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Activity report

Post-trauma therapy trainings

Autumn 2018

Offeror of trainings:

Children and Youth Crisis Program NGO, contact person Maire Riis

Training: Traumatized child - what do you need to know and get help from?

Topics:

Child and Trauma:

What is the difference between trauma type I trauma and complex strain and why this is important in choosing the aid to know? How does a child know about his trauma? How much is needed to know the child to help the child trauma "story"?

10 Knowledge that could be taken into account when helping a traumatized child / young adult psychotherapist / other mental health specialist / family / substitute home / victim support worker.

Child, Family, and Trauma Therapy:

5 questions the family should ask a specialist who will start working with a traumatized child.

What evidence-based trauma therapies are used in Estonia to work with traumatized children?

A brief overview of traumatized children working with therapists.

A little glimpse into the work of a traumatologist. What the family should know about expectations would trauma therapy be realistic?

Family / substitute home worker as partner of traumatologist in traumatized child work.

The training is based on modern trauma treatment. We train with the participants practical: sharing experiences and discussions. The participant will receive 10 knowledge of helping a traumatized child and 5 helpful questions to find a suitable specialist.

Duration of training: 8 hours, beginning at 10am, ending at 17.00.

The size of the training group is up to 50 people. In total, 4 training sessions are planned in 4 different in the region all over Estonia, thus training up to 200 people.

One training day includes 3 trainers: Maire Riis, Tuuli Vellama and Pille Isat (CVs added). 1 main trainer and 2 small group trainers.

The training day is divided as follows:

At the beginning of the day, the entire group (50 in) has a lecture. Next, a large group is divided into 3 a smaller group, each group has its own trainer and the training continues in depth and more actively in parallel groups (about 16 -17 in each). Small groups alternate, so all participants can attend a group of different trainers. The day ends in a large group.

If less than 40 people register for training in some regions, training can be provided 2 trainers. In the middle of the training day, there is a lunch break and short breaks from one group other.

Training Locations: Tallinn, Lääne County (or Saaremaa), Tartu, Ida-Viru County (or West With Virumaa). In Ida-Viru County there may be changes in the schedule and program because it is necessary translation into Estonian.

Price for one training day: 1300 - 1400 Eur (a joint invoice will be provided, containing 3 trainer contribution).

If necessary, preparatory work will be added to the cost of 10-20% of the training.

Additionally:

Because Maire Riis has trauma type I trauma and complex trauma over 10 years trained with foreign trainers, then he has an overview of specialists all over Estonia who have them have been in training. He has also organized evidence-based traumatic intervention (trauma therapy) EMDR training in Estonia. As an EMDR supervisor, she has an overview professionals who have acquired both levels of EMDR training and experience work with traumatized children, young people and adults. If the Child Protection Department is interested, then he may be a part-time contractual partner for the expert who will analyze evidence-based interventions and map relevant service providers in Estonia.

Outcome:

Everything worked in a way planned in NGO 's offer. No group was smaller than 50 participants. No cost for preparatory work was needed. SIB covered transportation and if necessary accomodation costs for trainers as we followed instructions of good geopolitical event preparation and organised trainings in locations usually not hosting this wide events. Local specialists were extremely thankful and hoped that it happens in future also.