

APEC SEN Mental Health Training Curriculum for Seafarers across the APEC Region

최승희*

*한국해양수산연수원 부교수

요 약 : In light of the unprecedented occupational health and safety concerns that have been raised in the wake of the COVID-19 pandemic, the importance of seafarers' mental health has been significantly underlined. Despite the fact that there has been a significant amount of research on the psychological threats of seafarers' mental health, mutual cooperative actions on this issue have not been properly coordinated among seafarers' relevant bodies and stakeholders in APEC region. This paper introduces the APEC SEN's initiatives that have been undertaken to improve the mental health of seafarers, in collaboration with medical professionals, seafarers' unions, maritime administrations, and other stakeholders, through the development of training programmes and materials for both seafarers and modulators, resulting in a more effective approach to mental healthcare promotion.

핵심용어 : seafarers' mental health, training programmes, mental health materials, seafarers and modulators, mental healthcare promotion

Our Mission

APEC has been endeavoring to meet the demands of the current and emerging needs of the shipping industry and seafarers of the APEC region, as an inclusive, highly quality one-stop online portal and offline network.

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|  | Maritime Education and Training Strengthening employability through online and offline maritime education and training |
|  | Seafarers' Better Welfare Attaining better welfare by providing collaborative supports |
|  | Recruitment, Career Development, and Job Transition Re-training for job transitions in the digital age to come |

The Mission of APEC SEN

사업 목적

**Working Group 2
Seafarers' Better Welfare**



Communication at Sea



Physical and Mental Wellness Healthcare



Mentoring System

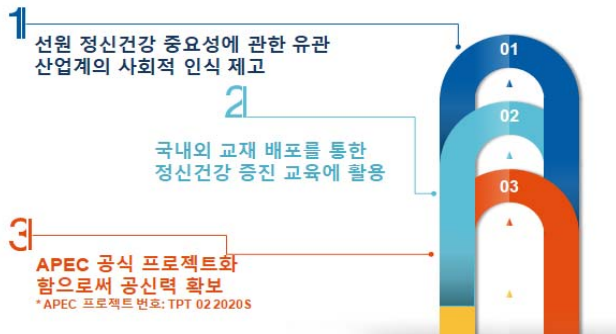
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To be explored

Mental Health Training Curriculum to Empower Well-being of Life onboard for Seafarers across the APEC Region
COVID and Post-COVID Guideline

- Mentoring program
- APEC SEN-WISTA Diploma on Maritime Woman Global Leaders
- Seafarers' human rights

추진 배경 및 경과



- 선상 및 육상에서의 선원 정신건강 증진을 위한 APEC 회원국 간 협력 필요성 대두('20.4., 제2차 APEC SEN 운영위원회 및 전문가위원회)
- APEC SEN 선원복지분과의 기여로 선원 정신건강 책자 초안 작업 완료('20.2.)
- 전국해상선원노동조합연맹(이하 선원노련)의 지원으로 부산대학교병원 해양원격의료센터 및 정신건강의학과와의 의학적 타당성 감수 진행('21.2.)
- 최종 국영문 출판 및 배포

* 중신회원, eng1017@hanmail.net

교재의 구성

학습자용



교재 목차

진행자용, 참가자용

침묵내기

- 모두의 마음건강
- 지지구조
- All Act: 다른 사람 지지하기
- 긍정적 마음 건강 증진 및 편견 없애기

회복탄력성

- 선원 정신건강 회복하기
- 변화는 삶의 일부
- 다른 시각으로 상황 접근하기
- 자기 돌봄
- 결단력있게 행동하기
- 위기에 대처하기
- 낙관적인 전망 유지하기
- 연결하기
- 동료와의 연결고리
- 감사
- 긍정적인 의사소통

교재개발을 위한 국제 전문가 협력

APEC SEN
 APEC SEN Expert Group Meeting 2020년 10월 29일 - 31일

Experts from around the APEC region met on October 28, 2020 to discuss the importance of Seafarers' Better Welfare during the 2nd session of the APEC SEN Expert Group meeting.

Led under the excellent direction of Madam Chair, Ms. Presca Lee Lugo (Philippines), Vice Chair Mr. Taha Lee (Republic of Korea) and Project Manager Mr. Seungwan Kim, the discussions surrounding seafarers' better welfare kicked off with discussions that encompassed the development of APEC SEN Mental Health Training and curriculum, and APEC SEN Mentoring Seminar to Empower Future Maritime Women Global Leaders.

The discussions under the development of APEC SEN mental health training and curriculum commenced with best practices from Madam Chair Presca Lee Lugo, who presented upon best practices to nurture individuals in their journey of becoming a Certified Life Coach to cultivate strong mental health and wellness for seafarers in the APEC region.

Followed by the presentation, Dr. Hwa-gyu Seo, a clinical associate professor of Department of Psychiatry in Pusan National University Hospital and Dr. Ho-seok Lee, a professor of the Department of Thoracic and Cardiovascular Surgery in Pusan National University School of Medicine and Vice President of Convergence Medical Institute of Technology respectively presented upon "Seafarers' Mental Health" and "Telemedicine Assistance Services for Seafarers"; to better equip seafarers with much needed services that seafarers are faced with while out at sea. The presentations encouraged delegates to consider recommendations for future projects that will benefit our seafarers through support both physically and mentally.

The next agenda to Empower Future Maritime Women Global Leaders, invited President Miriam Sara Repetto from WISTA Peru, and Dr. Cristina Dragomir from Constanta University, Romania, to present upon "WISTA Peru and its mentoring programme" and "The Need for Joint Research for Updating Maritime Gender International Policies." The discussions reviewed the need to empower women in the industry and create projects to mentor future women leaders as women represent only two percent of the world's 1.2 million seafarers, and hope to promote and align with the UN Sustainable Development Goals, and IMO's initiative to promote women in maritime. The discussion also encouraged delegates to garner more interest as cooperation with WISTA continues to stay strong.

We would like to thank all delegates and participants for their support and guidance in today's session.

#IMO #APEC #APECSEN #WISTAInternational #WISTA #InternationalCooperationWorks #MaritimeCommunity #Maritime #Seafarers #SeafarersAreKeyWorkers #MaritimeEducation #DistanceLearning #MaritimeNews



교재 내용

학생용



교재 내용

진행자용



향후 계획

- 교재를 활용한 선원 정신건강 증진 강사양성교육 및 시범 교육(해양계 및 수산계 고등학교 상담교사 등)
- 향후 국내외 교육 확대(해기교육 지정 교육기관, 국제승선실습, APEC 회원국 자체 교육 등)
- 교재 내용을 리플렛 등 간행물 형태로 제작하여 소셜미디어를 통하여 배포
- 온라인 교육 콘텐츠 개발 및 APEC SEN 원격학습 플랫폼 탑재를 통한 회원국 선원 교육 제공