FROM

WICTIMS

SURVIVORS

FROM

VICTIMS SURVIVORS

PSYCHOSOCIAL INTERVENTION IN DISASTER MANAGEMENT

by
Dr. Lourdes Ladrido Ignacio, M.D.
and
Dr. Antonio P. Perlas, M.D., M.P.H.

With Special Contributions by Dr. Cornelio G. Banaag, Jr and Mr. J. Nicanor P. Perlas Published by UP Manila Information, Publication and Public Affairs Office (IPPAO)

Ignacio, Lourdes Ladrido.
From victims to survivors:
psychosocial intervention in
disaster management / by Lourdes
L. Ignacio and Antonio P. Perlas;
with special contributions
by Cornelio G. Banaag, Jr. and
J. Nicanor P. Perlas. – Manila; UP-IPPAO,
c1994. – xv, 277 p.: ill.,
photos.
Index: p. 266-278

- 1. Natural disasters Philippines
- 2. Disaster relief Philippines
- 3. Disaster victims Philippines
- I. Perlas, Antonio P. II. Title.

HV555.P5 363.3495'09599 1994 P943000009 ISBN No. 971-8982-00-0

Cover and Book Design by
J. Walter Thompson
Courtesy of Mr. Jaime Calero,
Ms. Edwina Arroyo and Mr. Tonton Acuña

Photographs by Nick Sagmit and Raymund Isaac

Printed by VJ Graphic Arts, Inc.

TABLE OF CONTENTS

	Foreword	vii
	Preface	ix
	Acknowledgements	xii
PART I:	Disasters: The Philippine Experience	
Chapter 1.	A Continuity of Catastrophes:	
	The Philippine Situation	1
Chapter 2.	The Hyman Person as the Proper	
	Rocus in Disasters	12
Chapter 3.	The Phases of a Disaster	19
PART II:	The Impact of Disasters on the	
	Human Community	
Chapter 4.	The Psychosocial Consequences of Disaster	25
Chapter 5.	The Filipino Victims of Disaster	41
Chapter 6.	The Psychosocial Intervention	
	Program in Disaster	56

PART IR	Special Issues	
Chapter 7.	The Aytas of Dueg Resettlement	92
Chapter 8.	The Disaster Workers and Care-givers	124
Chapter 9.	Disasters and Children	143
PART IV:	Concrete Steps Toward Nation-Building	
Chapter 10.	The Institutionalization of Psychosocial Care	165
Chapter 11.	Towards a Structural Concept of "Disasters"	181
Chapter 12.	Lessons Learned and Implications for the Future	208
Bibliography		225
Annendices		230

LIST OF TABLES AND FIGURES

A. Tables

1.	Self-Rating Questionnaire (SRQ) Scores Among Students	
	in Cabanatuan City 3-4 Weeks after the Earthquake, 1990	29
2.	Most Common Distress Symptoms Reported Among	
	Cabanatuan City Students	30
3.	Acute Reactions to Stress	37
4.	Chronic Reactions to Stress	39
5.	Stressors Identified Among Disaster Victims	43
6.	Self-Report Questionnaire (SRQ) One Month After	
	the Disaster	44
7.	SRQ Scores One Month Post-Eruption of Mt. Pinatubo	46
8.	SRQ Scores Nine Months after the Disaster in Anupul	
	"Tent City," Tarlac	46
9.	Most Frequently Selected Items in the SRQ One	
	Month After The Eruption	48
10.	Most Frequently Selected Items in the SRQ Two	
	Months After The Eruption	49
11.	Most Frequently Selected Items in the SRQ Nine	
	Months After the Mt. Pinatubo Eruption in Anupul	
	"Tent City," Tarlac	50
12.	Some Identified Coping Mechanisms That Victims Used	50
13.	Framework for Psychosocial Intervention	63
14.	The Burn-Out Scale	141
15.	Acute Stress Reactions in Children	146
16.	Chronic Stress Reactions in Children	152
17.	Most Frequently Reported Problems Per Grade Level	159
18.	Ten Most Frequently Observed Problems From Grade 1-6	
	(Total: 260 Pupils)	159
19.	Present Status of Forest Lands	182
20.	Costs of Loss of Ecological Services From Forests	
	(Mid 1989 to May 1990)	184
B. Fig	gures	
1.	Variables that Modulate the Impact of Disasters	26
2.	Unexpected Stress (Grieving Process)	34

3.	Illustration of How CISD Provided Psychosocial	
	Intervention for Faculty and Students (Direct and	
	Hidden Victims in Cabanatuan City, Nueva Ecija)	68
4.	From Victim to Survivor	91
5.	Framework and Flow of the Helping Process	154
6.	Key Elements in the Delivery of Psychosocial Service	177
7.	Typology of Disasters	190
.IST	OF APPENDICES	
A.	Pagkatapos ng Pagputok ng Mt. Pinatubo,	
	Kumusta Ka na?	239
B.	Sa mga Magulang Pagkatapos ng Kalamidad,	
	ang Pagsabog ng Mt. Pinatubo, Kumusta ang Lagay	
	ng Inyong Mga Anak?	243
C.	Ang Lindol (Isang Aklat Kulayan)	247
D.	Disaster Preparedness Broadcasting	259
E.	Script of Public Service Tips to Disaster Victims on	
	How to Help Alleviate Psychological Stress	
	(Version 1: Kids)	261
F.	Script of Public Service Tips to Disaster Victims on	
	How To Help Alleviate Psychological Stress	
	(Version 2: Adults)	262
G.	Self-Reporting Questionnaire (SRQ)	263