



# 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.

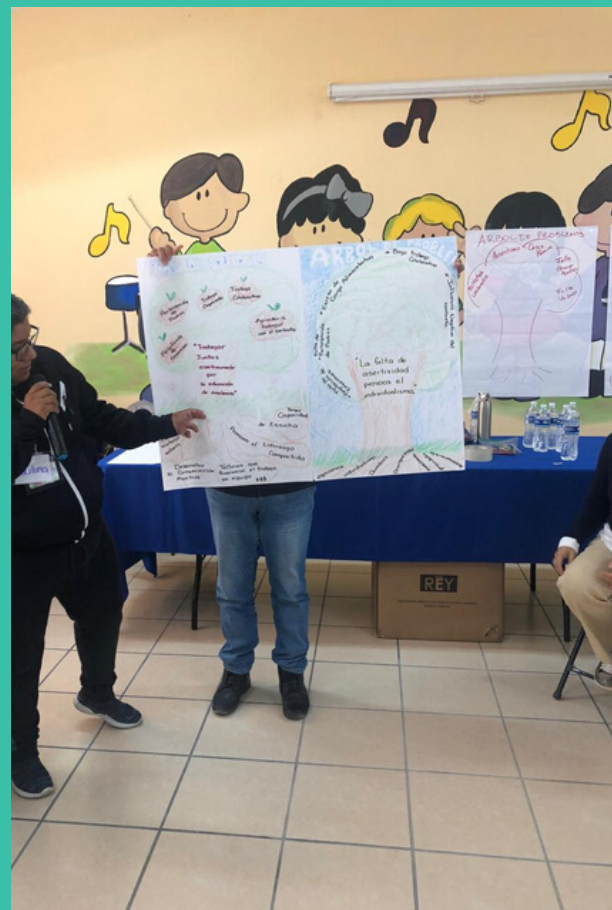
This is the last part of the final report of this project, in a long term program for Trauma Relief after 25 months of the earthquakes in September 2017 we created and trained a team of first response in case of natural disaster and have reached

**+ 10,300 people  
reached 09-2017 to  
01- 2020**

# REPLICATION

## In Ecatepec Estado de México

Our team of trained young leaders continue their training participating now in a project with 500 school teachers, they are sharing social emotional tools and breathing techniques that the teachers will be able to replicate and share with their students in their classrooms.





## LEADERS TRAINING

# REPLICATION



**Our leaders participate co-teaching during the entire project and will be part of this activities until February 2020.**



# REPLICATION

## Ecatepec 2020.

500 school teachers will participate in this project where our leaders are still being trained From January to February 2020





**PROGRAMA**  
**ALIVIO DE TRAUMA**  
en situaciones de RIESGO y DESASTRE

**MÉXICO**  
**2020**