



GLOBAL TRAUMA PROJECT



globaltraumaproject@gmail.com

Nairobi, Kenya

www.globaltraumaproject.org

GTP's mission is to reduce the detrimental impacts of trauma (child abuse, sexual/ gender based violence, war trauma, etc.) in low-resource communities where mental health supports are lacking.

We work by providing capacity-building support (training, mentoring, wellness sessions, etc.) to local providers such as: community/ religious leaders, child protection staff, teachers, coaches, community health workers, etc.; who are already trusted and supporting others in their communities.

While GTP is available to offer one-time trainings, our priority is on forming longer-term partnerships with a commitment to building and strengthening sustainable and culturally-relevant trauma-informed support systems for children, families, and communities.

“Even when I came for the first training, I was completely shut down. I was traumatized myself, affected by so many years of stress and trauma. But now, after attending these trainings, I can stand my ground. I raise my hand and speak-up. I am not the same person that I was before.”
- Female community facilitator, South Sudan.



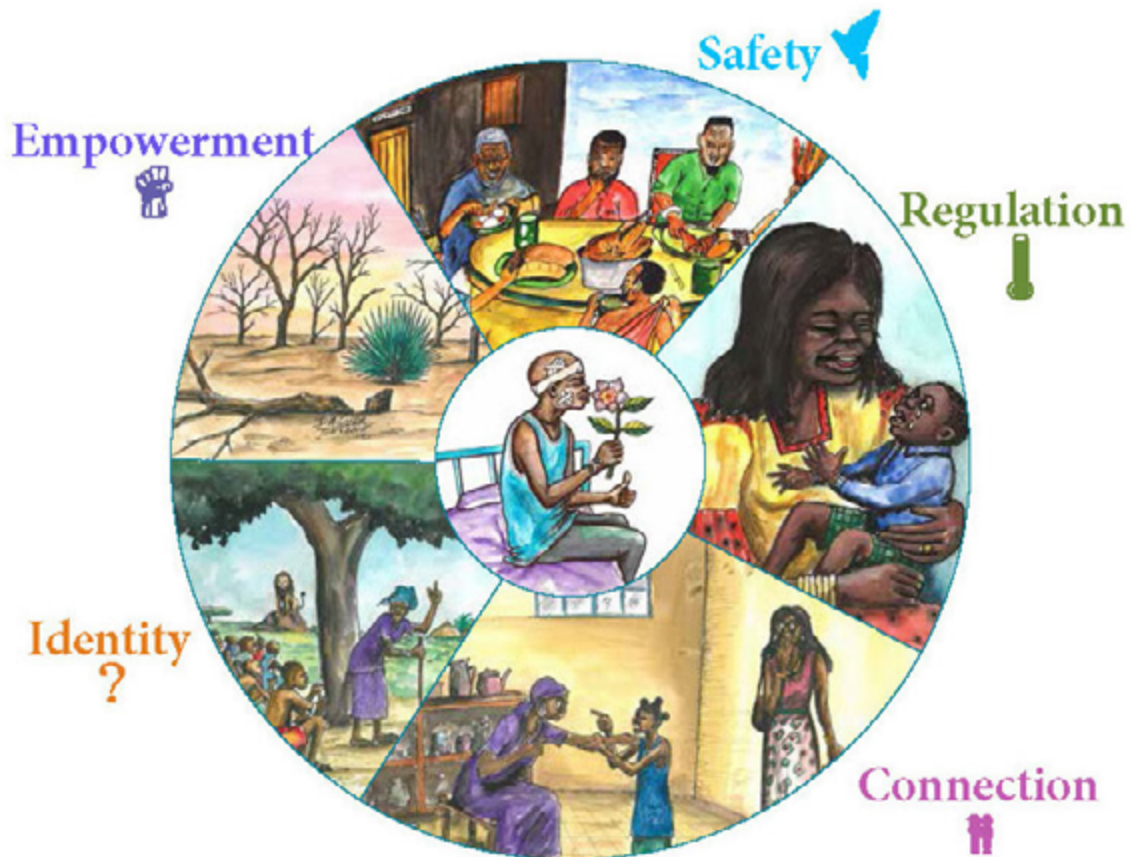
Why Focus on Trauma?

GTP believes that peace, stability, and community development will only be successful when individuals are able to heal from past trauma. When we operate from our “survival brains,” we cannot make rational decisions, manage strong emotions, or connect with others. Cycles of mistrust, victimization, and aggression continue to occur. The cycle of violence- whether it be due to war, tribal conflict, family violence, intergenerational loss, or abuse- leaves individuals traumatized and destroys trust and reciprocity within and between communities and clans. It prevents people from rebuilding their lives, leaves communities fragmented, increases the appeal of extremist groups, and weakens local governance.

It is our belief that trauma- healing must serve as a foundation for successful peace- building, nation building, and sustainable development.



THE GTP APPROACH: TRAUMA- INFORMED COMMUNITY EMPOWERMENT (TICE) FRAMEWORK



“Trauma-Informed Community Empowerment” is a capacity building framework for strengthening community-based, trauma-informed systems in low-resource settings. TICE was designed for working with communities impacted by compounded stress, conflict, abuse, or other forms of violence, and where mental health/ healing supports are lacking.

The framework seeks to strengthen the capacity of local community providers/ leaders to:

1. Reduce the impacts of trauma and compounded stress and
2. Increase leadership and empowerment amongst community members

The TICE framework sets a solid foundation for community providers working in social healing, and is focused around 5 Core Components that are most greatly affected by the effects of trauma: **Safety, Regulation, Connection, Identity, and Empowerment**. TICE equips community providers with a solid understanding of the effects of trauma, and establishes a solid framework for providers to begin to develop their own local responses based on their specific needs, contexts, and capacity. Once providers have a solid foundation in TICE, they start to have a common language to discuss their work and are able to make conscious decisions about strategies that are most appropriate and helpful. With booster trainings, mentoring, and consultations, local providers are able to offer quality support to others in their communities.

TICE has a foundation in child development, evidence-based trauma treatment (“Attachment, Regulation and Competency” ARC), Asset-Based Community Development, body-based mindfulness, and international psychosocial programming (WHO-ISAC Guidelines on Mental Health and Psychosocial Support.)

GTP's unique model provides capacity building through technical assistance, mentoring, curriculum design, training and supervision. The TICE framework underpins policy and practice in the field, supporting local partners to take the lead in their own healing, and strengthening community level resilience.



GTP HIGHLIGHTS

Since 2013, GTP has provided direct **training and support to over 450 local providers** throughout Kenya, Uganda, Ethiopia, Tanzania, South Sudan, and Somalia. We have worked with child protection staff, teachers, religious leaders, women's groups, refugee protection staff, traditional healers, health workers, yoga instructors, sports coaches, and peace-builders to strengthen their capacity to provide supports that reduce the negative impacts of trauma.

WAR TRAUMA: In South Sudan, years of conflict have shattered the fundamental social, economic and political mechanisms of the country. Two recent studies documented that over 40% of the population exhibited symptoms consistent with Post Traumatic Stress Disorder (PTSD.) GTP believes that trauma healing is essential to peace efforts and must be adapted to this unique context. *In collaboration with local partners, GTP designed and developed a **National Trauma-Healing Program for South Sudan**, providing training and support to a network of community facilitators from throughout the country, who are leading trauma- support groups and training community leaders in their local areas.*

CHILDREN & TRAUMA: The growing recognition of Adverse Childhood Experiences (ACEs) on life-long health and development outcomes highlights the importance of addressing trauma and compounded stress, particularly amongst children. GTP focuses on strengthening support systems to integrate trauma-informed practices. *GTP is **training child protection staff in Somalia and Kenya** to build resilience amongst children, families and communities. GTP also provided **professional development workshops for school leaders/ teachers** in 4 Kenyan communities, empowering them to integrate trauma-informed principles within the classroom in order to boost children's capacity for emotional regulation, critical thinking, and problem solving.*

CAREGIVER SUPPORT: For many people, communities of faith provide a sense of belonging, routine, and identity. Faith leaders are often the first responders to painful events, and as such may be at particular risk of vicarious trauma. In South Sudan and Somalia, GTP is providing **wellness sessions to religious and community leaders** who are working to heal their societies. As one participant noted "The one-on-one session that I had was very helpful. I had never talked about these things before, and I was just looking for the right person and place to talk about these things that have been deeply affecting me. Then I got invited to the trauma healing training. I am so glad I got a chance to talk. This has really helped me, and I can now offer more support to other women in my home area." With proper support, faith leaders can learn to prioritize self-care, ensuring that they address their own needs in addition to continuing to support others.

POLICY & SYSTEMS CHANGE: GTP believes in the importance of international standards rooted in local expertise. GTP is developing a **regional Psychosocial Framework** for Orphans and Vulnerable Children to guide policy, funding, and programming throughout East Africa. This collaborative process includes distilling best practices and engaging stakeholders throughout the region, establishing a standard of quality for use at national levels.

GTP Past & Present Partners:

KENYA:

Dignitas
Heshima-Kenya
Kebirigo Community Resource Center
Kimo Wellness Foundation
Africa Yoga Project

ETHIOPIA:

Posterity Psychological Therapy and Training Center
Erk Mead TV and Radio
Selamta Family Project
Addis Ababa University

SOMALIA:

Somali Youth Development Network (SOYDEN)
Danish Demining Group (DDG)
Wajir Peace University Trust

SOUTH SUDAN:

Morning Star
Community Initiative for Trauma Healing Organization (CITHO)
Vistas- USAID

REGIONAL:

Pact
International Committee for the Development of Peoples (CISP)
Maestral International
East African Community (EAC)

USA:

Trauma Center at JRI



“Children are our future generation in the making. They learn how to build relationships, manage their emotions, resolve conflicts, and solve problems through watching the adults around them and modeling adult behavior. When children grow up with experiences of violence, conflict, neglect, mistrust, and anger, they replicate these experiences throughout their life. It is only when we break the cycles of intergenerational and historical traumas, that a different kind of family, society, and environment may be born- Families and societies that can respond rather than react; that can build trust and collaboration; and can develop innovative strategies for transforming lives.” Ilya Yacevich, GTP Founder

GLOBAL TRAUMA PROJECT SERVICES:

Training

- Trauma-Informed Community Empowerment (TICE)
- Psychological First Aid
- Understanding the Impacts of Trauma
- Supporting Staff in High-Stress Environments
- Body-Based Approaches for Holistic Wellness
- Peace- Building and Managing Conflict
- Safety & Security
- Cultural Awareness, Power & Inequality
- Harm Reduction & Substance Use
- Child & Youth Development

Certification Program

1- Year Certification Program in “Trauma-Informed Community Empowerment” (TICE) for Individual Staff Members working in the areas of: child protection, counselling, peace-building/ conflict transformation, and spiritual care.

1- Year Certification Program in “Trauma- Informed Community Empowerment” (TICE) for Organizations wishing to become a TICE-Certified organization

2- Year Diploma Program in Global Trauma Studies and Conflict Transformation
(in design)

Wellness Services

- Individual/ Family Counselling
- Critical Incident Support
- Child Assessment
- Holistic Wellness Sessions:
Yoga/ Pilates
Sports Therapy
Trauma- Informed Massage

Policy & Organizational Development

- Trauma-Informed Organizational Assessment
- Clinical Case Consultation for Organizations
- Trauma- Informed Program Consultation
- Policy Development/ Consultation for trauma-healing, psychosocial support (PSS)

Mentoring & Staff Support

- Group Consultations
- Staff Debriefing
- Critical Incident Support
- Individual Wellness Sessions
- Risk Assessment
- Preventing Burn- Out & Vicarious Trauma
- Employee Wellness & Self Care
- Field Visits

GTP AREAS OF FOCUS

Global Trauma Project Information Packet
For more information, contact <globaltraumaproject@gmail.com>



Peace-Building &
Conflict
Transformation



Child &
Family
Wellness



Community
Healing



Addictions