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YCO and IMHPJ
Japan



Adaptations of early intervention protocols for acute stress disorder: Methods of deployment for disaster areas in Japan

Abstract:

I will review the core concepts of Early Intervention, Acute Stress Disorder, and Prolonged Exposure Therapy. Comparative analysis of these protocols have shown efficacy in both preventing and ameliorating the distress associated with traumatic events. I will discuss ways to adapt these protocols to Japan. Special attention will be paid to the victims of the recent Noto earthquake, including citizens impacted, the needs of first responders, improved government support options, and psychological needs of the reconstruction teams. This presentation will highlight the need for delivery of time sensitive and high quality psychological support in the aftermath of both man-made and natural disasters

Biography

Abbey-Robin Durkin has completed her PhD at the age of 25 years from Palo Alto University and Stanford University. After serving as the Chief Psychologist for the Defense Attache Service (Diplomatic Service), she relocated in 2022 to fully devote herself to improving mental health care in Japan. She is the Vice President of International Mental Health Professionals of Japan, and the Vice President of Yokohama Counseling Office. As a practicing psychologist, she provides services to expats, Japanese citizens, and US government and military affiliated personnel and their families across the nation, virtually and in person