



TRAUMA RELIEF LEADERS TRAINING



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 4th Stage includes training of young leaders so they can continue the program in their communities and have a strong team ready in case of another disaster. 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.

Breathing is a unique method for balancing the autonomic nervous system and influencing psychologic and stress-related disorders, bringing a deep sensation on peace, tranquility and focus.

**+ 10,000 people
reached 09-2017 to
09-2018**



DIFFERENT STAGES



Disaster itself is viewed in 4 different phases, The IAHV Trauma relief program is created following the internacional cycle of emergency management

Third Stage

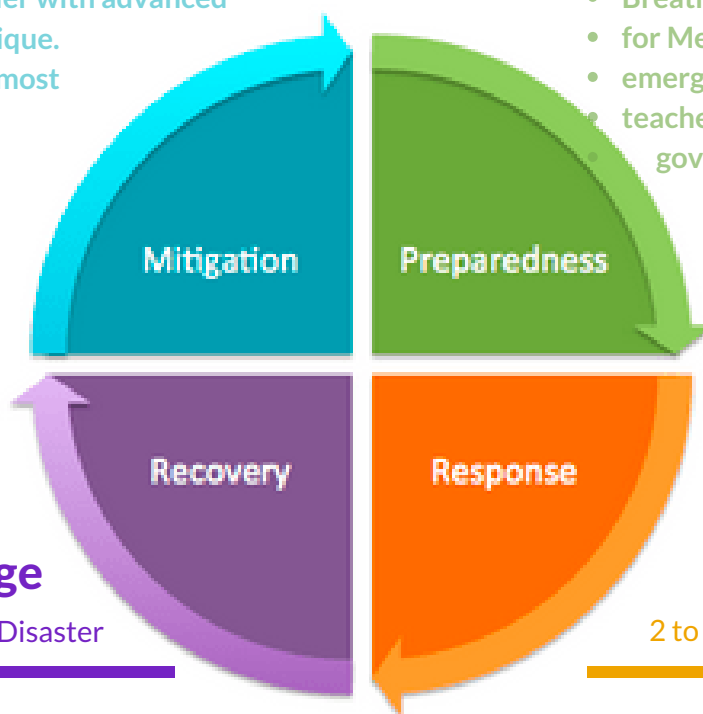
3 to 6 months after the disaster

- Attention and Prevention of Stress with advanced Breathing Techniques. (2-3 hour Workshop in Emergency shelters, Hospitals, Schools, Government institutions, etc.)
- Attention and prevention of Post Traumatic Stress disorder with advanced S.K.Y. Breathing Technique. (3-4 days Program for most affected communities)

Fourth Stage

6 months to 1 year after the disaster

- Attention and Prevention of Post Traumatic Stress disorder with advanced S.K.Y. Breathing Technique (3-4 days Program for most affected communities)
- TRAINING PROGRAM in advanced Breathing Techniques. (5 day program for Mental Health professionals, emergency first responders, School teachers and directors, youth leaders, government institutions, etc.)



Second Stage

1 to 3 months after the Disaster

- Material Aid delivery.
- Attention and prevention of Stress with Advanced Breathing Techniques. (2-3 hours Workshop in Emergency shelters, Hospitals, Schools, Government institutions, etc.)
- Emergency first responders and Mental Health professionals Training in Basic Breathing Techniques. (2-3 hours Workshop)

First Stage

2 to 3 weeks after the Disaster

- Stockpiling of material aids
- Contact with government and other organizations.
- Attention and Prevention of Stress with basic Breathing Techniques. (20-30 min. Workshop for Emergency first responders such as paramedics, rescuers, firefighters, police, etc.)
- Attention and prevention of Stress with basic Breathing Techniques. (20-30 min. Workshop for Survivors of disaster and their family members, volunteers, etc.)

4th stage

STARTING THE TRAINING

Disasters need to be viewed as longitudinal processes where different types of interventions will be needed at different phases of the disaster.

Reaching out young participants of the first, second and third stage was an exciting start of the fourth stage, delivering them a Youth Empowerment Seminar with advanced tools to improve their self emotional regulation and experiencing deep states of peace and calm.

40 participants between 17 and 23 years old went through this follow ups.

Cities:

Cuautitlán Izcalli

Toluca

Chalco

Ecatepec

Chimalhuacan

Experiencing tranquility and focus, and a deep state of peace laid the groundwork for this participants to be able to understand the importance of sharing this tools with their community.

People are more likely to recover if they feel safe, related, calm and hopeful

Long term Trauma Relief programs needs a well trained and committed team.





LEADERS TRAINING

30 trained leaders

During 5 days the residential training program gave our participants tools, techniques and understanding about how to implement Breath Water and Sound sessions in schools, hospitals, community centers of any affected population, how to lead breathing sessions and contact key people to schedule interventions.

As a result of this we have 5 strong teams with a specific strategy to reach out

+ 1250

people for the first month





EMPOWERING OUR LEADERS

"The key piece to have an effective team in disaster management is to make sure they have the essential tools to remain calm in difficult situations"

As part of this advanced training IAHVMéxico also provided these leaders with advanced tools to remain calm and centered when facing extreme situations. Peace and calmness begins inside the individual, and having the ability to reach an internal peaceful state is a must in a Trauma Relief monitor, so during 4 days our future leaders participated in a special retreat that allowed them to learn how to reach that state despite any difficult situation, and how to develop a healthy life style in order to maintain it in their daily life.

NEXT STEPS

- DELIVER FULL TEACHER TRAINING PROGRAM OF YOUTH EMPOWERMENT SEMINAR for this 30 leaders.

Trauma Relief

PROGRAM
trained

COMMUNITY LEADERS
(youngsters)

30

that will reach

+ 1250

people

*in the first month



IAVH México team
2019

PEACE BEGINS WITHIN



PROGRAMA
ALIVIO DE TRAUMA
en situaciones de RIESGO y DESASTRE

MÉXICO
2019