

## **EBTS (Evidence Based Trauma Stabilization)-Trainings in Finland 3–5/2018**

**Dates:** 5.-8.3.2018, 16.-19.4.2018 and 22.-24.5.2018.

**Place:** Cultural Centre Sofia, Helsinki ([www.sofia.fi](http://www.sofia.fi))

**Time for applications:** 10.10.-30.11.2017

**Language:** Training will be in English

The EBTS-Training is targeted for professionals, who work with refugee, asylum seeking and immigrant families with traumatic experiences. The goal of the EBTS-Training is to train professionals to conduct the EBTS-Programmes in these families.

The EBTS-Programme's goal is to provide a support to parents to give stabilising parental care to their children and to educate them in basic tools of trauma management. This program can be used and provided in refugee and asylum seekers institutions, which have families as clients, and in all organisations working with immigrant families. The EBTS-Programme is suitable for families just arrived in refugee camp to those, which have stayed in a country up till 3 years.

### **GOALS OF THE EBTS-TRAINING**

The participants will expand their professional competencies by having:

- more profound knowledge about trauma theory, trauma management, and resilience
- a tool for trauma management by having the competence to perform the EBTS-Programme
- a manual with clear guidelines how to use the EBTS-Programme in their everyday work
- the knowledge of how to take care of themselves and to avoid burn-out and overwhelming of many trauma stories they hear in their everyday work.

### **STRUCTURE OF THE EBTS-TRAINING**

EBTS-Training has 4 elements:

- 1) 3 modules (4+4+3 days)
- 2) Self study and learning reflections during the EBTS-Training
- 3) Practice between seminars consists of
  - a) Organizing a group for EBTS-program.
  - b) Conducting one EBTS-programme in the group.
- 4) Learning is supported in a moodle learning platform.

The completed EBTS-Training gives 10 ECTS credits.

### **CONTENTS**

The main contents are divided into 3 modules:

1. Module 5.-8.3.2018 (4 days): Therapeutical foundations of EBTS-Programme. Main focus on theory: a) Resilience, b) Cultural differences in grief and mourning, c) Humanistic approach in psychology, d) Role play, children's symbolic play and pretended play, e) Theories of psychodrama and sociometry, and f) Group process and group dynamics

\* Between modules: Organising client groups.

2. Module 16.-19.4.2018 (4 days): The EBTS-Programme in practice. Main focus on the EBTS-Programme and techniques: a) Psycho-education, b) Adult experiential learning techniques based on psychodrama, c) Role play, and d) Sociometric methods.

\* Between modules: Conducting EBTS-Programme(s).

3. Module 22.-24.5.2018 (3 days): Professionals using EBTS-Program (3 days): Main focuses on supervision of conducted EBTS-Programmes, and co-traumatization and self-care of professionals.

## METHODOLOGY

The main methods used: 1) Experiential role play, 2) Psychodramatic and sociometric exercises 3) Lectures, 4) Rehearsing in practice, 5) Reflection of learning.

## TRAINERS

### **Stefan Flegelskamp, Germany:**

Stefan Flegelskamp is a graduated social worker and psychotherapist for children and youth, psychodrama trainer and director, head of the “Szenen” Institute for Psychodrama in Cologne. Since 2009 he is an active member of FEPTO and a coordinator of FEPTO Network Group for psychodrama with children and youth, cofounder and co-organiser of the three European conferences for Psychodrama with Children and Adolescents. He has conducted a psychodrama project in Gaza, Palestine.

Stefan Flegelskamp worked as a Head of the Psychotherapy Department for young children in “Hermann Josef Haus” Foster Care Unit for 10 years and conducted many psychotherapeutical groups for traumatised and sexually abused children aged from 6 to 12. He is one of the main European trainers for Psychodrama with children leading seminars all over the Europe, leading groups in Sofia, Bonn, Cologne, Athens, etc.

### **Milena Mutafchieva, Bulgaria:**

Milena Mutafchieva, PhD is an associate professor in Developmental Psychology, psychodrama trainer for adults for more than 15 years with a profound expertise in adult education in different psychological fields. In addition, she was trained to be a Transplant Coordinator in Spain, which includes courses in grieving and mourning, cultural differences in trauma experience and how to work with people that experience loss. Milena Mutafchieva has experience in individual therapy with traumatised children including children from minorities.

Milena Mutafchieva is a long term researcher in the field of child development and an author of instruments for child assessment:

- National Early Child Development Standards
- National Screening Test for Kindergarten Readiness for 3-years-old children
- Training Program for Improving Inhibition and Working Memory of Young Children.

### **Reijo Kauppila, Finland:**

Reijo Kauppila is psychodrama trainer TEP, M.Ed. (adult education) and director of Helsinki Psychodrama Institute. He has participated in several seminars about care of trauma experiences

with psychodrama, too. Reijo Kauppila is a specialist in adult learning, especially by experiential learning based on action methods, psychodrama and sociometry. He has developed training programmes for applying psychodrama in organizations, coaching, and organisational counseling, which are based on theories of psychodrama and experiential learning. He gives seminars on psychodrama, supervision and coaching in Europe, for example in Finland, Estonia and Bulgaria. Reijo Kauppila conducts also one year long therapy groups and individual therapy based on psychodrama.

Reijo Kauppila is a member in FEPTO Council and the chair of FEPTO Training Committee since 2013. He is an active participant in FEPTO Research Committee since 2011. He is the vice-president of Nordic Board of Examiners of Psychodrama, Sociometry and Group Psychotherapy.

## **COSTS**

The EBTS-Training is free for the participants. Principally travel costs, accommodation and boarding are to be paid by the participant, but some support might be available.

## **APPLICATION**

Time for application is 10.10.-30.11.2017.

Criteria of selection of participants:

- 1) are working with refugee, asylum seeking and / or immigrant families.
- 2) are able to participate in the whole training (3 seminars).
- 3) are able to conduct and lead at least one child-parent client group of up to 10 child-parent pairs (4-12 years) in Spring 2018.
- 4) have a basic understanding of psychological measurement tests conducted in the client groups in this project.
- 5) are members in Suomen Perheterapiayhdistys ry.

Application form is in web:

[https://docs.google.com/forms/d/e/1FAIpQLSe8JOj36NnJgBNIFUe2EJjsvTI\\_dUuEOD82\\_CpeufLdKLKkzg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSe8JOj36NnJgBNIFUe2EJjsvTI_dUuEOD82_CpeufLdKLKkzg/viewform?usp=sf_link)

## **FURTHER INFORMATION**

For more information, please contact

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or

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