗震救灾中儿童心理应激反应的预防与处理》，并由中国卫生部作为心理救援的资料公开发布。

中澳“保护受灾儿童”项目组

Preface

Children are not “miniature adults” . They have special developmental and health care needs. Children respond to crises very differently, their developing minds and bodies place them at disproportionate risk in emergencies.

In times of crisis, trauma and chaos, people need understandings of key concepts of psychological first aid to allow them to protect their children.

In 2007, a unique team of key mental health experts from China and Australia worked side by side to develop a set of simple principles and supporting materials to help communities promote short-term and long-term mental well-being in their children post disaster.

The innovative Protecting Children in Disasters project was funded through the Australian Government’s international aid program, AusAID. The continued guidance, encouragement and financial support of AusAID was much appreciated by the Chinese-Australian team.

The partners of this project included National Center for Mental Health, China-CDC/Peking University Institute of Mental Health, and Asia-Australia Mental Health (a consortium of University of Melbourne Department of Psychiatry and Asialink, and St Vincent’s Mental Health) .

The project drew together an array of health administrators, government officials, mental health professionals, practitioners, teachers, community workers and researchers from both China and

Australia. The project's group of young Chinese mental health trainers consolidated over a twelve month period into a high performing confident team ready to take leadership in times of crisis.

The Protecting Children in Disasters project provides mental health first aid preparation and recovery for children (6~12 years) in communities confronted with disaster. Information and suggested practices are able to be implemented immediately by teachers, community leaders and parents.

The straightforward guidelines can be used for local communities and caregivers who may have no access to stable or well-resourced community infrastructure post-disasters. Importantly, the materials are flexible and transferable to accommodate remote caregivers and non-relatives in large-scale disasters where children could be relocated to other regions.

The project demonstrated that it was possible for international collaboration to produce useful culturally appropriate materials that successfully integrate international expertise into existing community practices in China and existing government programs for health and education.

An external independent evaluation, commissioned to validate the Protecting Children in Disasters program, found that the project materials also have value after the crisis has passed. "The recovery elements of the program would help ensure that the longer term psychological effects of disaster are addressed well after the acute disaster response has been withdrawn." (Professor Louise Edwards Director, UTS China Research Centre) .

On May 15, 2008, 3 days following the Sichuan Earthquake disaster, the key information from this project was adopted by National Center for Mental Health, China-CDC/Peking University Institute

of Mental Health and promulgated by the Ministry of Health China as part of their psychosocial disaster response.

Chinese-Australian “Protecting Children in Disasters” Project Team

目 录

保护受灾儿童 核心信息

第一部分：灾难对儿童的影响.....	(3)
1. 所有灾难都会影响儿童	(3)
2. 儿童更容易受到灾难的伤害	(3)
第二部分：如何识别灾难对儿童的影响.....	(5)
3. 儿童的身体、心理和社会关系都会受到灾难的影响	(5)
4. 儿童对灾难的特有反应	(6)
第三部分：如何保护受灾儿童.....	(8)
5. 保证儿童身体和环境的安全，预防潜在危险	(8)
6. 鼓励儿童以他们习惯的方式表达自己的经历、想法及情感 体验，给予恰当的情感支持和信息	(8)
7. 儿童应尽可能由家人或其他熟悉的人照料	(9)
8. 及早为儿童提供熟悉的生活环境和生活方式	(9)
9. 成年人的反应也会影响儿童	(10)
10. 成年人应该充分考虑儿童对媒体报道的不同反应，并给 予适当引导	(10)

Protecting Children in Disasters Key Information

Part One: What happens in disasters?	(15)
1. Children can be negatively affected by all types of disasters	(15)

2. Children are more vulnerable to harm (15)

Part two: What are the effects of disaster on children? (17)

3. Children can be affected in many ways after disasters,
with some children more likely to be affected more
severely than others (17)
4. Children's reactions to disaster are different to the
ways adults deal with disaster (19)

**Part three: How can we help protect children from long lasting
negative effects? (21)**

5. Ensure children are physically safe (21)
6. Children need to be given emotional support and
appropriate information, and be encouraged to
express their experiences and feelings in ways that
are useful to them (21)
7. Children should be looked after by their parents or
other familiar caregivers wherever possible (23)
8. Restore life to pre-disaster patterns as much as possible
..... (23)
9. Adults reactions and attitudes post disaster will influence
the way children respond (24)
10. The media affects the ways children respond to disasters
and adults need to provide appropriate guidance (25)

**保护受灾儿童
向学校教育者和社区领导推介
培训培训者手册**

项目信息	(29)
项目背景	(29)
项目目标	(29)

保护受灾儿童：主要概念和项目方法	(30)
项目的实施计划	(32)

培训培训者手册

保护受灾儿童：支持学校教育和社区领导	(36)
第一部分 项目介绍	(36)
第二部分 灾难与精神卫生	(39)
第三部分 儿童和灾难	(41)
第四部分 处理受灾儿童问题的核心信息	(42)
第五部分 实践核心信息	(47)
第六部分 策略共享	(49)
第七部分 培训者学习：关键问题	(51)
第八部分 项目收尾和评估	(52)

Protecting Children in Disasters

An Introduction for School Educators and Community Leaders

A Train-the-Trainer Professional Learning Program

Information for facilitators	(57)
Background	(57)
Program aims	(57)
Protecting children in disasters: key concepts and program approach	(58)
Planning to deliver the program	(60)

Train-the-trainer program

Protecting children in disasters: supporting school educators

and community leaders	(65)
Session 1 Introduction to the program	(65)
Session 2 Mental health and disasters	(69)
Session 3 Children and disasters	(71)

Session 4	Key principles for dealing with children in disasters	(72)
Session 5	Principles into practice	(79)
Session 6	Sharing strategies	(81)
Session 7	Train-the-trainer: key issues	(83)
Session 8	Program close and evaluation	(84)