NEW FUTURE

BETTER MENTAL WELLBEING FOR THE REFUGEES IN THEIR NEW FUTURE
2023-1-DE02-KA220-VET-000157237

TRAINING KIT FOR VET PROFESSIONALS – MODULE 1

MODULE 1 – UNDERSTANDING TRAUMA AND RESILIENCE

Learning objectives:

- Define what refugee trauma is and identify its various causes and triggers

- Identify the psychological consequences of refugee trauma

- Understand the concept of resilience and how refugees cope with their trauma

- Acquire practical strategies and techniques to strengthen refugees resilience

MODULE 1 – UNDERSTANDING TRAUMA AND RESILIENCE

Topics of the module:

- Understanding refugee trauma, its causes and triggers

- How do refugees cope with their difficult experiences? – Introducing resilience

- Key strategies and techniques to strengthen refugees' resilience

MODULE 1 – UNDERSTANDING TRAUMA AND RESILIENCE

Key contents:

- **Refugee trauma:** definition, causes and triggers (e.g., conflict-related trauma, displacement and loss, separation from family, etc.)

- The complexity of **psychological traumas** experienced by refugees (e.g., PTSD, depression, anxiety, etc.)

- **Resilience** and how refugees cope with trauma (e.g., social support, mental health services, cultural and spirital practices, etc.)

- **Active listening** and **empathetic response** as practical methods for supporting refugees' resilience

- Diverse **strategies and techniques to strengthen refugees' resilience** towards trauma, how to develop and implement them in a VET setting

MODULE 1 – UNDERSTANDING TRAUMA AND RESILIENCE

Activities

- Presentations on key concepts
- Case study analysis
- Group discussions and reflection
- Invitation of experts with experience in the module's topic
- Role-playing scenarios (including the use of scenario cards)
- Group art mini projects, i.e., collective art piece
- Storytelling activities for the expression of experiences
- Creation of personalised action plans

THANK YOU!