



A project to rebuild the psychological safety of children in Ludian County after the earthquake is sponsored by China Children and Teenagers' Foundation and implemented by a team of experts led by Professor Long Di of Institute of Psychology, Chinese Academy of Sciences. This project aims to offer

professional training to frontline children and family service workers in the active earthquake zones in Zhaotong City at Yunnan, so as to improve professional competence in rebuilding and protecting village children's psychological safety through mindfulness in a cost effective way.

From 13 to 18 June 2016, the project team has visited Ludian County and Youngshan County to study and understand the local needs.



Introduction of our team members:

Long Di: Project Leader, PhD, Professor, Family Therapist, Registered Supervisor of Chinese Psychological Society, Director of Child Protection and Family Psychological Support Center, Institute of Psychology, Chinese Academy of Sciences. She has experience in leading the service team of Institute of Psychology, Chinese Academy of Sciences to offer long-term psychological support to Beichuan Middle School.

Parry Leung: Project Expert, PhD in Sociology, Assistant Professor in Department of Social Work and Social Policy, China University of Political Science and Law.

Jenny Chan: Project Expert, Clinical Psychologist, Center Manager of Breathe and Smile Mindbody Wellbeing Center (Hong Kong)

Xu Chi: Project Assistant, Bachelor in Applied Psychology, Social Worker in Women and Children Services. He has joined the service team of Institute of Psychology, Chinese Academy of Sciences in offering long-term psychological support to Beichuan Middle School.

Jia Guopeng: Project Administrative Assistant, Lecturer of Beijing Institute of Technology, Psychological counselor. He has joined the service team of Institute of Psychology, Chinese Academy of Sciences in offering long-term psychological support to Beichuan Middle School.



In the morning of 14 June, we have visited the only special school that offers integrated special education in Ludian County. The school has been established for three years and currently has 212 children with special needs and around 20 teachers. (Ms Huang Qingdong, Chairlady, All-China Women's Federation, Ludian County, and Mr. Wang Gaoyun, Principal of the special school, are sharing the local conditions with the project team.)

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The special school not only equips with modern special education facilities but also offers vocational training programs tailored for local village lives.

This is a printing factory in the special school to help develop the working skills of students. Students could have the opportunities to stay and work at the school after graduation.



This is the school farm to help develop the life skills of students. Students could enjoy eating the “nutritional” vegetable grown by themselves.



This is the school wine factory with fragrance!



These are the goats raised by the school. The school also raised chicken and pigs! (The smell is a bit strong for photo taking.)



This is a “real” walnut tree! (Prof. Long Di and Ms. Jenny Chan)



The school hires the local artists to teach the art of making bamboo baskets to the students. The project team members bought a few beautiful items as a way to support and encourage the students.



Prof. Long Di and the student who made the items.



Ms. Jenny Chan and the student who made the item.



Mr. Xu Chi and the student who made the item.



In the afternoon of 14 June, a project meeting for Ludian County has been conducted in the special school. With the coordination of All-China Women's Federation in Ludian County, representatives from different departments such as education, legal, Office of the Working Committee on Children and Women, communities groups, China Disabled Persons' Federation, etc., have joined the meeting.



During the meeting, we close our eyes, listen to the bell and enjoy our breath. Breathing in.....Breathing out.



Mindful Walking. We observe the support of the mother earth in every step.



Deep Relaxation. We reunite our body and our mind into harmony.



Ms Zhang Jiping, Ex-chairlady of All-China Women's Federation, Ludian County, shares that:

As an adult who is responsible in taking care of children, have we been taking good care of our own wellbeing?

We can care others only when we could take good care of ourselves.



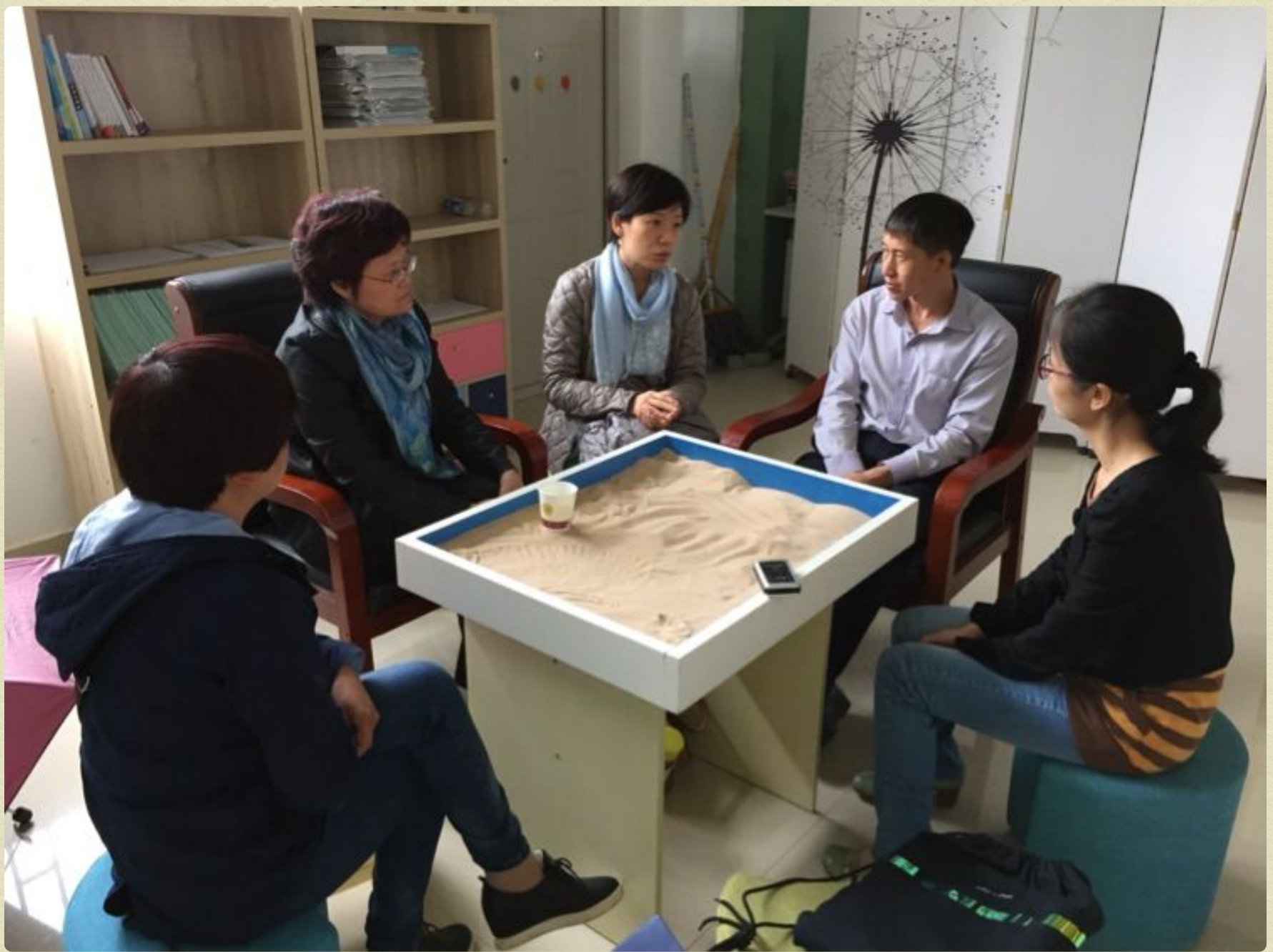
In the morning of 15 June, we travel on the mountain road with landslides along the way to arrive at the heart of Ludian earthquake - Long Tou Shan Town.



We have visited many other places after earthquake but we still feel overwhelmed and sad every time when we see the scene.



Chairlady Qingdong takes us to visit and interview the village leaders in Long Tou Shan Town. A community with new houses has been built after moving three times after the earthquake. When we ask how they could go through the crisis, the village leader replies immediately "Mutual support!".



We have a supervision meeting with the psychology teachers of Longquan Secondary School in Long Tou Shan Town. After the earthquake, the school has set up a counseling room and a few psychology teachers. For the teachers who have multiple roles including teaching, counseling and caring for students, it is a big challenge for them to apply the psychology knowledge learnt from brief training in daily work.



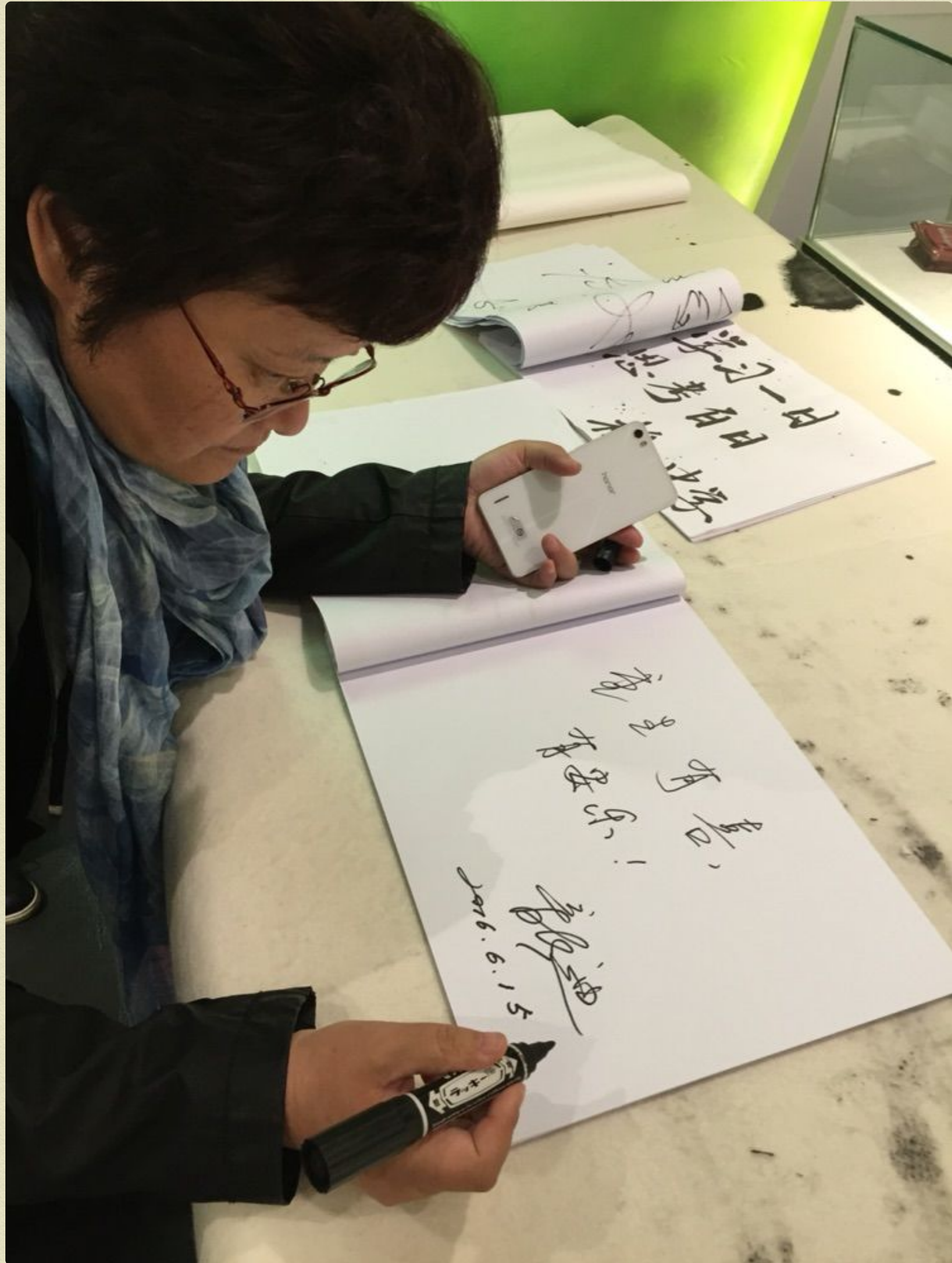
Mr. Li MingXiang, Principal of Longquan Secondary School, emphasizes the importance of improving the psychological wellbeing of students. The Principal plans to set up a group therapy room called Quiet Room! The Principal also concerns the hard work and wellbeing of the teachers.



The work stress of teachers is not limited to teaching. The school has around 3,000 students and 80% of them are left-behind children. Can you imagine that these food is also prepared by the teachers after class?



Mindful Eating with deep gratitude to the teachers.



Reborn with Peace and Happiness. (Prof. Long Di wrote on the visitor book in the earthquake memorial hall at Longquan Secondary School.)



In the evening of 15 June, we have arrived at Maolin Town of Yongshan County after travelling on bumpy mountain roads for a few hours. We practices 10 Mindful Movement to take care of our body.



In the morning of 16 June, Ms Zhou Anxia, Chairlady, All-China Women's Federation, Yongshan County, takes us to visit the Women and Children Home at Gan Shan Village in Maolin Town. Even though it is located in a poor village, the Chairlady has arranged a comprehensive range of furniture, facilities, toys and books for the center.



We visited the Wu Zhai Ethnic Minority Town of Miao and Yi in Yongshan County.



A wonderful surprise of this trip is an unplanned visit to a nine-year school in a village of Yongshan County. The present moment is a wonderful moment!



Mr. Wang Dengjiang, who is the Vice Principal and responsible for safety education, invites the project experts to offer a class for the teachers.



From primary one to secondary three, there are a few thousands boarding students and most of their parents work outside the county. Hence, the teachers need to take care of the daily life of students. The teachers have to focus on taking care of their students but may not have time to take care of their own children.



At noon, the teachers are informed to bring towels and mats to the dining hall. They are curious about the nature of the psychology class.

You are right! They are all sleeping.



Enjoy the relaxation while listening to the beautiful singing of Ms. Jenny Chan.



We are learning how to walk mindfully.



Everyone is curious about how to invite the bell.



It is joyful to try inviting the bell.

Mindfulness is not a high-level theory.

Mindfulness is a way of living.



We are building relationship with local people while enjoying the local afternoon tea.

The buckwheat cold noodle of Yongshan County is so yummy!



On 17 June, we go back to Zhaotong City. We enjoy a leisure walk to help process the enormous information we have gathered during the trip.



We take a mindful rest during an internal meeting. Mindfulness practice has to be applied in our work!



This is how we enjoy our meeting!



Mindfulness Born Peace and Happiness. Dwelling in the present moment.

This investigation trip has ended but the mindfulness journey to improve the children psychological safety

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