



Trauma, resilience and adversity activated growth

An international specialization course organized by

**The International Organization for Migration's Psychosocial and Cultural Integration Unit
and
The Centre for Trauma, Asylum and Refugees, University of Essex**

Rome, Italy

Part I: 13 October – 17 October 2008

or

Part I and II: 13 October– 22 October 2008

Background

War, conflicts and collective violence provoke extreme suffering and long-term trauma both at an individual and collective level. They are also amongst the main causes of forced migration. Forced migrants and asylum seekers, other than the trauma caused by war, must also survive in contexts in which they feel uprooted, misunderstood and often discriminated against. At times, there is a risk that the complexities of their experiences are reduced to a psychiatric syndrome or to an individual psychological malaise which is far removed from their personal and collective histories and culture.

The specialization course: 'Trauma, Resilience and Adversity Activated Growth' will train about the work techniques and tools which can be used in order to help ensure a positive and resilient future for traumatised persons and communities.

It is aimed towards humanitarian workers involved in cooperation activities in various fields - not only psychological or psychiatric - but to everybody who has (or can have) an effective role in supporting individuals and communities that have been through severe traumatic experiences.

The course 'Trauma, Resilience and Adversity Activated Growth' introduces the approach of the International Organization for Migration's Psychosocial and Cultural Integration Unit (IOM PCI Unit), which has been elaborated over the course of several years of experience in the field, together with a network of international professionals and well-respected institutions.

In this edition, the IOM is collaborating with the Centre for Trauma, Asylum and Refugees of the University of Essex, UK and with the School of Psychology of the University of KwaZulu-Natal, South Africa. During the course, the participants will test theoretical and practical tools to enrich their ways of working with trauma, and for those who also decide to attend the second part of the course, they will have the opportunity to explore more in-depth the issues relative to their own case studies/projects under the supervision of IOM specialists in this sector.

At the end of the training course the participants will be in a position to respond to the following questions:

How can trauma be interpreted and what are the responses? Which professional tools can be used to cope with the effects of trauma in a culturally appropriate way? What are the possible settings to use for encouraging responses of resilience that sustain positive growth, at an individual and community level?

The lessons and the concrete examples provided will be accompanied by discussions and comments that require an active participation from everybody taking part in the course.

Each person who completes the course will be presented with a certificate of completion from the International Organization for Migration's Psychosocial and Cultural Integration Unit and the Centre for Trauma, Asylum and Refugees, University of Essex.

There are two different options of enrolment:

1. PART I (13 – 17 October 2008): Theory and Practice

or

2. PART I (13 – 17 October 2008) and PART II (20 – 22 October 2008): Aside from the theory and practice of Part I, the second part of the course offers three days of supervision on specific individual cases and community projects as per specific requests by the course participants. For this we invite you to send any information before the beginning of the course (please see contact information at the end of this programme).

The course language is English.

Trainers' Biographies

Natale Losi

Natale Losi, PhD, family psychotherapist, medical anthropologist and sociologist. Dr. Losi has extensive professional experience in various countries, having worked in Africa (Mali and Ethiopia); in the Balkans (Bosnia, Albania, Kosovo, Serbia); Switzerland (IOM HQ; Maître d'Enseignement et Recherche at the University of Geneva); Italy, in Milan and in Perugia as a professor at the university. He is presently the Head of the Psychosocial and Cultural Integration Unit at the International Organization for Migration. Through his clinical and academic experience he has developed the ethno-systemic-narrative approach that includes memory and narration, especially within migrant communities, as a fundamental tool of cultural integration and resilience. Such ideas are discussed in his publications that include: *Lives Elsewhere, Migration and Psychic Malaise*. Karnac, London (2006); *Archives of Memory, supporting traumatized communities through narration and remembrance*, (Ed), IOM, Geneva (2001).

Renos Papadopoulos

Renos K Papadopoulos, PhD, Professor and Director of the Centre for Trauma, Asylum and Refugees, University of Essex, UK. In addition, he is Consultant Clinical Psychologist and Systemic Family Psychotherapist at the Tavistock Clinic, Training and Supervising Jungian Psychoanalyst practising in London (member of the Independent Group of Analytical Psychologists). He was the editor of *'Harvest: International Journal for Jungian Studies'* for 14 years and now the editor of the new *'International Journal of Jungian Studies'*, the official journal of the International Association for Jungian Studies. Also, he is the editor of *'The International Series of Psychosocial Perspectives on Trauma, Displaced People and Political Violence'* published by Karnac Books. He was the first Chairman of the Academic Sub-committee of the International Association for Analytical Psychology. As consultant to the United Nations and other organisations, he has worked with refugees and other survivors of political violence in many countries. He is the founder and director of the MA / PhD in Refugee Care.

Yvonne Sliep

Professor Yvonne Sliep, PhD currently works in the School of Psychology at the University of KwaZulu-Natal, South Africa. She is an internationally recognized scholar who is strongly committed to translating theory and research into practice with a specific interest in health psychology. Her contribution has mainly been the area of community based counselling, HIV/AIDS, narrative approaches to deal with psychosocial issues particularly in war-traumatized areas. The CARE counselling model she developed for her Ph.D. became the national strategy of HIV/AIDS counselling in Malawi. She has done extensive work as a consultant in more than twenty countries combining global information with local knowledge and contexts. She has published widely and serves on several Editorial Boards for International Journals.

Psychosocial and Cultural Integration Unit, International Organization for Migration

www.psychosocial.iom.int

The International Organization for Migration's Psychosocial and Cultural Integration Unit (IOM PCI Unit) is based in Rome, working as part of the Regional Office for the Mediterranean and Mission for Italy and Malta.

The IOM PCI Unit was established in 1999 and specialises in the three main sectors of: Psychosocial well-being in migration processes; Trauma and conflict; and Education and cultural integration.

The Unit offers its competencies to both migrants and communities, in origin and receiving countries through research activities and documentation, training, assistance to programmes and service implementation, as well as clinical support and supervision.

The IOM Psychosocial and Cultural Integration Unit has been carrying out training activities since its establishment in 1999 in both Italy and abroad.

To date, its courses have been widely conducted in Psychosocial and Trauma Response projects in zones of conflict and post-conflict, such as Kosovo, Serbia, Palestine, Lebanon, adopting an approach which is aimed at reinforcing the internal, individual and collective resources of people.

The Centre for Trauma, Asylum and Refugees (CTAR), University of Essex

www.essex.ac.uk/Centres/psycho/ctar/

The Centre for Trauma, Asylum and Refugees (CTAR) was established recently at the University of Essex and aims to provide a framework and a focus for examining, from a variety of different perspectives, the main issues associated with the reality and experience of being an asylum seeker or refugee; the main emphasis is on the psychosocial dimensions of these experiences.

The Centre is also intended to provide a forum for individuals and organisations in this country and abroad to exchange knowledge and experiences and to further develop their ideas and work in this field.

The Centre is based within the Centre for Psychoanalytic Studies and also has links with the MA in Refugee Care / PhD in Refugee Care run jointly by the University of Essex and the Tavistock Clinic.

PROGRAMME: PART I – THEORY AND PRACTICE (13 - 17 October 2008)

MONDAY 13th October

- 9.00-9.30 Participant Registration
- 9.30-9.45 **Introduction to the Specialization Course**
Natale Losi, (Head of Psychosocial and Cultural Integration Unit, IOM, Italy)
- 9.45-11.00 **Trauma, resilience and adversity-activated development: theory and practice**
Renos Papadopoulos ((Director of the Centre for Trauma, Asylum and Refugees, University of Essex, UK)
- 11.00-11.30 *Coffee-Break*
- 11.30-13.00 **Trauma, resilience and adversity-activated development: theory and practice *continued***
Renos Papadopoulos
- 13.00-14.00 *Lunch*
- 14.00 – 15.00 **Case study example/video by Renos Papadopoulos**
- 15.00 – 16.00 **Comments by Natale Losi**
- 16.00 – 16.15 *Coffee-Break*
- 16.15 – 17.00 Questions and debate: All participants

TUESDAY 14th October

- 9.00 – 11.00 **External ‘rescuers’ and local actors: how to intervene?**
Yvonne Sliep (Professor, School of Psychology, University of KwaZulu-Natal, South Africa)
- 11.00-11.15 *Coffee-Break*
- 11.15-13.00 Questions and debate: All participants
- 13.00-14.00 *Lunch*
- 14.00 – 15.00 **Case study example/ Video by Yvonne Sliep**
- 15.00-16.00 **Comments by Natale Losi**
- 16.00-16.15 *Coffee-Break*
- 16.15-17.00 Questions and debate: All participants

WEDNESDAY 15th October

9.00-11.00 **Secondary trauma in emergency situations**
Yvonne Sliep

11.00-11.15 *Coffee-Break*

11.15-13.00 Questions and debate: All participants

13.00-14.00 *Lunch*

14.00-15.00 **Case study example/Video by Yvonne Sliep**

15.00-16.00 **Comments by Natale Losi**

16.00-16.15 *Coffee-Break*

16.15-17.00 Questions and debate: All participants

THURSDAY 16th October

9.00 – 11.00 **Beyond PTSD: Other concepts and interventions for dealing with trauma**
Natale Losi

11.00-11.15 *Coffee-Break*

11.15 – 13.00 **Beyond PTSD: Other concepts and interventions for dealing with trauma**
continued
Natale Losi

13.00-14.00 *Lunch*

14.00-15.00 **Case study example/video by Natale Losi**

15.00-16.00 **Comments by Yvonne Sliep**

16.00-16.15 *Coffee-Break*

16.15-17.00 Questions and debate: All Participants

FRIDAY 17th October

9.00 – 11.00 **The Ethno-systemic-narrative approach**
Natale Losi

11.00-11.15 Coffee-break

11.15-13.00 **The Ethno-systemic-narrative approach *continued***
Natale Losi

13.00-14.00 Lunch

14.00 -16.00 **Roundtable**
Helping the operators: how to face trauma

16.00-16.15 Coffee Break

16.15-17.00 Conclusions from Part I of the course

PROGRAMME: PART II - SUPERVISION (20- 22 October 2008)

**Participants are invited to submit their individual and/or programmatic case studies ideally prior to the beginning of the course*

MONDAY 20th – TUESDAY 21st - WEDNESDAY 22nd OCTOBER

9.00-13.00 & 14.00-17.00

Supervision activities: on individual cases and community projects as per participants' requests.

Team from the IOM Psychosocial and Cultural Integration Unit including:

Natale Losi, Head of the IOM Psychosocial and Cultural Integration Unit,

Guglielmo Schininà, Senior Advisor, IOM Psychosocial and Cultural Integration Unit

Rossella Celmi Training Coordinator, IOM Psychosocial and Cultural Integration Unit

APPLICATION

On completion of the course, a certification of participation will be presented from the International Organization for Migration – Psychosocial and Cultural Integration Unit, together with the Centre for Trauma, Asylum and Refugees of the University of Essex.

Place

The course will be held at Scuola Ortofrenica Montesano - Via di San Crisogono 35, 00153, Rome, Italy.

Costs

The fee for participation is **750 Euro** for attendance to the Part I, and **950 Euro** for attendance to the entire course, which includes the 3 days of supervision. This fee does not include travel, board or lodging, which are the responsibility of the participants.

Inscription

Participants are not required to have any specific background, however we will make a selection based on the relevance of their professional experience and interest.

To apply, we therefore ask participants to send a brief CV and note of motivation to: psytraining@iom.int; by fax: +39 06 87450018; or to the following address:

International Organization for Migration
Psychosocial and Cultural Integration Unit
Via Palestro 1
00185
Rome
Italy

The deadline when the application must arrive at our office is Friday 12th September

Candidates will be informed if they have been accepted or not by Tuesday 16th September upon which successful applicants should transfer 50% of the participation fee using the details below.

Payment will only be accepted by bank transfer and upon production of a receipt sent to: psytraining@iom.int or faxed to: +39 06 87420018

Transfer details:

Organizzazione Internazionale per le Migrazioni (OIM)

INTESA SAN PAOLO Ag. 14

ABI: 6903 CAB: 2191

c/c n° 560002

IBAN IT25X0306903219100000560002

Reference: Iscrizione Corso di perfezionamento TRAUMI Unità Psy 2008.

The remaining amount should be transferred before the date of the beginning of the course (13th October).

Information

For any other information, please contact us at:

Email: psytraining@iom.int

Or telephone: +39 06 87420967 and ask for Rossella Celmi or Emily Coleman

N.B The course will only be activated following an adequate number of inscribed participants by the deadline 12th September. In the case this quotient is not reached, we reserve the right to reschedule the course.