

Community Recovery Process **Building Community Resilience & Self-Reliance**



G. Brenson 2006

When people are caught up in a disaster, they first need to be physically rescued and brought to safety. Once these survival needs are met, the important work of rebuilding individual lives and the collective social network in the community can begin. The GFSC **Community Recovery Process (CRP)** workshop (formerly known as *Facilitative Disaster and Crisis Intervention* or DCI) shares tools and techniques to help individuals, communities and their leaders build resilience and self-reliance to face current and future challenges.

This Rebuilding Process...

Moves Beyond Survival—assists individuals, families and communities focusing on their emotional, psychological, social and spiritual needs

Develops Deep Understanding—gives empathetic guidance so that people can move through the stages of grief as they change their self-perception from victim to survivor and empowered decision-maker



G. Brenson, New Orleans, LA, 2006



GFSC DCI Workshop, Melbourne, Australia, May, 2007

Creates New Beginnings—guides positive first steps, preparing people and communities to move forward successfully, managing resources and making effective choices

Facilitates Vision and Purpose—helps individuals, families and communities find meaning and significance in their lives, as they rebuild social and community support systems

The CRP workshop prepares leaders and facilitators to share tools and techniques with their communities. Participants will learn effective ways to address:

- **Grief Cycle:** as it relates to community-wide trauma; identifying productive and non-productive ways of dealing with grief in one's self and others, for individuals and groups; introducing specific, effective tools for understanding and managing grief.
- **Resilience:** identifying and applying strategies to support the four stages of group and individual resilience.
- **Caring for Caregivers:** assisting others who are working with disaster survivors to maintain a healthy balance between their work and their own personal well-being.
- **Sharing and mentoring:** working with community groups, organizations and agencies working in direct recuperation efforts as well as those responsible for organizing proactive strategies in the event of a disaster.

GFSC workshops are highly participatory. All workshop participants receive a handbook and documentation of workshop proceedings.

If you work with the survivors of disasters, or if you work with organizations, communities or agencies with responsibilities in disaster recovery, this workshop will give you effective tools and techniques to enhance community resilience and self-reliance, now and in the future.

"The significance of this workshop is that it helped me as a leader identify where I am on a personal level following a major traumatic event. It also assisted me to visualize how my staff is responding to the event and how we can move forward with our recovery."

Manager, Louisiana Department of Health & Hospitals

"There will never be enough therapists to deal with the numbers of trauma victims here... We need a more broad-based way to offer some self-awareness and healing to people here in a supportive educational, rather than therapeutic, mode... Global Facilitator Service Corps has an impressive record of doing this work in other disaster areas with good results. I have reviewed the GFSC model, and find that it based in updated knowledge from psychology and the social sciences."

Michael Cowan, Director of Public Relations, Loyola University, New Orleans

All workshops are customized to meet the needs of the requesting group. They can vary in length from 1/2 day to 2 full days (or more), depending on audience and community needs. Note: shorter workshops provide more overview; longer workshops, more specific techniques.

To arrange for a workshop for your agency or community, write to us at info@globalfacilitators.org.

For more information about GFSC, visit <http://globalfacilitators.org>