

# MAÎTRISE EN PSYCHOLOGIE ORIENTATION PSYCHOLOGIE CLINIQUE COURS ET CONFÉRENCES

**Jeudi 06 mars 2017**  
08h15-09h45 / Salle M1160

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## « Mental Health in the Humanitarian Context »

Doctors Without Borders/Médecins Sans Frontières (MSF) considers intervention focusing mental health problems and disorders as a primary objective in a variety of contexts. Mental Health and Psychosocial Support (MHPSS) is a necessary and relevant component of MSF medical care program during natural disasters as well as during man-made emergencies and chronic crisis. Interventions include curative and preventative interventions combining a holistic approach of clinical care and community based activities.

Humanitarian workers are exposed to specific hazards during their job, which do not limit itself to the "office" environment and hours. During the whole extent of their mission as expatriate (and beyond) each MSF worker is at great risk of cumulating stress at any given moment, apart from the consequences of unforeseen critical events. Moreover, our local staff is mostly recruited from the community they serve. Thus, they are subjected to the same psychological strain usually described in people affected by armed conflicts, natural disasters, disease epidemics, malnutrition crises and other emergencies, adding to it the pressure of having to perform as a caregiver providing relief.

In this presentation we will explore the implementation of mental health care activities in highly vulnerable contexts, with population facing extreme distress, and where availability of specialized resources is scarce. We will also provide some insight on how helping communities during crisis can affect the workers in this field.

**Dr Nan Hsin Chang**, is an internal medicine physician who worked in diverse contexts as refugee camps in South Sudan and Pakistan and in urban medical structures like hospitals in Sao Paulo, Brazil. She has currently the role of Staff Health Coordinator at MSF Switzerland in Geneva.

**Ana Maria Tijerino** is a clinical psychologist with an outstanding cross-cultural experience in mental health prevention and promotion in refugees. In 2005 she joined MSF as psychologist, currently she is Mental Health Advisor at MSF Switzerland and she provides mental health care and advice for people displaced and traumatized by violence and conflicts in several refugee camps around the world, such as in Iraq, Kenya, Honduras, Nigeria, and Greece.



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