



NEW FUTURE

BETTER MENTAL WELLBEING FOR THE REFUGEES IN THEIR NEW FUTURE

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TRAUMA-INFORMED CARE AND TEACHING TECHNIQUES

- Approaches for VET professionals working with refugees.

MODULE OBJECTIVES

- - Implement trauma-informed teaching practices.
- - Create a trauma-sensitive learning environment.
- - Learn cognitive-behavioral techniques.
- - Support refugees in achieving their goals.

UNDERSTANDING TRAUMA AND ITS IMPORTANCE

- - Trauma: a 'wound' or 'injury' (physical/emotional).
- - Aim: Understand refugees' experiences and context.
- - Improve engagement and learning outcomes.

CORE PRINCIPLES OF TRAUMA-INFORMED CARE

- - Understanding trauma.
- - Ensuring safety.
- - Building trust.
- - Respecting personal choices.
- - Considering cultural contexts.

USING TRAUMA KNOWLEDGE IN TEACHING

- - Impact on cognitive functions.
- - Understanding neurobiological effects.
- - Recognizing symptoms and adapting.

CREATING A SUPPORTIVE LEARNING ENVIRONMENT

- - Safe physical and emotional spaces.
- - Consistent rules and routines.
- - Respect for choices and inclusivity.

ART THERAPY AS A TEACHING METHOD

- - Methods for expression and integration.
- - Techniques: drawing, collages, sculpture, photography.
- - Benefits: social skills, confidence, stress management.

TRAUMA-SENSITIVE TRAINING ROOM DESIGN

- - Ensuring safety and visibility.
- - Calming colors and soft lighting.
- - Flexible furniture arrangements.
- - Minimizing noise and stress factors.

CONCLUSION

- - Importance of trauma-informed approaches.
- - Role of VET professionals in supporting learning and integration.