

PSYCHOLOGICAL FIRST AID AFTER THE TRAUMA SPEEDS UP THE ADAPTATION PROCESS OF THE PERSON TO THE CASE

Natural disasters, violence, epidemics, abuse cases and many more of them bring forth physical and psychological effects. Dr. Esra Savaş, who is an Academic Member of the Department of Psychology of the Economics, Administrative and Social Sciences of the Istanbul Gelisim University, who indicated that in case of no instant intervention is made in the cases creating traumatic effects, it might cause the occurrence of much more serious problems, saying: "The Psychological First Aid (PIY) is not a therapy or treatment. Primarily, the alleviation of the stress that the person, who experiences the case, might feel on him will be ensured. By this means, the adaptation process will increase and speed up following the trauma."

"2020 HAS BEEN THE YEAR WHEN THE HIGHEST NUMBERS OF METEOROLOGICAL DISASTERS WERE EXPERIENCED SINCE 1940"

According to the explanation, made by the AFAD* (*The Disaster and Emergency Management Presidency*), Turkey takes place on the 113th rank among 180 countries at the list of "The Index of the Most Risky Countries". 2020 has been the year when the highest numbers of the meteorological disasters were experienced in our country since 1940. This circumstance shows that the requirement for the mental and physical first aid services is substantially high in our country as are in all countries. The psychological first aid, aimed to increase the adaptation period by lessening the stress in the first stage due to be made immediately after the state of acute crisis, prevent the person pertaining thereto from additional suffering. The psychological first aid can be offered by the first intervention teams and other disaster help officers to the adolescents, parents/care givers, families, adults and children, who may be exposed to disasters or terrorism.

EVERYONE HAVING TAKEN NECESSARY TRAINING CAN OFFER THE PSYCHOLOGICAL FIRST AID

The psychological first aid trainings can be taken by everybody on involuntary basis the same as the first aid courses, offered by various numbers of educational establishments likewise. The psychological first aid being applied immediately after the instances of crisis helps a person to overcome the moment of shock. The Academic Member Dr. Esra Savaş further indicated that every person, who has taken necessary training, can help a lot of individuals experiencing a state of shock, through this first aid field that he might apply thereon irrespective of whether he (she) is a psychologist or psychiatrist.

“WINNING IN SPORTS AT ANY EXPENSE IS NOT JUSTIFIABLE!”

All these developments so experienced brings the question to the minds that why even the most successful athletes put their careers at risk in this way and needs the use of doping drugs? The Associate Prof. Dr. Mehmet Soysal, who is the Director of the Vocational School of Gymnasium and Sports of the Istanbul Gelisim University and made evaluations with relation to the subject matter said: “Especially the interest, shown by the public towards the successful athletes and material supports, provided by various organizations and establishments, require the permanence and sustainability of success. The athlete within this process, however, started to prefer the use of doping drugs in order to acquire unjustified benefit, increase their performance or sustain their available performance for a further period of time. Therefore, it is necessary to abandon the perception of “Everything is justifiable just for winning.”

IT IS POSSIBLE TO DETERMINE ANY SUBSTANCE OF THAT KIND, USED EVEN A LONG PERIOD OF TIME AGO

The World Anti-Doping Agency (WADA) manages to determine the prohibited substance, used long time ago, through the works, carried out by it and tests that will be carried out on the athletes both during the competition periods and along the year and with the list of prohibited drugs (substances). Furthermore, the “The Anti-Doping Commission of the TMOK (National Olympic Committee of Turkey)”, established with the support of the General Directorate of Sports and under the guidance of the TMOK (National Olympic Committee of Turkey) from 2011 onward in our country plays an effective role against the use of the doping drugs.

The Associate Prof. Dr. Mehmet Soysal listed 3 golden rules in the fight against the use of doping drugs as follows;

It is necessary for the athletes:

- To have ethical values;
- To know how to respect their competitor;
- To adopt the spirit of competing in the Olympics.

Mr. Soysal, who indicated that the permanent success in sports can be possible through scientific-based works and efforts that will be directed and conducted by specialist sports scientists in their field of expertise, but not with the prohibited activities, also underlined the requirement of the fact that it was necessary not to forget about the spirit of emergence of the sports.

TAYF INTERNATIONAL SHORT-FILM FESTIVAL BEGINS

The activities of the TAYF International Short-Film Festival that will be held between the dates of February 24-27 and is supported by the General Directorate of Cinema of the Ministry of Culture and Tourism of the Republic of Turkey and chaired by the Prof. Dr. Şükran Güzin Ilıcak AYDINALP, who is the Dean of the Faculty of Fine Arts of the Istanbul Gelisim University, and directed by the Associate Prof. Dr. Nagihan Çakar Bikiç, who is the Head of the Communication and Design Department of the Faculty of Fine Arts of the Istanbul Gelisim University and managed by the Lecturer Ahmet Bikiç and Academic Member Dr. Emre Doğan, and movie screenings, consisted of 39 finalist films, take a start.

Various exhibitions, conversations/interviews, workshops and activities take place in the program of the TAYF International Short-Film Festival due to continue with a period of 3 days. The festival due to appear before the moviegoers on the first day with the interview of "Trip of an Actress: Hande Kaptan" will meet with its guests through the interviews such as "Authorship and Broadcasting Workshop" due to be realized by the Author Esra Algan on the second day and furthermore, "The ABC of Acting in Series" where Furkan Aksoy will attend in as a guest, and "Who Is a Producer? What a Producer Does? How To Become a Producer" where Cemal Okan will take part in as a guest. The festival will complete its program on February 26, 2022 that is the third and last day of it with the interviews and workshops, titled as "Acting from the Art Movies to the Series" where Melih Selçuk will take part as a Guest and in the meantime, "A Woman Director/ Director of Cinematography at (Movie) Sets" where Cansu Boğuşlu will appear as a guest, and "Vitrail Production Workshop" due to be organized by İdil Dülger. The exhibition of İsmail Acar, who is one of the doyen figures of the modern Turkish painting, will meet the guests at the premiere (gala) night due to be held on February 27, 2022 Sunday.

In addition to all these, the TAYF International Short-Film Festival that plans to meet the viewers with a number of 39 films that are specific from each other and will compete in the fiction, documentary, experimental and animation categories carry the films of various numbers of successful producers from numerous countries of the world on the screen. The film of Doug Roland having been the Oscar Awards finalist, *Feeling Through*, and multi-rewarded film of the Brazilian producer, Leonardo Martinelli, *The Pleasure of Killing Bugs*, and one of the most successful French-produced animation films of this year, *The Seine's Tears*, and the film of Sami Morhayim that has attracted significant attention with the prizes, awarded therewith, *Susam*, take place among the works taking place at the anthology.

The prizes will be awarded to the winners through a ceremony due to be held at the Hotel Four Seasons on the date of February 27, 2022 following the movie screening that will continue for a period of 3 days at the TAYF International Short-Film Festival.