

Psycho-sociological Care in Great East Japan Earthquake

-Considering the support process from 2 to 16 months after the disaster



Meiji Gakuin University
Eriko Sugiyama

I Great East Japan Earthquake

1 . Overall condition

magnitude 9.0

deaths/missing: 15,859/**3,021**

Buildings destroyed: 397,819

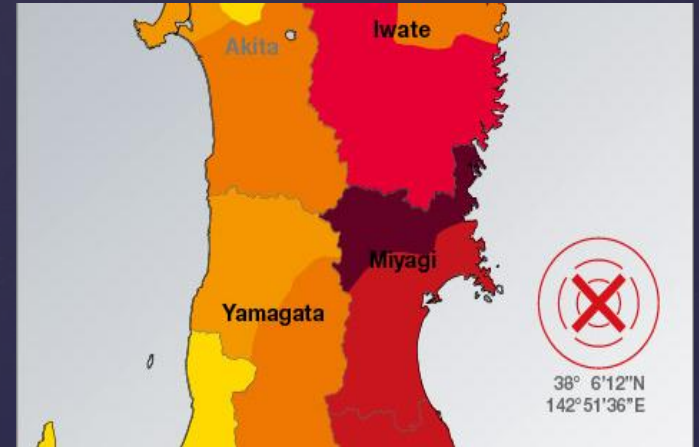
Households without power: Over 8 million

evacuees at peak time: Over 400,000

as of 2 years after over: Over **300,000**

Direct cost of damage: 16 to 25 trillion Yen

(128 to 200 billion Euros)



A mother who even obtained a license to operate heavy equipment for the search



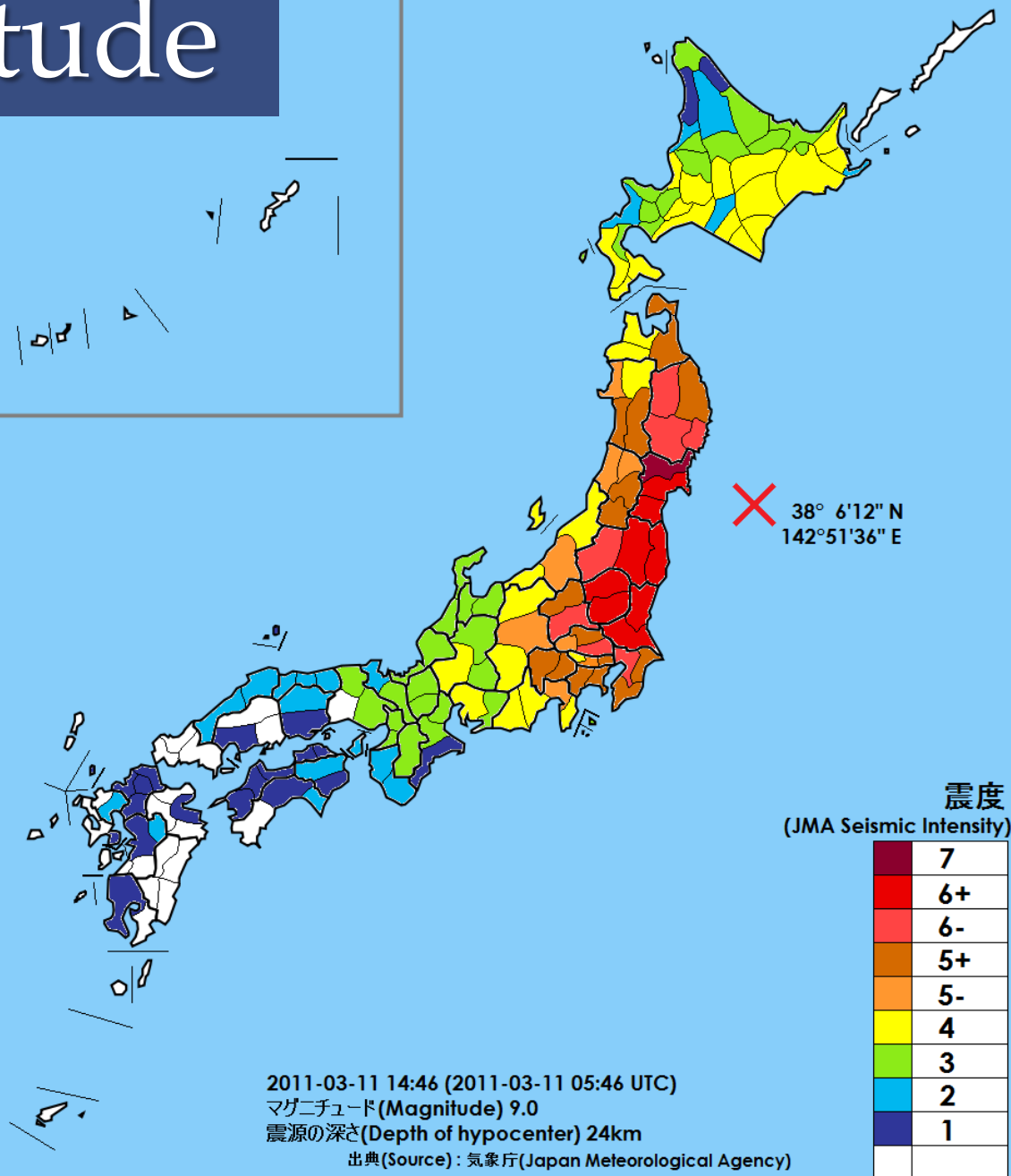
Ishinomaki Okawa elementary school



Only 34/108 pupils and 3/11 teacher alive. Still 4 children are missing. For parents of children at the destroyed Okawa elementary school, there can be no end until the last four of the 74 dead youngsters are found.



Magnitude



My office

Tokyo 12.Mar.2011

Tokyo 12.Mar.2011



Fatalities and building collapses

Damages by the Great East Japan Earthquake

Occurrence : 11 March 2011, 14:46 (Local Time)

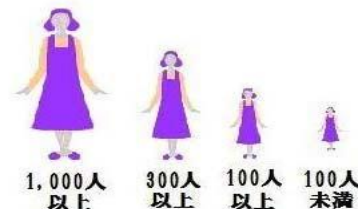
Epicenter : 38.0N, 142.9E

Depth : approx. 24km (interim data)

Magnitude : 9.0

Death/missing	
Hokkaido	1
Aomori	4
Iwate	6,810
Miyagi	12,109
Yamagata	2
Fukushima	1,885
Tokyo	7
Ibaraki	25
Tochigi	4
Gunma	1
Chiba	22
Kanagawa	4
Total	20,874

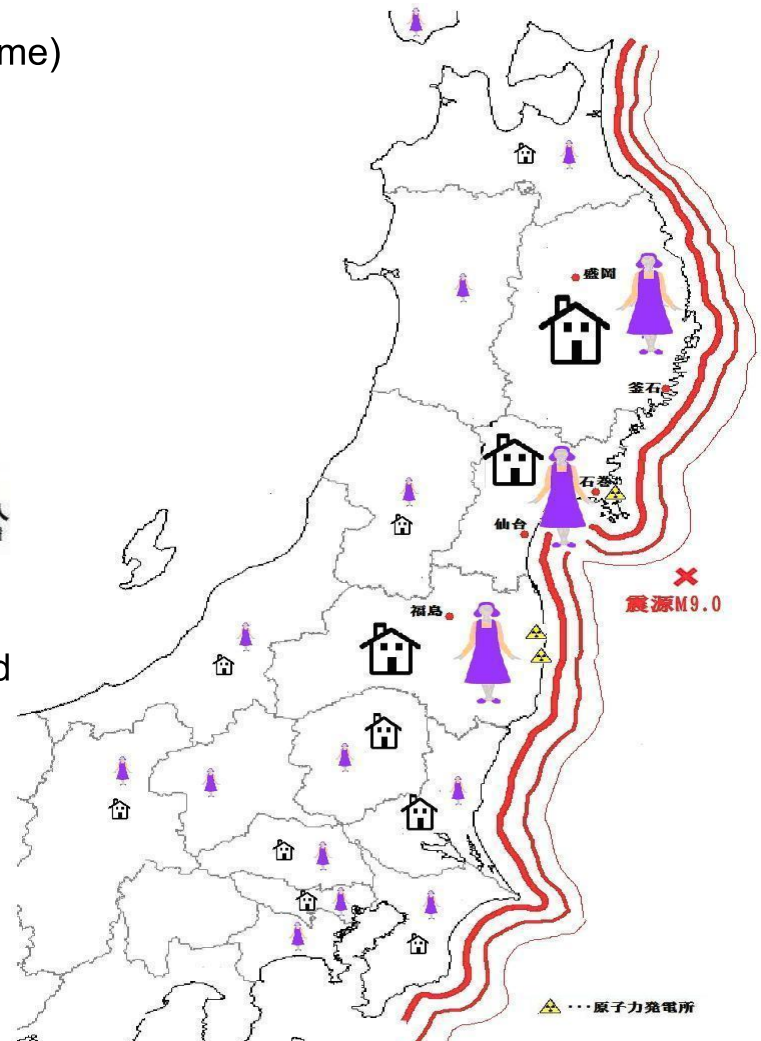
Killed / missing



Damage on Buildings
(Fully/ Partly Damaged)

Miyagi: 122,000

Iwate: 24,000



(Resource: National Police Agency as of 14 July 2011)

Height of tsunami



Tsunami at Iwate



Rikuzen-takata

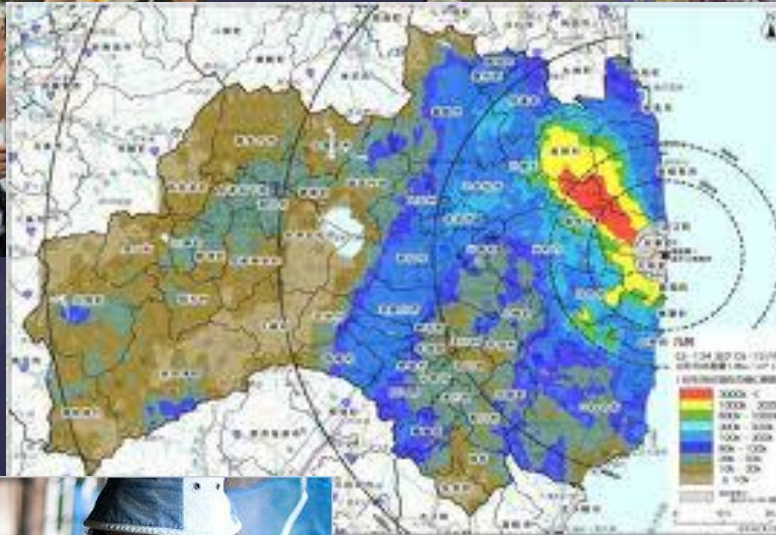
3 – 5 days after





Fukushima Daiichi nuclear disaster

Nuclear Pollution

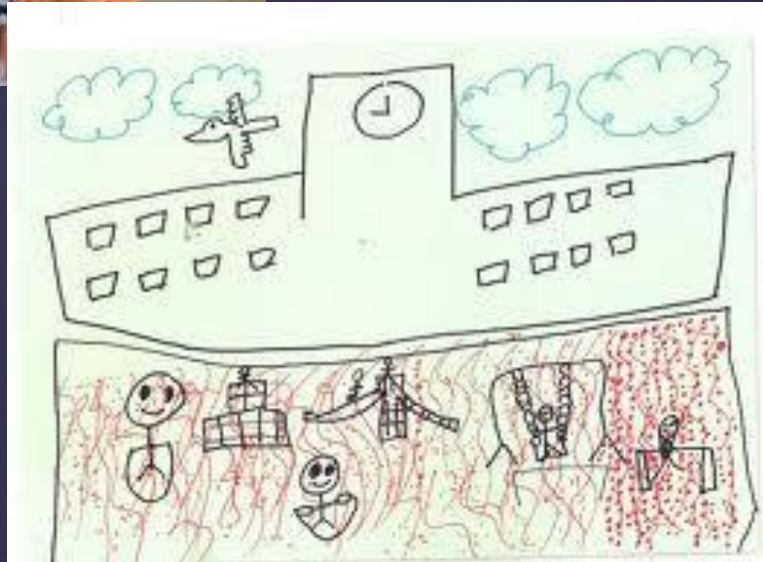




Officials checked for signs of radiation on children from the evacuation area near the Fukushima Daiichi nuclear plant in Koriyama. | Kim Kyung-Hoon/Reuters



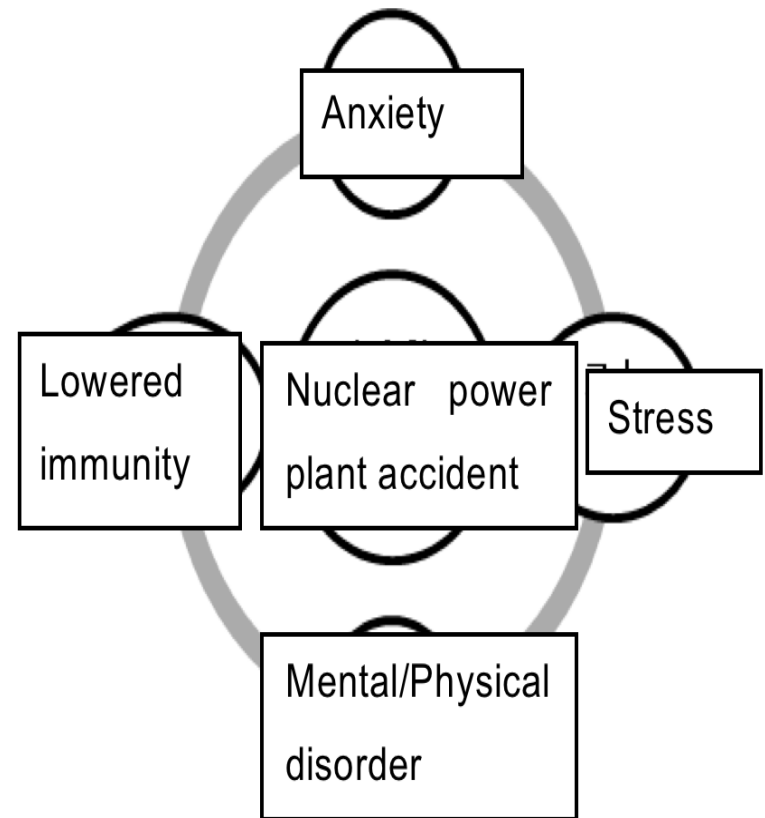
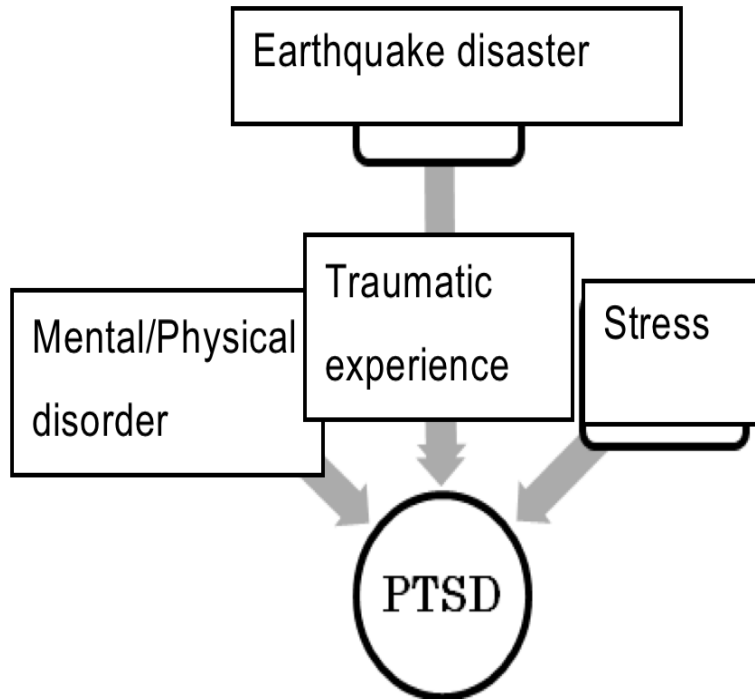
Children live with nuclear



2. Psychological characteristics

There are 2 types of damages

- Earthquake & Tsunami disaster
- Nuclear power plant accident



Prolong(insufficient /delay)→PTSD

(1) Damage from the **earthquake disaster**

Suddenly Short Time → Coping limited

The ground moves → Basic **sense of security** impaired

Emotion : Anger, anxiety, denial, hopelessness,
dependency, survivor's guilt

(2) Damage from the **tsunami** waves

2types: in short time → similar to earthquake

in long time → more strong sense of **guilt**

Emotion : Unreality(witness a chaotic destruction)

(3) Damage from the nuclear power plant
accident

man-made disaster → Anger

damage → significant, prolonged, strong for
younger, time uncertain. → Anxiety

escape/ keep distance is only coping

→ value life style must be clear.

provide support so that they can clarify their
values and have self-determinations

3. My support experiences aimed to 3 areas

(1) Areas damaged from **the tsunami waves**

Iwate

Rikuzen-takata

Miyako

Miyagi

Higashi-Matsushima

Ishinomaki/Onagawa

Shouth areas

(2) Areas damaged from **the nuclear power plant accident**

Miyagi

Shiroishi City

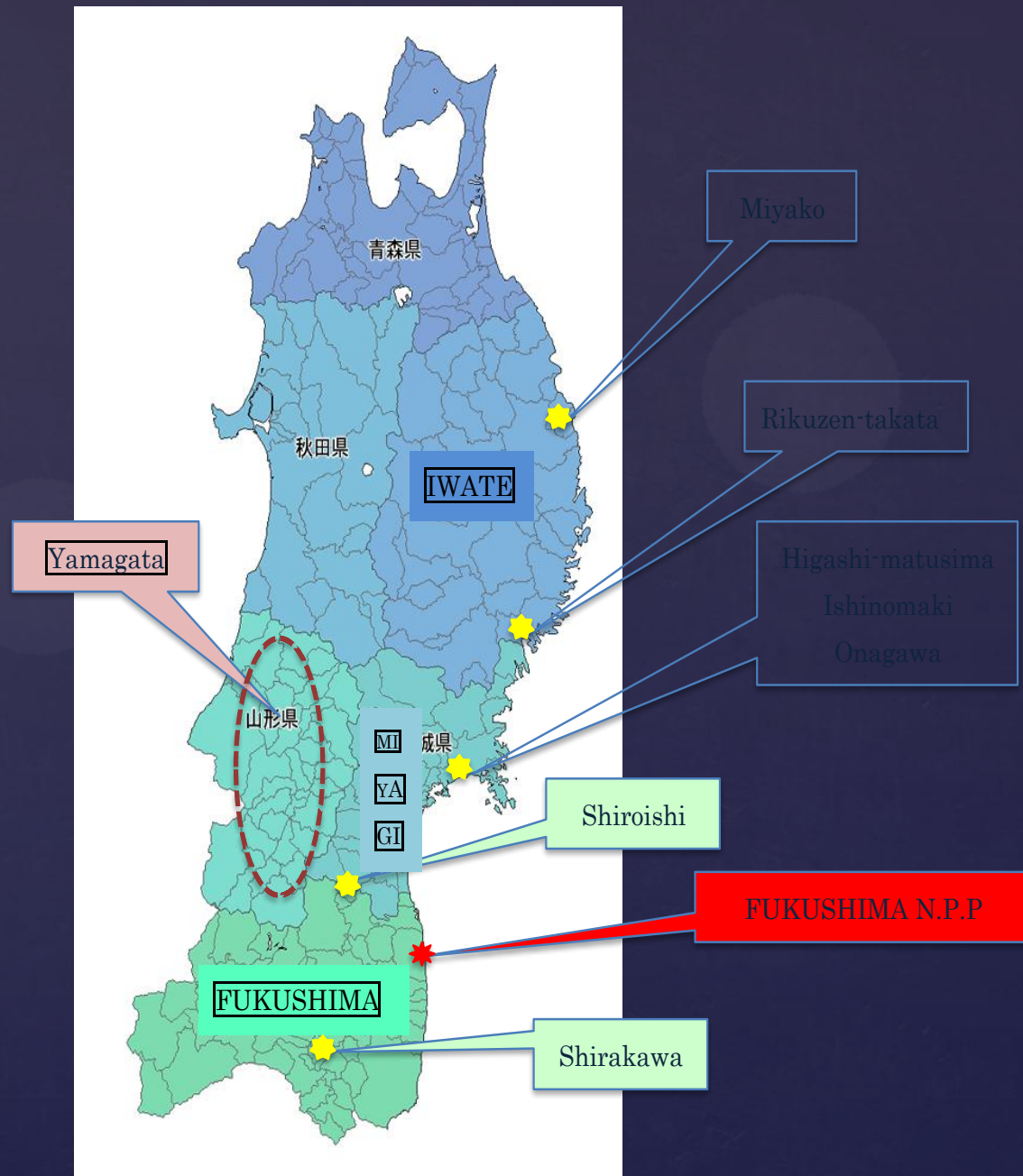
Fukushima

Shirakawa City

(3) **Neighboring areas** which provided support for evacuees

Yamagata

The Map of the support areas





陸前高田
Rikuzen-takata

Dead: 1,528
Missing: 476
Houses damaged: 3,341

Rikuzen-takata



Rikuzen
-takata



Rikuzen-takata -before

Miyako



宮古
Miyako

Dead: 420
Missing: 176
Houses damaged: 4,675



Miyagi North Higashi matushima 4M after

Miyagi South Area - Yuriage





Yuriage 4M after





Yuriage temple and Tombstone



Yuriage -bathtub

Yuriage temporary house

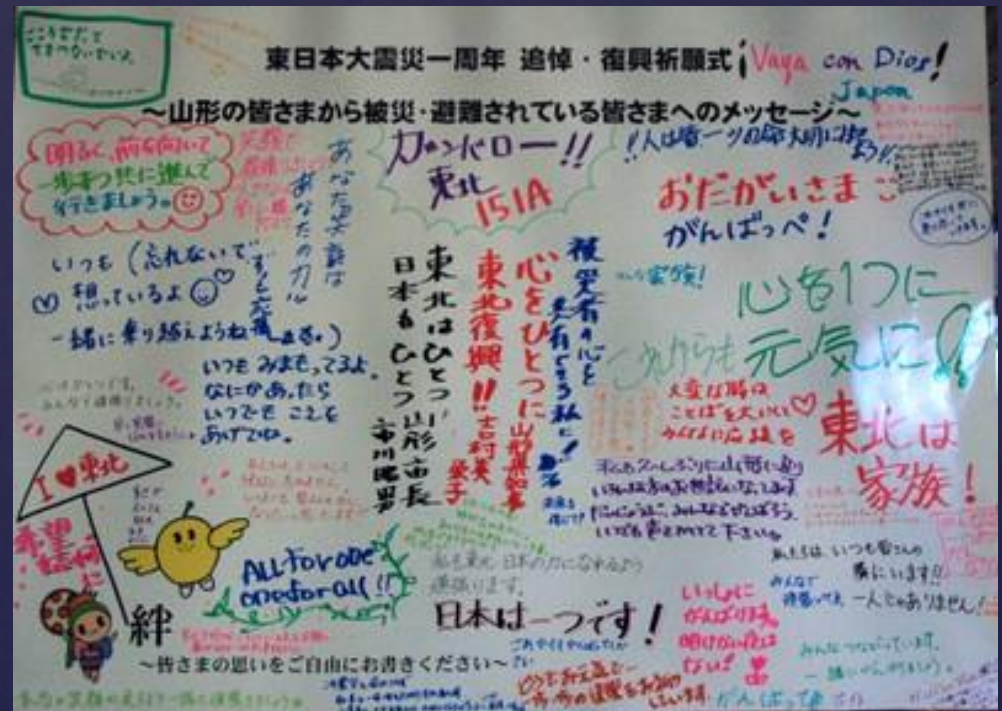




5day after

Yamagata

The welcome message →



Basic support model

- Establish a structure of cooperation/arrangement “Psychological care team”

→ Repeating

Assessment Visit the disaster area, collect information directly from local contacts and residents

→ Grasp needs → **Planning** Formulate the intervention plan

→ **Monitoring** intervention results from surveys and change of symptoms.

Evaluation Provide prospects

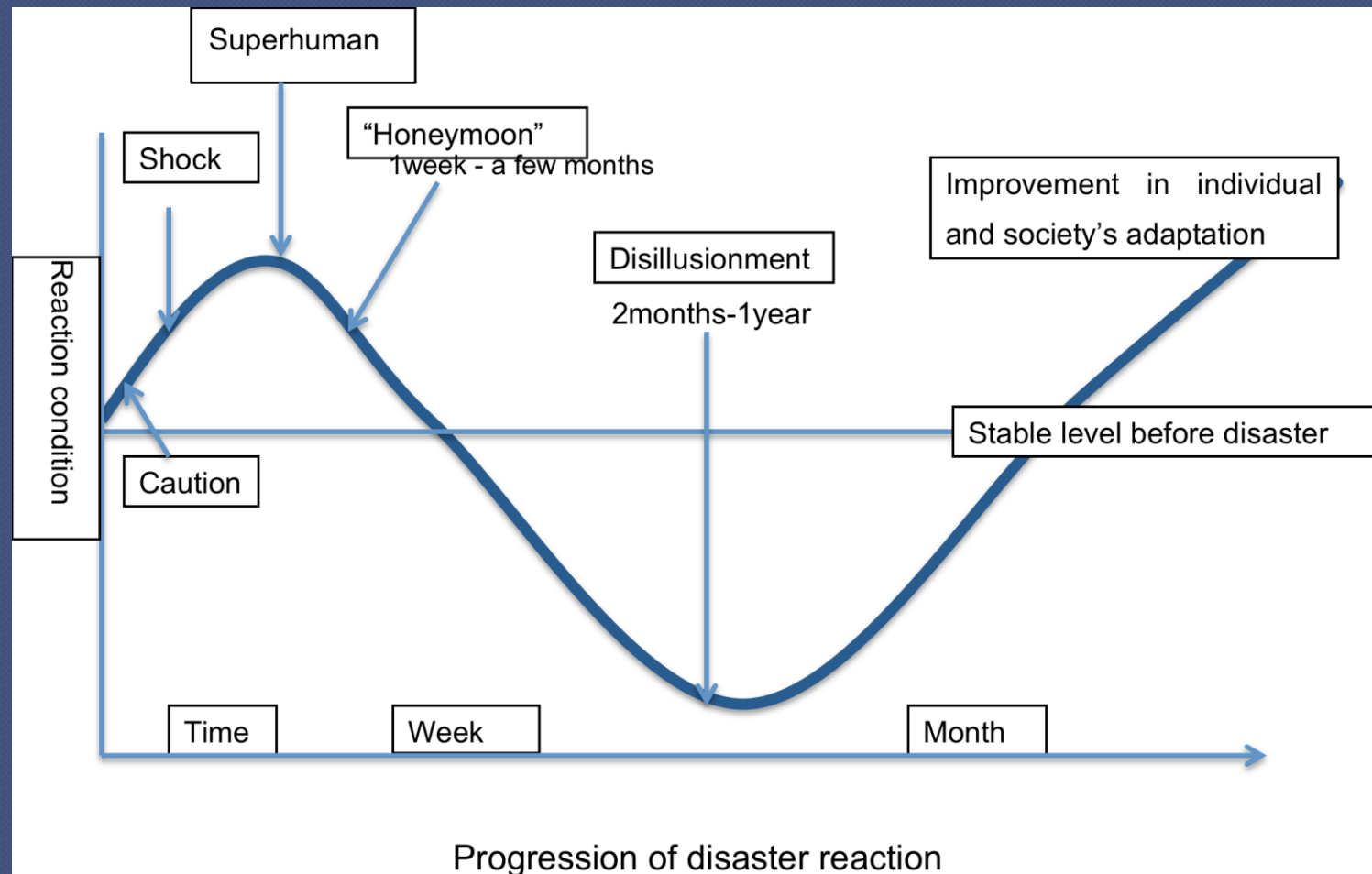


2. Process



- Soon after disaster: Securing reassurance and safety.
- Mid phase: to provide an environment where people can express negative emotions safely.
- 1 year since the disaster : “Memorial day phenomenon” disaster come back temporarily
- Through all phase . . . Tell disaster victims consistently
- state of mind is a “Natural (normal) reaction to an abnormal situation.”

Progression of disaster reaction



Source: From Raphael, B. (1986)

Five stages of human reaction towards a major disaster

Stage	Reaction
Shock stage	Characterized by shocks, panics, and extreme fear including from the actual disaster. Victims have extremely poor judgment and reality testing, and some may have self-destructive behavior.
Superhuman stage	Elevation of cooperative spirit with friends and neighbors. Arrival of the emergency rescue team. Productive activity during this phase helps overcome anxiety and depressive feelings. However, excessive activity may lead to "Burnout."
Honeymoon stage	Begins from 1 week to a few months after disaster. Necessity to support others is maintained. Aids from various organizations such as relief funds and relief supplies become the basis of reviving the community. Psychological and behavioral issues may be overlooked.
Disillusionment stage	Starts from 2 months after the disaster and lasts for 1 year. Period of discouragement, exasperation, frustration, and anger. Victims often start to compare their predicament and the neighbor's predicament. Some may start to have resentment and envy, or display a feeling of hostility towards other people.
Reconstruction and re-acknowledgement stage	Victims acknowledge that they must grasp their own problems. They live with an active attitude by rebuilding homes and restarting businesses. This stage may last for many years after the disaster.

Source: Modified from Stuart, G.W. and Sundeen, R.N. (1988)

What is important to enhance resilience for overcoming disaster?

- Threat is: Anxiety and mental wound



- Keyword for support:
- Reassurance & Connection

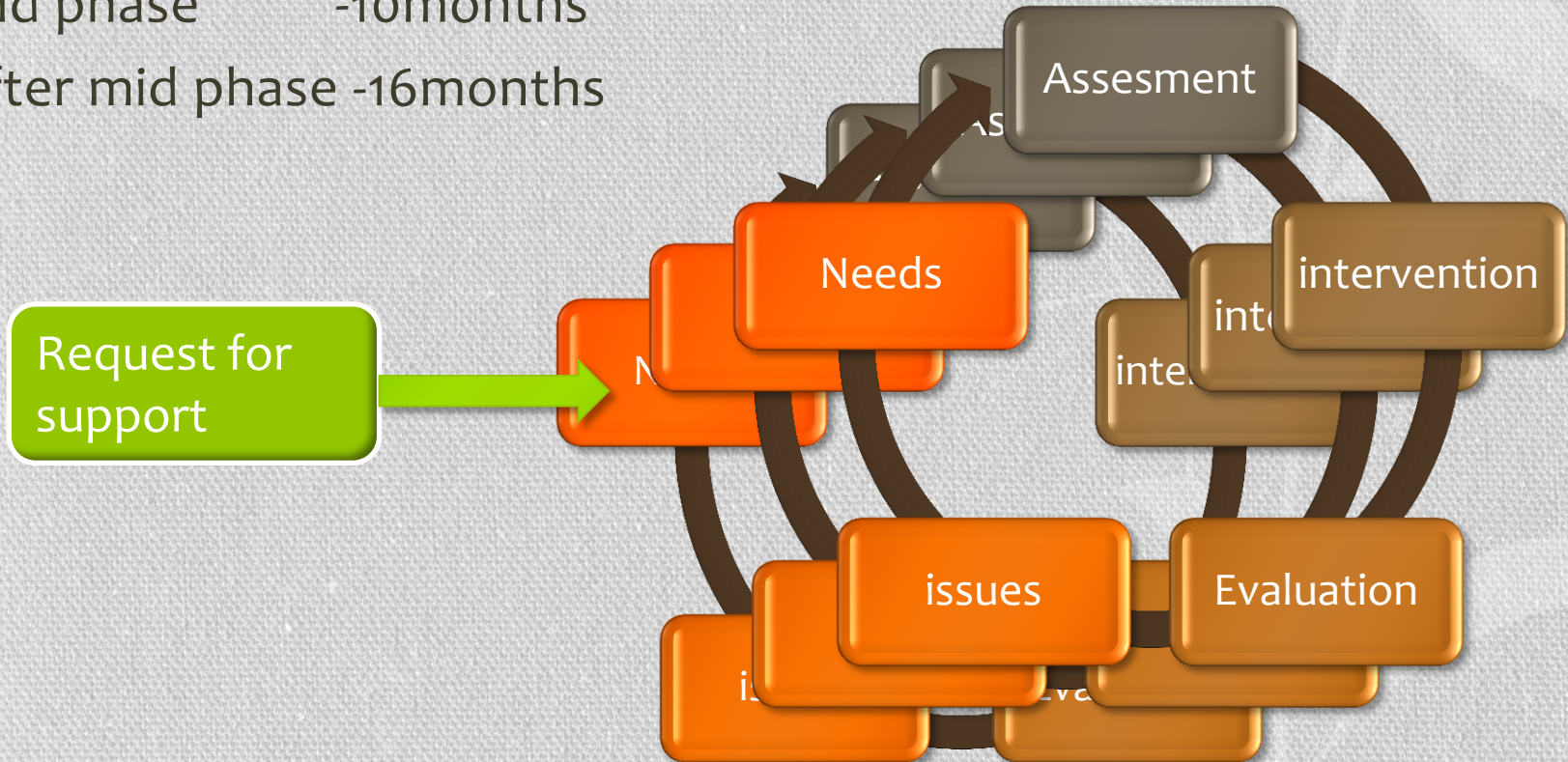
Connection in local communities enhances reassurance of the society as a whole as well as the individual, and enhances the power to overcome difficulty.



From the experience of providing specific support

Phase :

- Initial phase -4 months
- Mid phase -10months
- After mid phase -16months



Initial phase



Higashi
matsushima

Child care center

May, 2011

Volunteer's tents



Initial Phase

Shiroishi June, 2011



Inicial Phase



Yamagata Mama-café / school June, 2011



JA中央会「協同の杜」避難所連絡票 平成23年 6月9日

入居者の皆様へ

6月の山形県こども家庭課による生活相談日について

6月の山形県こども家庭課の担当職員（工藤さん、有海さん）による生活相談を下記のより実施いたします。5月実施時と同様、ご相談のある方は、部屋または協同の杜保育園にいてくださるようお願いいたします。

なお、7月以降も原則として第2・第4火曜日を定例とするほか、電話でのご相談も随時受付（023-630-2260）しておりますのでご承知おき下さい。

月 日	時 間 帯	対 応 者
6月14日（火）	15:30～	工藤、有海
6月21日（火）	14:00～	工藤
6月28日（火）	15:30～	工藤、有海

当日は、原則として中央会職員も同行します。

以 上

Yamagata Pre-mama house

Yamagata ; Pre-mama house(2)



Initial phase: From 2 months to 4 months after the disaster

- Support was requested from disaster-affected areas.
- many were observed with dependency and sense of helplessness
- in areas with comparatively light damage, sense of guilt was an issue.
- Support was requested mainly from concern towards children, however the supporters were actually in need of support.
- As for intervention methods, psychological education and individual counseling were especially effective.

Mid Phase

Shirakawa child care center Aug. 2011



Mid phase: Up to 10 months after the disaster

- Support was requested in addition from neighboring governments.
- subgroups started to form based on the degree of damage.
- relationship problems (friend, family, neighborhood, .deny damage VS express concern and evacuate) became more serious.
- Neighboring areas provided generous and empathetic support, however as for the victims' psychological condition, both anger towards the government, and sense of guilt and helplessness were observed, and victims who developed physical disorders increased.
- .
- As for intervention method, group work was especially effective.

After Mid Phase



Miyako

Group work
Individual Co.
Consultation

May. 2012



After Mid Phase



Rikuzen-takata July, 2012

New Child Care Center





Rikuzen-takata (Kesennuma) July, 2012



Tent → Ryokan

After mid phase: Up to 14 months after the disaster

- Support was requested from all areas.
sorting emotions for the 1-year anniversary, past and future.
- There was the V-shaped difference in recovery
- many were observed with irritation towards slow restoration
- accepted their current situation and actively started to show their intention to recover on their own
- In areas with nuclear power plant damage, denial and anxiety aggravated, and the formation of subgroups became a more serious problem.
- At the same time, started activities, trying to connect evacuated /stayed.
- the neighboring areas began to show fatigue, prospects for support were becoming necessary.
- group work for rebuilding teamwork and solving subgroup conflict
- Individual was especially effective for residents with delayed recovery
consultation was especially effective as intervention for community.

Fukushima

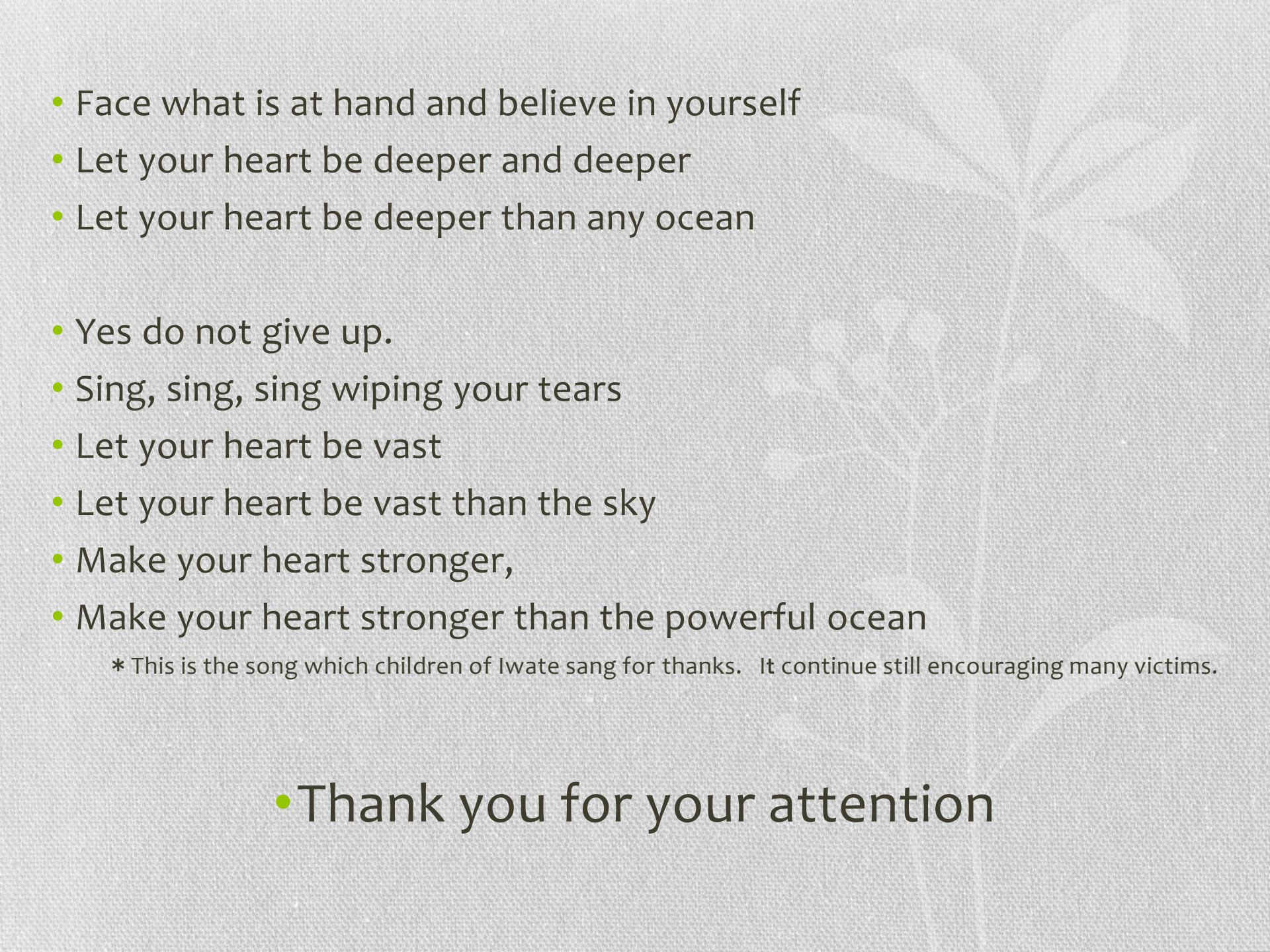
Child Play Center

A family in Fukushima enjoys quality time in a safe play environment. An event space was created for the children in Fukushima who are rarely allowed to play outdoors, due to the growing concern over radiation. C JRCS



Expand Your Heart

- People have a heart that can fly higher and higher
 - We can fly higher than the sky
 - So, do not give up
 - feeling impossible
 - Sing, sing, sing, wiping your tears
 - Let your heart fly
 - Let your heart fly higher than sky
-
- People have a heart that is deeper than the ocean
 - Our heart is deeper than any ocean
 - So, do not turn away
 - feeling dejected

- 
- Face what is at hand and believe in yourself
 - Let your heart be deeper and deeper
 - Let your heart be deeper than any ocean

 - Yes do not give up.
 - Sing, sing, sing wiping your tears
 - Let your heart be vast
 - Let your heart be vast than the sky
 - Make your heart stronger,
 - Make your heart stronger than the powerful ocean

* This is the song which children of Iwate sang for thanks. It continue still encouraging many victims.

- Thank you for your attention