

Discover Trauma Clearance Concept of PTSD From the Victims Involving in Volunteers ~ Help Disaster Victims Avoid From PTSD by Volunteering



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As we know that trauma means experience that cause intense physical and psychological stress reaction in a big disaster or unfortunate encounter. After disaster, the victims engage in volunteer will get more opportunities to take part in the society and interact with more people. Especially the victims will get a new valuable experience with delight. These experiences will cover-up and clear the trauma experience. Actually through inviting victims involved in volunteer, we can find they re-get the value of life and start a new life career. This article practically shares diverse experiences regarding a lot victims Tzu Chi domestic and international disaster relief activities which include 921 Taiwan Chi-Chi earthquake in 1999, Indian Ocean earthquake and tsunami in 2004, Sichuan (Wenchuan) earthquake of Mainland China in 2008, Morake typhoon of southern Taiwan in 2009, Typhoon Haiyan of Philippine in 2013. We accumulated some examples of victim volunteers how did they quit the invasion of PTSD through the involve of volunteering, Thousands of the victims get a lot of valuable and delightful experiences will invite the other victims to participate the volunteer. This positive action will gradually be spread by victims and set into impetus to the whole disaster area. Except the group type example of disaster victims' volunteer, there is also the example that a lady who lost husband and two children. How she walked out from the biggest tragedy of her life through volunteering as the interpreter.

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