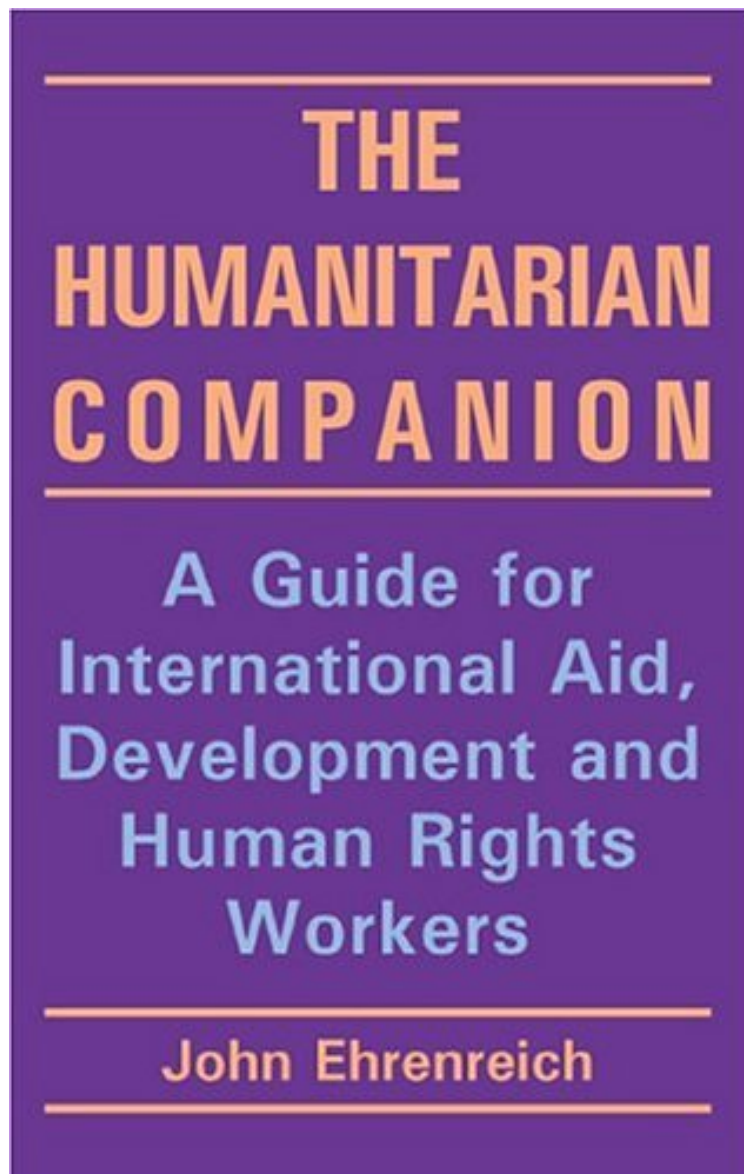


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## **The Humanitarian Companion: A Guide for International Aid, Development and Human Rights Workers**

*John H. Ehrenreich*

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## Humanitarian Companion: A Guide for International Aid, Development and Human Rights Workers:

\* A "back pocket" manual for humanitarian workers in the field\* An essential training guide for humanitarian and aid agencies\* Based on the authors long professional experienceHumanitarian workers--working in their own country or overseas--face many common challenges. This book will help them, and those training them, prepare both practically and emotionally for the wide range of challenges, dangers, and insecurities that are an everyday part of their work. Written with both the new humanitarian worker and the experienced veteran in mind, the book deals in turn with the main stages of a humanitarian assignment. It starts with issues to consider before you set out, then deals with safety and security in the field, staying healthy, managing stress, coping with the trauma of others, and dealing with returning home at the end of an assignment. An extensive appendix includes a checklist of "what to do and what to take with you," a brief first aid manual, and other practical information and advice. John Ehrenreich has many years experience as a practicing clinical psychologist and has a longstanding interest in issues of response to disasters and complex humanitarian emergencies. Trainers of humanitarian workers will find this book extremely useful in helping their staff prepare themselves thoughtfully and work productively while on mission. This book will be a welcome companion for all humanitarian workers, and an essential tool for those training them.

"Offers advice on how to overcome the challenges and risks of life in the field. Mr. Ehrenreich, a psychology professor at the State University of New York College at Old Westbury, has organized the book to reflect chronologically the phases of an overseas assignment. He begins by discussing how to assess one's suitability for humanitarian work and the characteristics, abilities, and skills that could be potential liabilities or strengths. The book continues with a discussion of safety and security in the field, followed by advice for staying healthy and managing stress. The last two chapters aim to help humanitarian workers understand the emotional impact their work can have on the people they are aiding, and make the transition back to home life after an assignment has concluded. Supplementary materials include a checklist of what to do and what to take along on assignment, a first-aid manual, guidelines for helping employees manage stress, relaxation exercises, and references to additional resources." (The Chronicle of Philanthropy) About the Author John H. Ehrenreich is Professor of Psychology and Director, Center for Psychology and Society, State University of New York, College at Old Westbury, NY.