

EFFORTS TO REDUCE THE TRAUMA OF CHILDREN AFFECTED BY NATURAL DISASTERS WITH PLAY THERAPY THROUGH BOOKLET MEDIA

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SUMMARY

Background: *The impact that arises due to disasters not only takes a lot of human casualties, environmental damage, property loss, but also the psychological impact on both children and adults around 15-20% will experience mild or moderate mental disorders which refer to the condition PTSD, while 3-4% will experience serious disorders such as psychosis. Feelings of uneasiness, anxiety, trauma, and fear are the result of psychological impact after a disaster, especially for children. The application of non-pharmacological therapy in the form of play therapy is more recommended to reduce trauma in children. play therapy is an attempt to change problematic behavior, by placing children in play situations.* **Methods:** *Provide information related to non-pharmacological play therapy as an effort to reduce trauma to children who are victims of natural disasters.* **Results:** *The output produced was in the form of communication, information, and educational media in the form of a booklet entitled "Reduce Trauma to Child Victims of Post-Natural Disasters with Play Therapy".* **Conclusion:** *The output of this booklet is expected to be useful as a medium of information and education for children who have experienced trauma so that they can apply non-pharmacological therapy independently.*

Keywords: *trauma, post disaster, play therapy, booklet*