



TENTS-is saxelmZRvanelo principebi

winamdebare saxelmZRvanelo principebi SemuSavda gansacdelisa da mniSvnelovani tragikuli movlenebis Semdgom dazaralebuli mosaxleobis fsiqosocialur daxmarebasTan dakavSirebiT mimdinare kvlevaTa mtkicebulebebis sistematiuri mimoxilvisa da delfis procesis safuZvelze, romelSic CarTulia 106 profesionali da eqsperti 25 sxvadasxva qveynidan. aRiarebulia, rom Sinaarsi da momsaxurebebis organizacia sxvadasxva qveynebSi gansxvavdeba erTmaneTisagan. amitomac tentis saxelmZRvanelo principebis gamoyeneba rekomendirebulia mxolod rogorc daxmarebis miwodebis modelisa yvela evropuli qveynisaTvis da is ar atarebs savaldebulo xasiaTs. mocemuli principebi miznad isaxavs fsiqosocialuri daxmarebis gawevas 250,000 –dan 500,000 –mde mosaxleobis mqone olqisaTvis, Tumca mocemuli principebis adaptireba Sesazlebelia ufro didi an mcire raionisaTvisac. mocemuli principebi iyofa 6 jgufad, romlebic moicaven Semdeg sferoebis: dagegmvas, momzadebasa da marTvas; zogad komponentebis; da specifiur komponentebis, romlebic unda CairTos sapasuxo reacqis (reagirebis) garkveul fazaze. mocemuli komponentebidan ramdenime fokusirdeba calkeul individebze, magram fsiqosocialuri daxmarebis yvela aspekti srulad unda iTvaliswinebdes adamianta ufro farTo socialuri garemos, gansakuTrebiT, maT (dazaralebulTa) ojaxebsa da Tems.

1. dagegmva, momzadeba da marTva

1.1 yovel regions unda hqondes mravali organizaciis momcveli fsiqosocialuri daxmarebis dagegmvis jgufi, romelic Sedgeba travmulu stresis saTanado gamocdilebis mqone fsiqikuri janmrTelobis profesionalisagan, romelTac akisriaT garkveuli fsiqosocialuri daxmarebis pasuxismgebloba mniSvnelovani gansacdelisa da tragikuli movlenebis Semdgom. amgvani movlenebis Sedegad dazaralebuli adamiandebis aseve unda iyvnen warmodgenilni.

1.2 yovel regions unda hqondes saxelmZRvanelo principebi sagangebo mdgomareobis SemTxvevebSi fsiqosocialuri daxmarebis uzrunvelyofasTan dakavSirebiT (fsiqosocialuri daxmarebis gegma), romelic CarTulia ubeduri SemTxvevis / mniSvnelovani tragikuli movlenebis saerTo gegmaSi da regularulad eqvemdebareba ganaxlebas.

1.3 unda xdebodes dawesebulebaTaSorisi erToblivi dagegmareba da koordinireba, rom garantirebuli iyos fsiqosocialuri daxmarebis gegmis efeqturoba.

1.4 arsebuli fsiqosocialuri samsaxurebi srulad unda iyos daregistrirebuli da CarTuli fsiqosocialuri daxmarebis gegmaSi.

1.5 unda xdebodes fsiqosocialuri daxmarebis gegmis praqtikuli Semowmeba.

1.6 politikosebi da mTavrobis oficialuri Tanamdebobis pirebi unda iyvnen CarTulni marTvis treningebsa da praqtikul swavlebaSi.

1.7 saswavlo programa unda arsebobdes yovel regionSi, raTa garantirebuli iyos fsiqosocialuri daxmarebis uzrunvelyofaSi CarTuli adamiandebis momzadeba maTi Sesabamisi rolebisa da valdebulebebisatvis.

1.8 daxmarebis yvela mimwodebelma unda gaiaros rogorc oficialuri, aseve mimdinare treningi, miiRos Sesabamisi mxardaWera da meTvalyureoba.

1.9 swavlebis Sinaarsi da done detalurad unda iyos SemuSavebuli, rom Seesabamebodes fsiqosocialuri daxmarebis mimwodeblebis rolebsa da pasuxismgeblobebis.

1.10 daxmarebis momwodeblebi (rogorc profesionali, aseve moxaliseebi) unda iyvnen SerCeulni, Tu es Sesazlebelia, winaswar, da Sefasebulni daxmarebis gundSi maT miRebamde.

1.11 dagegmvis jgufi unda akontroldebs meoradi traumatizaciis Sesazlo SemTxvevebs da gadawvis simptomebs daxmarebis momwodeblebs Soris, moxaliseTa CaTvliT.

1.12 mTavrobam / oficialurma pirebma unda uzrunvelyon adeqvaturi dafinanseba, rom SeinarCunon Sesabamisi fsiqosocialuri daxmarebis gegma, romelic SeiZleba efeqturad iqnas miwodebuli ubedurebis SemTxvevaSi.

2. sapasuxo reaquiis (reagirebis) zogadi komponentebi

2.1 sapasuxo reaqlia (reagireba) unda stimulirebdes usafrTxoebis grZnobas, pirovnebis da Temis qmediTobas / gaZlierebas, erTmaneTTan kavSirs, simSvidesa da imeds.

2.2 pirovnebis uflebebi eqpliciturad unda ganixilebodes.

2.3 xeli unda Seeewyos Sesabamisi komunaluri/saTemo, kulturuli, sulieri da religiuri travmisagan aRdgenis pirobebs.

2.4 sapasuxo reaqliam unda uzrunvelyos zogadi mxardaWera, socialuri, fizikuri da fsiqologiuri mxardaWeris xelmisawvdomoba.

2.5 sapasuxo reaqliam unda moicvas da uzrunvelyos ojaxis, iseve rogorc calkeuli pirovnebis mxardaWera.

2.6 sapasuxo reaqliam unda uzrunvelyos saganmanaTleblo samsaxurebi, romlebic dakavSirebulia travmisadmi reaqliasTan da maT marTvasTan.

2.7 specifiuri formaluri Careva, rogoricaa erTjeradi Sexvedra yoveli dazaralebulisaTvis individualuri fsiqologiuri gamokiTxvis mizniT, ar unda ganxorcieldes.

2.8 yoveli dazaralebulis formaluri skringi ar unda moxdes, magram daxmarebis uzrunvelmyofelma pirebma unda icodnen garkveuli damaxasiaTebeli sirTuleebis mqone calkeuli pirebis identificirebis mniSvnelovneba.

2.9 iq, sadac adgilobrivi resursebi SezRudulia, prioritetis arCevani unda efuZnebodes tragikuli movlenebisagan dazaralebul mosaxleobasa da sxva jgufes Soris arsebul moTxovnilebebs.

2.10 sapasuxo reagirebam, saWiroebis SemTxvevaSi, unda uzrunvelyos specializirebuli fsiqologiuri da farmakologiuri Sefasebisa da marTvis xelmisawvdomoba.

2.11 TviT – daxmarebiTi Careva aucilebelia imisaTvis, rom movaxdinoT reagireba dazaralebuli mosaxleobis didi nawilis moTxovnilebebeze.

2.12 adgilobrivi pirebi, romelnic icnoben adgilobrivi kulturasa da Temebis specifikas unda iyvnen CarTulni muSaobaSi, Tu ukve ar arian fsiqosocialuri daxmarebis dagegmvis jgufis wevreb.

2.13 zogadi profilis eqimebs / adgilobrivi eqimebs unda ecnobos SesaZlebeli fsiqopaTologiuri garTuleebis Sesaxeb.

2.14 unda gakeTdes mcdelobebs saTanado mxardamWeri resursebis (magaliTad, ojaxis, Temis, skolis, megobrebis da sxva) swori identificirebisaTvis.

2.15 sxva servisebi, magaliTad, finansuri mxardaWerisa da iuridiuli rCebis samsaxurebi, unda gaxdes xelmisawvdomi.

2.16 damkrZalavi da mosaxseniebeli momsaxurebebi / ceremonialebi unda daigegmos dazaralebulebTan SeTanxmebiT.

3. pirveladi sapasuxo reaquiis specifiuri komponentebi (pirveli kviris ganmavlobaSi)

3.1 pirveladi sapasuxo reaqlia moiTxovs TanagrZnobis formiT miwodebul praqtikul daxmarebas da pragmatul mxardaWeras.

3.2 situaciasTan da im sakiTxebTan dakavSirebuli informacia, romelic dazaralebulebs awuxebT, unda iqnas mopovebuli da maTTvis miwodebuli gulwrfelad da Riad.

3.3 aseve unda iyos uzrunvelyofili werilobiTi broSurebi, romlebic Seicaven travmul movlenebis sapasuxo reagirebis Sesaxeb saganmanaTleblo xasiaTis informacias, gamklavebis damxmare meTodebsa da rCevas, Tu sad veZeboT daxmareba saWiroebis SemTxvevaSi.

3.4 adamianebs aqtiurad unda miwodebodes saganmanaTleblo informacia sapasuxo reaqliebs travmis mimarT, Tuki isini dainteresebulni arian misi miRebiT.

3.5 fsiqologiuri reagireba pirveladi sapasuxo reaqliebis dros normalizebuli unda iyos.

3.6 adamiani arc unda wavaxalisoT detaluri angariSis warsadgenad da arc gadavafiqrebinoT amgvavi gadawyvetilebis miReba.

3.7 emociuri mxarda Weris uzrunvelsayofad organizebuli unda iyos daxmarebis satelefono xazi (e.w. 'ndobis telefoni'), dakompleqtebuli im TanamSromlebiT, romelTac specialuri treningi gaiases.

3.8 unda Seiqmnas fsiqosocialur sakiTxebTan dakavSirebuli vebgverdi.

3.9 unda daarsdes humanitaruli daxmarebis centri / e.w. maRazia "one stop", sadac potenciurad moTxovnadi servisebis mTeli rigi SeiZleba moTavsdes.

3.10 maT, vinc Tvalyurs adevnebs pirvelad fsiqosocialur reaqtias, unda imuSavon mediasTan mWidro TanamSromlobaSi.

3.11 unda iyos ganxiluli monacemTa bazis Seqmna pirovnuli detalebis Casawerad.

4. adreuli sapasuxo reaqtias specifiuri komponentebi (pirveli Tvis ganmavlobaSi)

4.1 fsiqosocialuri sirTuleebis mqone individebi oficialurad unda Sefasdnen Semdgomi monacemebis misaRebad.

4.2 travmaze fokusirebuli kognitur - biheviouruli Terapiis saSualebiT mkurnaloba unda iyos xelmisawvdomi mwwave stresuli aSlilobis an mZime post-travmulis stresuli aSlilobis mqone adamianebebaTvis.

4.3 mtkicebulebebeze dafuZnebuli Careva sxva fsiqikuri janmrTelobis sirTuleebis mqone adamianebebaTvisac unda iyos xelmisawvdomi.

4.4 distrsis maRali maCveneblis mqone adamianebebaTan kontakqtSi aqturad Sesvla aucilebelia, rom maTTan kavSiri SevinarCunoT.

4.5 unda gakeTdes arCevani dazaralebulTa da maT ojaxebTan Semdgomi pro aqturi kontakqtis dasamyareblad.

5. sapasuxo reaqtias specifiuri komponentebi momxdari gansacdelis Semdeg erTidan sam Tvemde vadaSi

5.1 fsiqosocialuri sirTuleebis mqone pirebi oficialurad unda Sefasdnen im profesionalTa mier, romelTac winaswari trenireba gaiases, maTi fizikuri, fsiqologiuri da socialuri moTxovnilebebis gaTvaliswinebiT maTTvis nebismieri specifiuri Carevis daniSvnamde.

5.2 travmaze fokusirebuli kognitur-biheviouruli Terapiis saSualebiT mkurnaloba (TF-CBT) unda iyos xelmisawvdomi mwwave post-travmulis stresuli aSlilobis mqone pirTaTvis da is rekomendirebulia rogorc garkveuli upiratesobis mqone mkurnaloba.

5.3 qronikuli post-travmulis stresuli aSlilobis sxva mtkicebulebebeze dafuZnebuli mkurnalobis meTodebi unda iyos xelmisawvdomi mwwave post-travmulis strsulis aSlilobis mqone pirTaTvis, rodesac travmaze fokusirebuli kognitur-biheviouruli Terapia (TF-CBT) ar aris xelmisawvdomi an nebadarTuli.

5.4 mtkicebulebebeze dafuZnebuli Careva unda iyos xelmisawvdomi sxva fsiqikuri janmrTelobis sirTuleebis mqone pirTaTvisac.

5.5 distresis maRali maCveneblis mqone adamianebebaTan kontakqtSi aqturad Sesvlaa aucilebeli, maTTan kavSiris SenarCunebis mizniT.

5.6 unda gakeTdes arCevani dazaralebulTa da maT ojaxebTan Semdgomi proaqturi kontakqtis dasamyareblad.

6. mimdinare sapasuxo reaqtias specifiuri komponentebi (sami Tvis Semdeg)

6.1 fsiqosocialuri sirTuleebis mqone pirebi oficialurad unda Sefasdnen profesionalis mier, romelmac winaswari trenireba gaiara, maTi fizikuri, fsiqologiuri da socialuri moTxovnilebebis gaTvaliswinebiT maTTvis nebismieri specifiuri Carevis daniSvnamde.

6.2 xelmisawvdomi unda iyos mtkicebulebebeze dafuZnebuli Careva fsiqikuri janmrTelobis sirTuleebis mqone pirTaTvis

6.3 samuSao / sareabilitacio SesaZleblobebi aseve unda iyos xelmisawvdomi, raTa dazaralebulebs saSualeba mieceT yoveldRiur cxovrebiseul yofasTan kvlav adaptirebisa da damoukidebeli arsebobisa.

6.4 adgilobrivi samsaxurebis mxardasaWerad, maTi dafinansebisa da damatebiTi zomebiT uzrunvelyofis mizniT gansacdelis Semdeg ramdenime wlis manZilze unda moxdes muSaobis detaluri dagegmva adgilobrivi oficialur pirebTan / mTavrobasTan da arsebul samsaxurebTan.

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