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询、心理测试,针对容易产生的心理问题进行心理疏导,定期观察、做好服务,消除对各种可能出现的突发事件的不正常反应,提高适应力和控制力,培养健康的人格和良好的心态。

3.3 改善官兵关系 和谐、友善的官兵关系是做好心理卫生工作的基础。生活在关系不融洽的环境里,心情就紧张压抑,心理问题就多,而且不易发现,以至问题得不到及时解决,就易出现心理障碍。多交流,多了解,多接触才能及时发现心理障碍而及时解决。干部要以情带兵,使广大战士无论在平时还是在战时,无论在思想上还是在感情上都有依赖,都有“知心人”。

3.4 按需训练,提高综合素质 根据不同性质,不同类型的突发事件制定不同的预案,并且不断进行修改和完善。树立练为战的思想,应激处突需要什么就训练什么。不仅训练军事技术,还要训练纪律作风,救护技术和健康的心理素质。按照处突预案,每年组织多次模拟战备演练。充分利用野外竹林、丘陵、沟渠等复杂地形,设置一些险情,以锻炼官兵的心理承受力,战场应变及自我生存能力,在提高质量和效率上下功夫。同时,要了解和掌握世界局势的发展变化和军事科技等动态,牢固树立“常备不懈”的思想。

3.5 积极预防治疗应激性疾病 在极端恶劣的生存环境下,精神高度紧张,过度疲劳等多种应激因素所致心理、生理及病理性损伤如头痛、消化不良、心悸等。这类损伤虽然没有明显的器质性损伤,但同样使参战人员丧失战斗力。对应激反应较强的采用“就近、及时、期望”三原则,适当休息并予以解释、安慰,争取短期归队,极个别重症仍需较长时间调养者,送医院

治疗。

总之,突发事件对大多数官兵的心理成熟有积极影响,绝大多数官兵通过处置突发事件加深了亲情和战友情,提高了军人的使命感和责任感,增强了战斗意志,感觉自己成熟了。加强武警官兵精神、心理研究,了解和掌握发生、发展变化规律,“对症下药”,在应对各种突发事件时做到“召之即来,来之能战,战之能胜”。

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