



86, Rosmead Place, Colombo 07. Tel/Fax 4610943/4

Operational Meeting

5 September 2008

**SEDEC Auditorium
133 Kynsey Road Colombo 8**

8.30 am to 9.45 am

Agenda

1. Feedback and Updates

CCHA Sub Committee on Resettlement

Wanni Group meeting

8.30 am – 9.05 am

2. Work Stress, “Dirty Work,” and Burnout: Helping Psychosocial

Workers Cope – Prof. Jeanne Marecek

9.05 am – 9.40 am

3. Announcements/AOB

9.40 am – 9.45 am

Chair : Dr. Marion Staunton Phd – Psychosocial Coordinator – IOM

About the presentation

Psychosocial and humanitarian workers face a range of unique challenges. Some face threats of physical danger. Some witness horrific destruction of lives, property, and livelihoods; they may feel that their efforts to help are futile and insignificant. Many struggle with the spillover of their own losses onto their work. Some kinds of humanitarian work are maligned by society; workers are stigmatized, even though people depend on them to do it.

We will look at reactions to these and other challenges among psychosocial and humanitarian workers. How can managers and co-workers support co-workers under stress? We will discuss strategies for managing demoralization, for helping workers come to terms with calamities, and for fostering resilience among workers.

About the presenter

Jeanne Marecek is Professor of Psychology at Swarthmore College in the USA. She has studied suicide and self-harm in Sri Lanka, with a focus on children and adolescents. She has worked with several psychosocial organizations in the US and Sri Lanka. In addition to training psychosocial workers, she has taught in the Psychology programme at the Peradeniya University and in the Postgraduate Diploma Course in Psychosocial Work & Counseling Psychology at Colombo University.