



Engaging for Peace

Blue Helmet Forum Austria 2010

An Initiative of the Association of Austrian Peacekeepers

Stress management and Peace soldiering

Vienna, 5th - 7th October 2010

www.austrian-peacekeepers.at

In cooperation with



Directorate General for Security Policy of the
Austrian Ministry of Defence



National Defence Academy



IHSW

Institute for Human- and Social Sciences

BLUE HELMET FORUM AUSTRIA 2010

Stress management and Peace soldiering

The Association of Austrian Peacekeepers supports Austria's engagement in peacekeeping activities and promotes the ideals of the United Nations in civil society. Under the umbrella of the United Nations Vienna the Austrian peacekeepers participate in the Network for Peace, which brings together peacekeepers from Central and South East Europe. In this context the Association annually organises the BLUE HELMET FORUM AUSTRIA (BHFA) in cooperation with the Austrian Ministry of Defence.

The BLUE HELMET FORUM AUSTRIA 2010 will focus on the different aspects of stress and stress management in connection with international operations and will be co-chaired by the Institute for Human- and Social Sciences of the Austrian National Defence Academy. The Forum will address the aspects of preventive measures of stress management during the preparation phase of operations, the strain during operations and the challenges for aftercare and reintegration. International and national experts will present the current approaches as well as the current practical methods concerning stress in combination with military operations. The interdisciplinary exchange between soldiers and specialists (human factors, e.g.: psychologists, nurses, doctors, chaplains, family care organisations ...) is paramount. It is most of all the commanders, psychologists, doctors, chaplains and family care organisations that should analyze the necessity of stress management and draw conclusions for their responsibilities and work.

The FORUM should provide an opportunity to address the complex issues of Peace Support Operations with a focus on the military aspects. The invitations for participation are directed towards experts from the military field and high ranking personalities from politics, business, media, science and diplomacy, for whom the knowledge of the military aspects of 'Peace Soldiering' and civil military cooperation is of relevance. The FORUM will be held in English and will be open to a limited number of participants. The conference fee covers all costs for administration, meals, conference documents and the cultural program. Accompanying partners are welcome to participate in all social and cultural events at a reduced fee. The publication of the FORUM proceedings will be sent to all participants and relevant organizations and offices.

President: GEN Günther GREINDL (ret)
Academic Directors: COL Georg EBNER & 1/LT M.D. Dietmar GOLTH (ret)
Executive Assistant: Andrea GRASSER

BLUE HELMET FORUM AUSTRIA 2010
c/o Association of Austrian Peacekeepers:
Mariahilferstraße 22/4/18, A - 1070 WIEN, AUSTRIA
Fax: +43 1 9906871,
e-mail: bhfa@austrian-peacekeepers.at

Program (02 08 2010)

Tuesday, 05 OCT, 2010

12:00-14:00 Arrival and registration

12:30-14:00 Buffet lunch

14:15-15:00 **Opening of the BLUE HELMET FORUM AUSTRIA 2010**

Welcome to participants

Günther GREINDL, GEN (ret)
President of the Association of Austrian Peacekeepers

Opening address

Raimund SCHITTENHELM, GEN
Commandant of the National Defence Academy

15:00-15:15 Official conference photo

15:15-15:45 Coffee break

15:45-17:15 Keynote speakers

Günther HÖFLER, LTG, Austria
Commandant joint forces command

Sikander AFZAL, LTG, Pakistan
Force Commander, UNMIL

18:30-22:00 Visit to a typical Viennese *Heuriger*

Wednesday, 06 OCT, 2010

9:00-10:30 **Session: selection and preparation of mission personnel**

Helmut SLOP, LTC, joint forces command, Austria
Selection and preparation of soldiers for international operations

Ruvie ROGEL, PhD, Deputy CEO of the Community Stress Prevention center, Israel
The EBO- Emergency Behavior Officer; A commander's channel to understand and manage the behavior of the population and the units in times of a crises

Brenda WIEDERHOLD, Prof. Dr., PhD, MBA, BCIA, Interactive Media Institute, San Diego, US
Pre-deployment Stress Inoculation Training

10:30-11:00 **Coffee break**

11:00-12:30 **Session: mission experiences**

Peter ZIMMERMANN, M.D., COL, Bundeswehrspital, Berlin, Germany
Psychiatric structures of the German Bundeswehr with a focus on operational stress

KOZARIC-KOVACIC, Prof., M.D., Kroatien
Malingering PTSD: Diagnostic and therapeutic concerns

12:30-13:30 **Lunch**

13:30-15:30 **Session: mission experiences**

Jürgen WEIGT, MG, Embedded Kommando Operative Führung, Bundeswehr (tbc), Germany
Dealing with casualties

Moussa BA, Chief, Critical Incident Stress Management Unit (CISMU), UN

Signe BUCK, LTC, M.D., joint forces command, Austria
Mission experiences from several international operations

Alexander VARN, Sanitätsführungskommando, Bundeswehr, Germany
CHARLY Preventive Preparatory Psychosocial emergence care

16:30-20:00 **Guided city tour**

Thursday, 07 OCT, 2010

9:00-10:30 **Session: mission experiences**

Peter HOFER, LTC, joint forces command, Austria

Mission experiences from Tchad

Doris P. LANCASTER, Psy.D., CTR USA MEDCOM EACH, US

Mobile Behavioral Health Team Integration within the 2nd Brigade, US Army

10:30-11:00 **Coffee break**

11:00-12:30 **Session: reintegration and treatment of stress result illnesses**

Ferid AGANI, Prof., M.D., Kosovo

Psychiatric consequences and impact of military conflicts on the civilian population

Bernhard PENZ, chief psychologist, joint forces command, Austria

Care during and reintegration of soldiers after international operations

Joachim HILLE, Bundesministerium Verteidigung, Bundeswehr, Germany

Preventive measure in the course of the application evaluation after potentially traumatising extreme charges

12:30-13:30 **Lunch**

13:30-14:30 **Summary**

14:30-15:00 **Closing remarks and award of certificates**

Günther GREINDL, GEN (ret)

Blue Helmet Forum Austria 2010

VIENNA 5th – 7th October 2010

Venue: National Defence Academy
Stiftgasse 2a
1070 VIENNA/AUSTRIA

Registration

Please complete and return by

E-mail: bhfa@austrian-peacekeepers.at or **Fax:** +43(0)1/9906871
not later than **Friday, 24th September 2010**

Participation Fee payable at registration desk

Participants € 120.- (includes Meals, Documents, BHFA Book, Excursion)
Guests € 60.- (Members of VÖP/AAP, Students, Partners of Participants)
AAF € 15.- per day (Members of Austrian Armed Forces) includes lunch and coffee break

Rank, title	
Surname, first name	
Nationality	
Position, organization	
Address	
E-mail	
Arrival	mode: day: flight number:
Departure	mode: day: flight number:
Hotel	yes <input type="checkbox"/> no <input type="checkbox"/>
Remarks	
Signature	

I hereby agree that my personal data can be stored in a data base administered by VPÖ

Yes, I will pay the conference registration fee (€120,00), members and partners (€ 60,00) and AAF (€15,00 per day) in cash at my arrival.

Hotel: Available at special rate arranged by the Association of Austrian Peacekeepers.

Hotel Kummer, A-1061 Vienna; Mariahilferstraße 71a;

<http://www.austria-hotels.at/de/hotel-kummer/index.html>

Tel: +43-1-58895; Fax: +43-1-5878133:

single room (~ 85,-- €):

double room (~ 129,-- €):

NH-Wien, A-1070 Vienna; Mariahilfer Straße 32-34;

<http://www.nh-hotels.de/nh/de/hotels/osterreich/wien/nh-wien.html>

Tel.: +43-1-521720 Fax: +43-1-5217215

single room (~ 100,-- €):

double room (~ 140,-- €):

Speakers

Dr. Doris Lancaster, Psy.D. received her doctorate at the School of Professional Psychology (1991), Wright State University, Ohio, USA. Currently she is a U.S. Army civilian assigned to the 2nd Brigade, 4th Infantry Division (2/4ID), Ft Carson, Colorado. The 2/4ID has over 6,000 soldiers and her role is to ensure the psychological needs of these soldiers are appropriately addressed. She has overseen the re-deployment of these soldiers from Iraq in September 2009 back to the United States. She set up the psychology clinic in August 2009 preparing for the 2/4ID soldiers' return and has continued to follow the 2/4ID soldiers. Currently the 2/4ID soldiers are training preparing to deploy to Afghanistan in summer 2011. In the first six months the 2/4ID soldier returned, she had over 800 encounter appointments with these soldiers assessing, diagnosing and treating the full range of psychiatric problems to include depression, anxiety, posttraumatic stress, family problems, bereavement and substance abuse. She was recently recognized Major General Perkins, 4th Infantry Commander for her dedication to the mission.

Dr Lancaster was a commissioned officer in the US Air Force 1979-1986. As a Space Systems Officer her assignments were to the North American Aerospace Defense Command in Colorado, Thule AB, Greenland and Wright-Patterson AFB, Ohio. During her active duty time, she was assigned to combat crews, interpreted satellite data and oversaw contracts with deep space satellite technology with the Massachusetts Institute of Technology. She left active duty Air Force to earn her doctorate in clinical psychology. After completing her clinical psychology doctorate, she has worked for over 20 years with retired and military personnel: Salt Lake City Veteran's Hospital; 48 Fighter Wing, RAF Lakenheath, UK; 36 Fighter Wing, Bitburg AB, Germany; Space Wing, 21st Space Wing, Peterson AFB, Colorado; U.S. Air Force Academy. She has had the opportunity to liaison with other services to include the US Navy headquartered in London and the US Naval Base in Rota, Spain, the US Army in Landstuhl, Germany and the Royal Air Force, United Kingdom.



Professor Dr. Brenda K. Wiederhold, Ph.D., MBA, BCIA is President of Virtual Reality Medical Institute (VRMI), an SME incorporated in Brussels, Belgium. She is a licensed clinical psychologist in the U.S., Switzerland, and Belgium and earned a doctorate in Clinical Health Psychology as well as international certification in both biofeedback and neurofeedback. She serves as a Visiting Professor at the Catholic University in Milan, Italy and as Executive Vice-President of Virtual Reality Medical Center (VRMC) in the U.S. She is also a Clinical Instructor at University of California, San Diego, Department of Psychiatry.

Dr. Wiederhold is recognized as a world leader in the treatment of anxiety, panic, phobias, and posttraumatic stress disorder with VR exposure and cognitive-behavioral therapy, objectively measuring results with physiological monitoring of heart rate, heart rate variability, skin conductance, skin temperature, respiration, and brain activity.

Dr. Wiederhold is the founder of the international CyberTherapy Conference, now in its 15th year, Editor-in-Chief of the MedLine-indexed CyberPsychology & Behavior Journal, and publisher and Editor-in-Chief of the Journal of CyberTherapy & Rehabilitation and CyberTherapy & Rehabilitation Magazine. She is Secretary General of the International Association of CyberPsychology, Training & Rehabilitation (iACToR).

She has given invited lectures on the topic of advanced technologies and healthcare in 24 countries throughout Europe and Asia and has published more than 150 articles and twelve books on the subject.

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