PRESS RELEASE

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How to get out of fear of earthquake and catastrophe

Islamabad: Second phase of workshop on psychological and trauma counseling of earthquake victims started in Islamabad on 24th November 2005 under the headship of National Task Force constituted by Prime Minister of Pakistan Mr. Shaukat Aziz. Chairman Parliamentarians Commission for Human Rights (PCHR) and National Task Force (NTF) Mr. Riaz Fatyana MNA inaugurated the said workshop. He highlighted the need and significance of psychological and trauma counseling for the people affected by natural disasters.

Chief Psychologist of NTF, Dr. Shohaib Shahid delivered his lecture on how to get out of main fear of earthquake and catastrophe in respect to its importance to mental and emotional health. Talking to the participants he said that in the post-traumatic-stress-disorder, patients experience humiliation, rejection, emotional numbness, irritability and sleep disturbances for which trauma counseling is imperative.

Consultant psychologist Ms. Nasra Jamil commented upon Personality type and impacts of trauma. She said that severe trauma can have a major impact on the course of life leading to disruption of personality. Mr. Ghulam Murtaza Bodla Vice President of Pakistan Psychological Association (PPA) delivering his lecture on trauma and its assessment and exercise said that it is painful process and when left unattended may cause violence and self-destruction in personality. Other member of NTF Dr. Iftikhar N. Hassan described in detail the types of psychological ailments arising out of trauma and suggested their diagnosis through projective techniques.

In the end, Dr. Shohaib Shahid learnt the participants relaxation exercises making part of psychological and trauma counseling. More than thirty five persons attended workshop of which the large number was of psychologists apart from social workers and other volunteers.

Following numbers will be reachable round the clock for any information or help:
0300-8555570

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