



Airline Wet Drill



Psychological Aspects of Ditching



Welcome all to the class

Topics

- Psychological impact on passengers and crew during and after ditching.
- Techniques for managing stress and trauma.
- Post-incident psychological support and counseling.

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Psychological Impact on Passengers and Crew During and After Ditching

Psychological impact refers to the emotional and mental effects experienced by passengers and crew during and after a traumatic event like a ditching.

During Ditching:

1. Passengers:
 - o Fear and Panic: Passengers may experience intense fear and panic, which can lead to a sense of helplessness and confusion.
 - o Stress Responses: Common reactions include rapid heart rate, sweating, and difficulty breathing. Passengers may also experience disorientation or difficulty following instructions.



Psychological Impact on Passengers and Crew During and After Ditching

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During Ditching:

2. Crew:

- o Responsibility and Pressure: Crew members feel a heavy responsibility for the safety of all passengers, which can lead to high stress levels.
- o Decision-Making Stress: The need to make quick, critical decisions under pressure can cause significant mental strain.



Psychological Impact on Passengers and Crew During and After Ditching

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After Ditching:

1. Passengers:
 - o Post-Traumatic Stress Disorder (PTSD): Survivors may develop PTSD, characterized by flashbacks, nightmares, and severe anxiety.
 - o Adjustment Difficulties: There may be challenges in returning to normal life, including difficulties with travel or persistent fear.



Psychological Impact on Passengers and Crew During and After Ditching

Psychological impact refers to the emotional and mental effects experienced by passengers and crew during and after a traumatic event like a ditching.

After Ditching:

2. Crew:

- o Stress and Burnout: Crew members might experience burnout and emotional exhaustion from the traumatic event.
- o Guilt and Self-Doubt: They may have feelings of guilt or self-doubt about their performance or the incident itself.



Techniques for Managing Stress and Trauma

Managing stress and trauma involves strategies to cope with and mitigate the psychological effects of traumatic experiences.

Techniques:

1. Cognitive-Behavioral Therapy (CBT):
 - o What It Is: A form of psychotherapy that helps individuals understand and change their thought patterns and behaviors related to trauma.
 - o Application: CBT is effective in treating PTSD and other trauma-related disorders by helping individuals reframe their thoughts and manage their reactions.



Techniques for Managing Stress and Trauma

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Techniques:

2. Mindfulness and Relaxation Techniques:

- o What It Is: Techniques such as mindfulness meditation, deep breathing, and progressive muscle relaxation help reduce stress and improve emotional regulation.
- o Application: These techniques help individuals manage acute stress and improve overall emotional well-being.



Techniques for Managing Stress and Trauma

Managing stress and trauma involves strategies to cope with and mitigate the psychological effects of traumatic experiences.

Techniques:

3. Peer Support and Debriefing:

- o What It Is: Peer support involves talking with others who have experienced similar situations. Debriefing sessions allow individuals to discuss the event and their reactions.

- o Application: Both techniques help individuals process their experiences and provide emotional support.



Techniques for Managing Stress and Trauma

Managing stress and trauma involves strategies to cope with and mitigate the psychological effects of traumatic experiences.

Techniques:

4. Professional Counseling:

- o What It Is: Professional counselors provide targeted support to individuals dealing with trauma, offering therapeutic interventions and support.
- o Application: Counselors help individuals navigate their emotional responses and develop coping strategies.



Break for 10 minutes



Post-Incident Psychological Support and Counseling

Post-incident psychological support and counseling focus on helping individuals recover from trauma and integrate their experiences.

Components:

1. Immediate Psychological First Aid:
 - o What It Is: Provides immediate support to stabilize individuals after a traumatic event.
 - o Application: Includes listening, providing practical assistance, and offering reassurance to help individuals cope with initial shock.



Post-Incident Psychological Support and Counseling

Post-incident psychological support and counseling focus on helping individuals recover from trauma and integrate their experiences.

Components:

2. Long-Term Counseling and Therapy:
 - o What It Is: Ongoing counseling to address deeper psychological impacts and assist with long-term recovery.
 - o Application: Includes various therapeutic approaches such as individual therapy, group therapy, and trauma-focused therapy.



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Components:

3. Support Groups:

- o What It Is: Groups where individuals who have experienced similar traumatic events come together to share their experiences and support each other.
- o Application: Provides a sense of community and shared understanding, which can be beneficial for emotional healing.



Post-Incident Psychological Support and Counseling

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Components:

4. Follow-Up and Monitoring:

- o What It Is: Ongoing monitoring of individuals' mental health to ensure they are receiving adequate support and are making progress in their recovery.
- o Application: Regular check-ins with mental health professionals to track recovery and adjust treatment as needed.



Impact on Aviation Regulations and Safety Protocols

Discussion



Q & A