



TRAUMA RELIEF LEADERS REPLICATING



TRAUMA RELIEF PROGRAM



Since September 2017, the **International Association for Human Values (IAHV)** has been developing the Trauma Relief Program reaching out thousands of people in affected communities, to help them restore confidence and move on after the disaster, providing physical and mental relief as well as material aid.

As part of our long term program this 5th Stage our trained monitors opened their activities in their own communities, sharing breathing techniques and social emotional tools that help the participant to remain calm in difficult situations and be able to take better decisions.

After the physical damage from a disaster has been cleared, there are layers and layers of emotional devastation left behind.

Studies conducted by the Pan American Health Organization have shown that deep breathing and relaxation techniques are the basis for deep trauma relief, being the main intervention in any type of critical incident.

This is the final report of this project, in a long term program for Trauma Relief after 25 months of the earthquakes in September 2017 we created and trained a team of first response in case of natural disaster and have reached

**+ 10,000 people
reached 09-2017 to
10-2019**

REPLICATION

In Tecnológico de Estudios Superiores de Cuautitlán Izcalli



Three of our new trained leaders, shared Trauma Relief Workshop for 34 teachers in the school during August, completing 3 hours of workshop.



LEADERS TRAINING

REPLICATION



Our Chimallhuacan and Ecatepec teams organized Trauma Relief workshops in COBAEM , Colegio de Bachilleres del Estado de México no. 31, during August 2019, reaching 190 students.





REPLICATION

TEMAZCALCINGO: Town Auditorium. September 2019.

157 participants were reached by our team in this series of workshops during September 2019.





PROGRAMA
ALIVIO DE TRAUMA
en situaciones de RIESGO y DESASTRE

MÉXICO
2019