



# Hope Resilience Empowerment

A holistic support program for  
Afghans across the globe



**IAHV**

INTERNATIONAL  
ASSOCIATION FOR  
HUMAN VALUES



## A Global Humanitarian NGO

- International volunteer-based NGO
- Offices in 22 countries
- Active in 157 countries in cooperation with Art of Living Foundation, benefited 300 million
- Consultative Status with United Nations ECOSOC since 2002
- Innovative evidence-based biopsychosocial interventions
- Trauma-relief, empowerment and peacebuilding in conflict zones



anonymous for security reasons



HRE Participant from Afghanistan: Testimonial - Day 1 -  
October 2021



*'Feeling very peaceful. Before the session there was tiredness and feeling of sadness, but now feeling very relaxed and very peaceful, and even feeling my whole outlook is brighter about myself and about life. Now I have discovered this positive and hopeful outlook and optimism for the future and the continuity of life.'*

# What is the HRE Workshop?

The HRE workshop is a low threshold workshop to address psycho-social consequences of conflict and violence, releasing acute and basic stress and fears, improving sleep and providing relief.

The HRE workshop is a basic IAHV intervention program that can reach a large number of individuals while still effecting strong personal benefits.

Hours: 90 mins x 3 consecutive days

# IAHV Global Reach

## Hotspots include

Jordan, Iraq, India, Pakistan, Ivory Coast, Lebanon, South Africa, Haiti, Sri Lanka, Colombia, Kosovo, Philippines, Israel-Palestine, Kyrgyzstan, Russia, Germany, various refugee camps and hundreds of prisons globally.



anonymous for security reasons



Participant from Afghanistan: Testimonial - Day 3 - October 2021



'For the last two weeks since being evacuated, every night I was having nightmares that some person was trying to kill me. After the first day of the workshop, that night I did not have any of those nightmares anymore.'

# Evidence-based Interventions

IAHV offers researched and evidence-based programs to solve root causes of society's most serious problems.

We deliver measurable, effective and scalable trauma relief and resilience programs, attending to the clear link between trauma relief, resilience and sustainable peacebuilding.

*Research suggests our approach – a breathing-based stress reduction program (SK&P®) – results in a 60-90% reduction rate in scores across indices for PTSD, major clinical depression, and generalized anxiety disorder.*

## Personal Indicators:

- Reduction stress levels (cortisol, lactate,...) and increased optimism
- Reduction of anxiety (70%)
- Reduction of depression (mild, severe, chronic) 70%
- Sustainable reduction of Post Traumatic Stress Disorder (PTSD) symptoms (65%)
- Better emotional regulation
- Better mental focus / awareness , improved EEG Beta golf activity
- Positive affect and social connectedness
- Improved sleep

## Peacebuilding Impact:

- *Rehabilitation: 700.000 prisoners / 61% drop in recidivism (USA)*
- *Trauma Relief: 400,000+ beneficiaries*
- *DDR: 7.400 ex-combatants & gangs*
- *100 At-risk youth in Lebanon and Jordan address 15 driving factors of violence*
- *FARC (Colombia) leadership embraces Gandhian principles of non-violence*
- *Reconciliation of warring tribes (Ivory Coast)*

# Culturally Appropriate Interventions

IAHV's approach is human-oriented, inclusive, respectful, empathetic, and culturally sensitive.

IAHV has instructors from a wide variety of religious, cultural, national and social backgrounds and our programs have proven effective in a wide range of varied settings across the globe.

*“I think this will address the roots of conflict, the psychological dimension that nobody comes close to. They think they need to find solutions for difficult cases and treat each case separately. However, this is an effective group approach for psycho-social issues.”*

*Sanaa, social worker, Beirut*

anonymous for security reasons



Participant from Afghanistan: Testimonial - Day 3 - October 2021



'Thank you it was a great session for me, and for all of us. The techniques we learnt were very helpful. Today I feel more comfortable and calm. Especially in my mind, when I observe it. Thank you, I want to do more sessions and more breathing techniques.'

# Peace & Empowerment at ALL levels





## METHOD: SMALL GROUP ONLINE INTERVENTIONS

Interventions delivered online in small groups by our trained facilitators with two to three facilitators per group

- Follow up sessions may be attended free of charge at any time.



Participants are able to sustain integrative improvements with continued practice of techniques

Offered weekly

anonymous for security reasons



Participant from Afghanistan: Testimonial - Day 1 - October 2021



'It was very useful. Especially for me I really needed it. In these days my mind was everywhere, and now I feel so relaxed, so different. In my whole body I feel different. Thank you so much for arranging this session'

# IAHV Peacebuilding



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WHEN PEOPLE FEEL RECONNECTED WITH THEMSELVES THAT IS WHEN THEY CAN START CONNECTING DIFFERENTLY TO THE WORLD, TO OTHER COMMUNITIES, TO THEIR FAMILIES, TO SITUATIONS THEY ARE FACING. THAT IS HOW WE TURN PERSONAL TRANSFORMATION INTO PEACEBUILDING IMPACT.

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DR KATRIEN HERTOOG  
DIRECTOR, IAHV PEACEBUILDING

anonymous for security reasons



Participant from Afghanistan: Testimonial - Day 3 - October 2021



'I will suggest my friends and especially my family in Afghanistan, my sisters to do these techniques. It is very helpful. Especially for people in Afghanistan now the situation is very complicated, it can help them a lot. Thank you!'



## PROGRAM ENQUIRIES

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## IAHV PEACEBUILDING WEBSITE

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[www.iahv-peace.org](http://www.iahv-peace.org)

