Abstract
This article presents recommendations and conclusions derived of the initially systematization of experiences of the Brigade of Disaster and Emergency at the University of Costa Rica. It is expected to serve as references to people doing psychosocial work in communities affected by emergencies and disasters, and want to carry out a process of systematization of experiences. The reorganization is essential in this type of project as it not only serves to make visible the achievements that have been made, but is the basis for conducting a self-critical process which improves the work done, in order to future challenges.

Keywords
DISASTERS, COMMUNITIES, PSYCHOLOGY, SOCIAL ACTION.