

# Psychological Resilience for Emergency Responders

2020-1-RO01-KA202-079773



## KA 202 - Strategic Partnerships for vocational education and training

### ○ The general objective of the project:

Increasing psychological resilience in emergency personnel, doctors, nurses, paramedics, firefighters.

Increasing psychological resilience plays an essential role in emergency personnel, doctors, nurses, paramedics, firefighters, as it can moderate and prevent serious psychological responses. Poor psychological resilience affects performance, quality of work, life and can eventually lead to post-traumatic stress disorder (PTSD) or even more serious psychological disorders.



### ○ Partner organizations:

1. ZIVAC GROUP CENTRAL - Romania (European Project Coordinator)
2. International Institute of Applied Psychology and Human Sciences cultural association, IIAPHS - Italy
3. RIVENSCO CONSULTING LTD - Cyprus
4. RESCUE SOCIETY BUCHAREST - Romania



### ○ Project results:

1. Test - questionnaire for assessing psychological resilience in staff involved in emergency situations.
2. Course to increase psychological resilience to staff involved in emergencies, doctors, nurses, volunteers, paramedics, firefighters.
3. Digital Video Course





psychological  
**resilience**

for Emergency Responders