

Preventing mental health risks in volunteers in disaster contexts: The case of the Villarrica Volcano eruption, Chile

Espinoza, Adriana E.

Osorio-Parraguez, Paulina

Posada Quiroga, Elvis

© 2018 Chile is a country that is constantly affected by natural disasters. In this article we present the results of a qualitative follow-up study with members of the Chilean Red Cross, who led the evacuation of the Pucón area after the Villarrica volcano eruption in 2015. The objectives were: to examine the experience of these volunteers throughout the evacuation; to describe their experience during a psychosocial intervention with art therapy called "Emotional Containment with Emergency Volunteers" to help them release their emotional exhaustion, and to determine the relevance of implementing psychosocial interventions with art therapy during the disaster response stage. First, we describe this art therapy intervention. Second, we present the study that included in-depth group interviews and a workshop called "Reflection on the intervention experiences after the eruption of the Villarrica volcano", which uses art therapy techniques. The findings showed the importance of implementing