

# Trauma Healing Project

## Director: Olivia Bezalel

### Mini-Grant Final Report

#### Overview of the Project

The aim of the project was to bring awareness about treating and identifying trauma into the community. My assistant (Fatmi Ibraheem) and I gave a six-part course dealing with various aspects of trauma, focused on working with the body (sensory-motor psychotherapy) and teaching self-regulatory techniques. These techniques calm the body and help to remove the mind from the effects of past traumatic experience, through present mindfulness.

#### Participants

The course had fourteen participants: two clinical psychologists, three educational psychologists and eight social workers. I choose to work with professionals in the community because I saw this as the most effective way for knowledge to filter down into the wider community.

#### Partnerships Developed and Expanded

I acquainted myself with the social services in Furiedis, in particular with Eymad, the head of the Social Services and a key organizational figure. This was a vital step in creating further projects with women in the community. Through forging personal relationships some women in the current program are now interested in creating new programs with me where they will serve as role models and facilitators to women's groups. Their knowledge and experience is invaluable to my future work in the community.



Participants in the Trauma Course

#### Impact on the Community

I believe this has given key professionals a greater ability to identify and work with trauma. These simple but effective strategies provide applicable tools for the average social worker who is extraordinarily busy, seeing two hundred clients a week. For the educational psychologist this training raises awareness and the ability to identify traumatized students. During the course I spoke with a kindergarten teacher who was recommended to me by one of the psychologists who participated in the course about an apparently traumatized three year old. This interaction demonstrated there is immediate, if limited, results with the top-down approach I chose to utilize.