

RECOVERY FROM TRAUMA

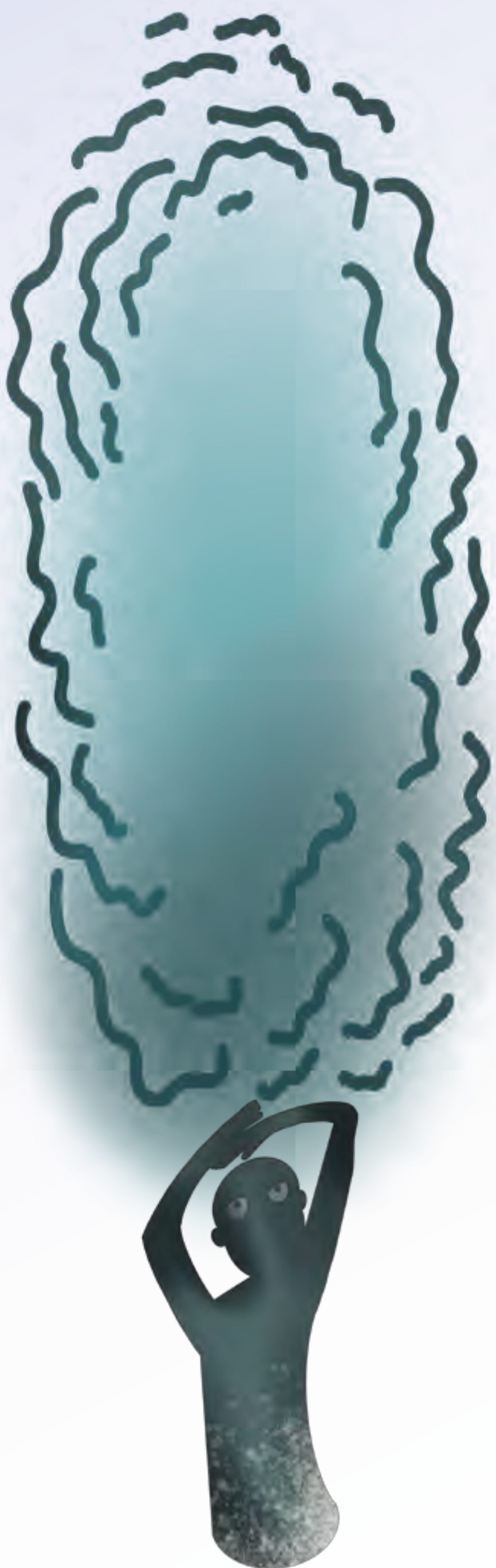
SUPPORT AND SKILLS



The experience of a traumatic event can significantly impact the lives of families and communities. It can disrupt livelihoods, opportunities for social, cultural participation, access to food, water and other basic needs, lead to homelessness and isolate people from their social networks and support systems. A traumatic event can therefore profoundly impact the Mental Health and psychosocial well-being of a person, of families, groups and communities.

A traumatic event can be particularly impactful for those who have a history of other related or unrelated stressful experiences, because of the way it disrupts our personal sense of normalcy, safety and routine.

The experience of living through the pandemic, unprecedented in its spread and impact- the feelings of overwhelm, terror and helplessness, loss of lives and livelihoods, worry about uncertainty, safety and survival, have escalated psychosocial distress and disturbances.



Psychological trauma occurs when an actual or perceived threat of danger overwhelms a person's usual coping ability. These events can overwhelm a person's capacity to tolerate the impact of the experience even long after it has occurred. The human survival mechanisms are designed to tip an emergency system to act under such circumstances.



On the upside, this system sets off a number of physiological changes to survive the event, preserve the person and establish safety and protection.



The flipside however, is that, these can have deep, even profound impact on our body and sensations and how we relate to the world around us.

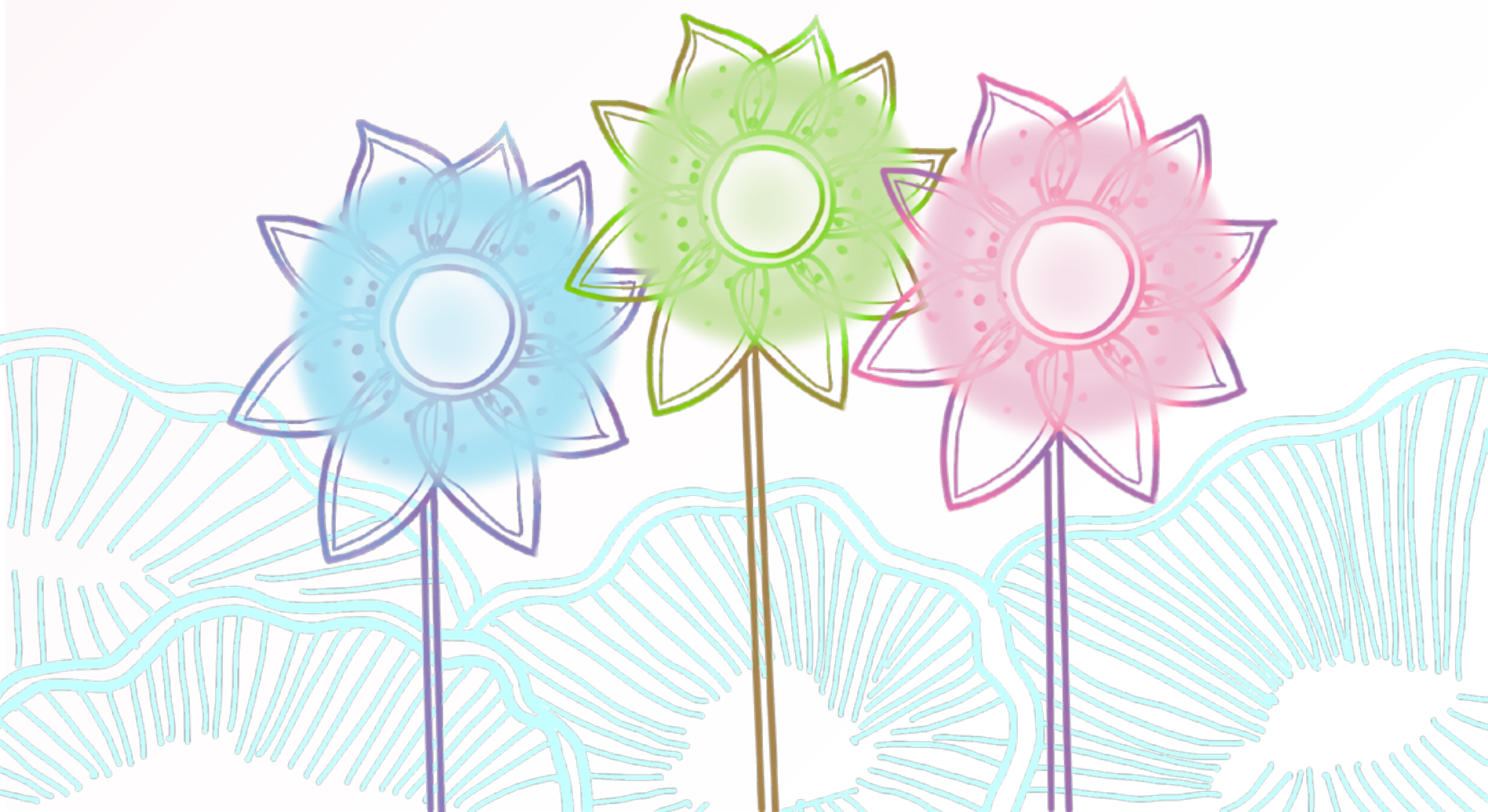
In responding to trauma, the emergency response system is perpetually in the “ON” mode. Which means- that the body goes into a freeze or an overdrive at the slightest hint of danger! The simplest of things, day to day living, relating to oneself or other people, relating to one's environment and events can become difficult to manage. These affect not only the person, but also those around them.





Over the past few years, the Bapu Trust has offered short courses on “Yoga for Anxiety and Trauma”, under the tutelage of Ven. Ani Pema, a Buddhist nun from Thailand.

The Bapu Group, along with partners – Just Being Center and Bodhi Awakening Foundation – conceptualized and designed the “Recovery from Trauma- Psychosocial support and skills” capacity building program, in response to the impending and emerging trauma support needs among families and communities, in the aftermath of Covid.



COURSE LEARNING OBJECTIVES



The Course will help trainees in:

1. Developing an understanding of Trauma

2. Practicing the skills to conduct assessment of trauma



3. Providing simple supports and interventions for those in need

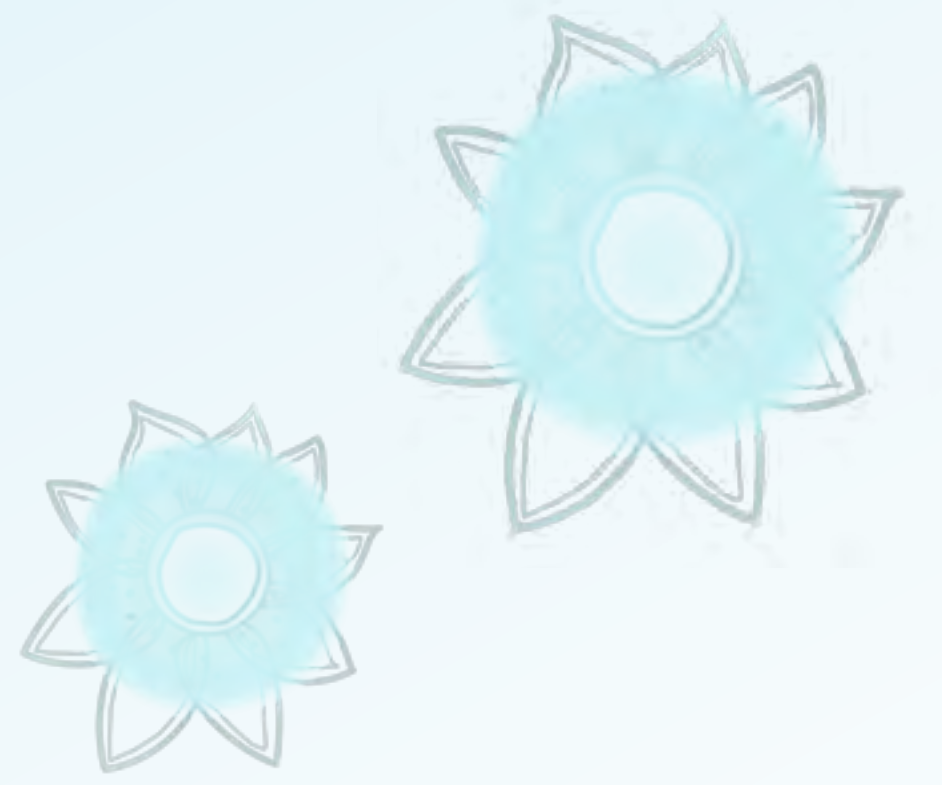
4. Developing an ethical framework of Trauma support

5. Developing skills to design community strategies to ‘build back better’ – a more resilient and inclusive community

6. Building grassroots skills for field applications



RATIONALE FOR THE COURSE



a. Course curriculum is based on the recognition of the pervasiveness of trauma and its impact on people's experiences of psychosocial distress and disability, especially in low income communities and in the aftermath of Corona.

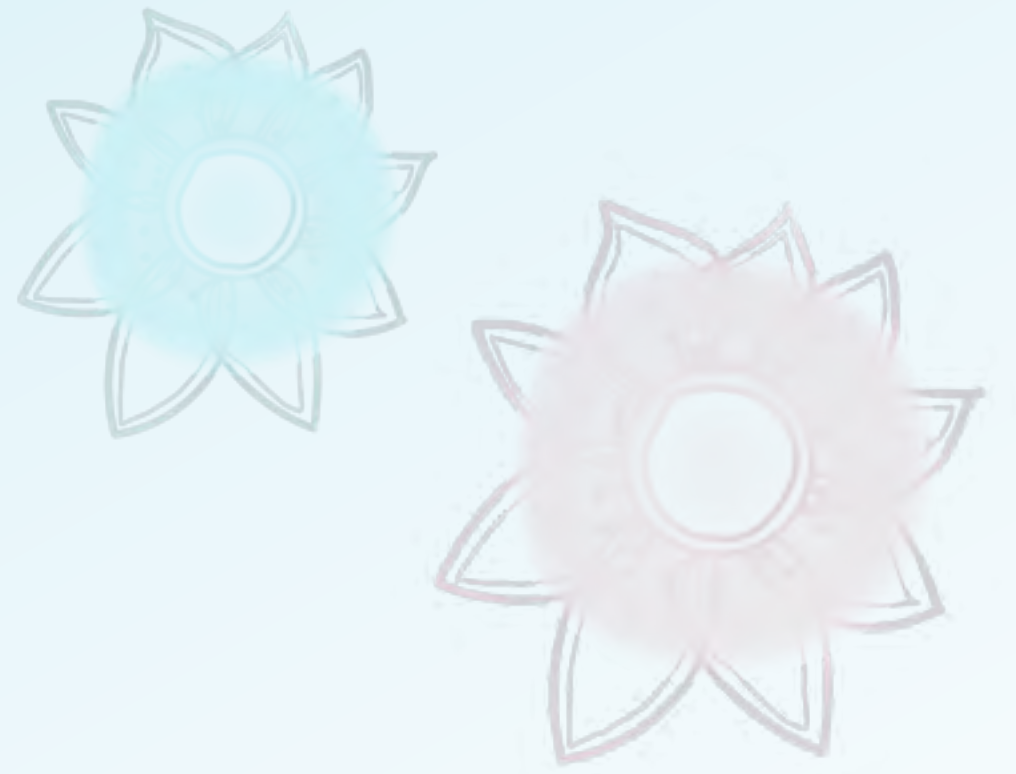
b. "Recovery from trauma – Supports and skills" capacity building program is grounded in our experience of delivering holistic, mind- body integrated services.

c. The trauma framework and recovery methods used in the course draws from mindfulness, creative arts in play, neurosciences, cognitive sciences and disability inclusion – areas.

d. The course brings what has been called "the new biology", knowledge about trauma as located in the body, and having the innate resources capable of overcoming trauma and regenerating wellbeing.



UNIQUE FEATURES



Provide a simple framework of Trauma, focusing on body based approaches

Simple, daily mindfulness based practices

Sensorial and body centered recovery methods for daily resolutions of trauma memories

Strategies for attunement with social cues to foster healthy connections

Strategies to build consistency, predictability and safety in ones family, neighborhoods and communities

Early intervention in the context of trauma associated with CoVid-19 pandemic

Anywhere, Anytime interventions - Simple, effective, proven, non-intrusive and at zero cost





Intensive Application and Practise based sessions which prepares trainees to start interventions on course completion

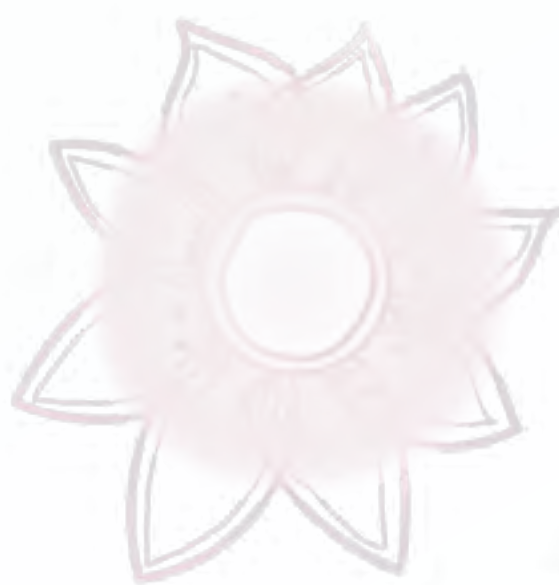
Simplified and accessible course materials

Accessible for grassroots trauma workers, community workers, frontline staff

Interactive and participatory learning methods

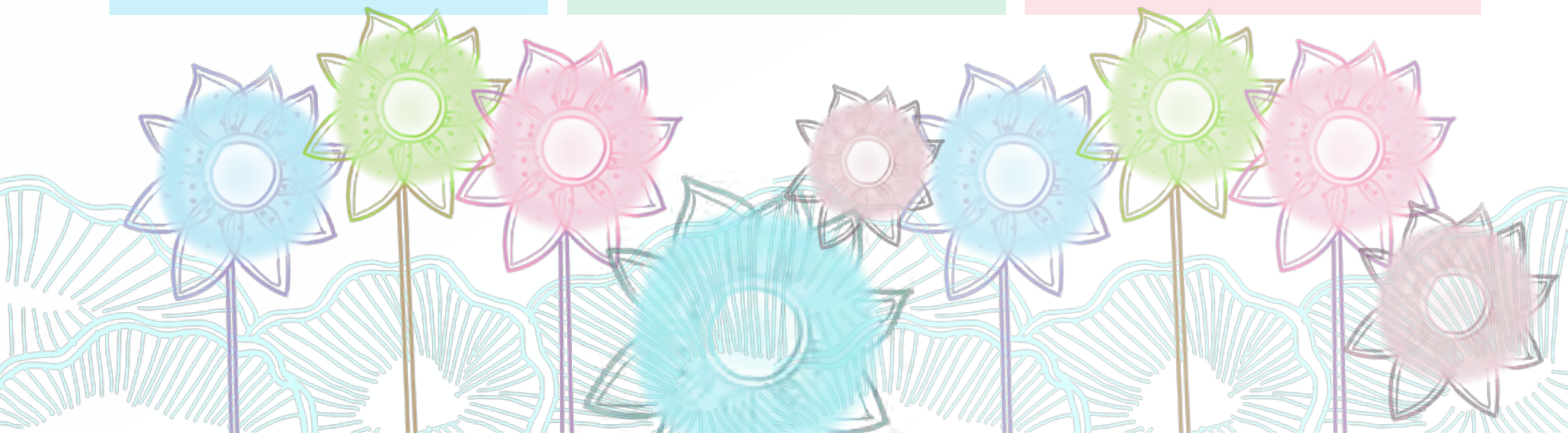
Course faculty trained in Disability Inclusive Development, Community Mental Health, Arts Based Therapy, Mindfulness Based Cognitive Therapy, Cognitive Sciences and Social Sciences

Course trainers are able to adapt the training sessions to simple Hindi and English to ease accessibility

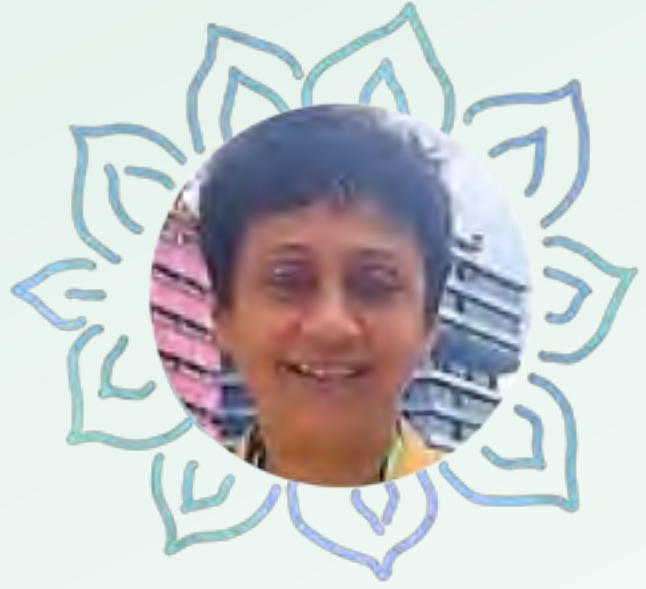


KEY TRAINING DOMAINS AND MODULES

KEY CONCEPTS (GLOBAL)	VALUE BASE	PRACTICES (LOCAL)
Setting the context for Trauma work	Eastern Traditions and Trauma	Mindfulness
Trauma and Body	Ethical Framework in Trauma Support	Building back better- community engagement
Cognition and Trauma	Tools and Tracking	Creative Arts Based Practices- Breath, Body, Voice
Relationships, Connection and Community	Yoga for Trauma	Body Speak



COURSE TRAINERS



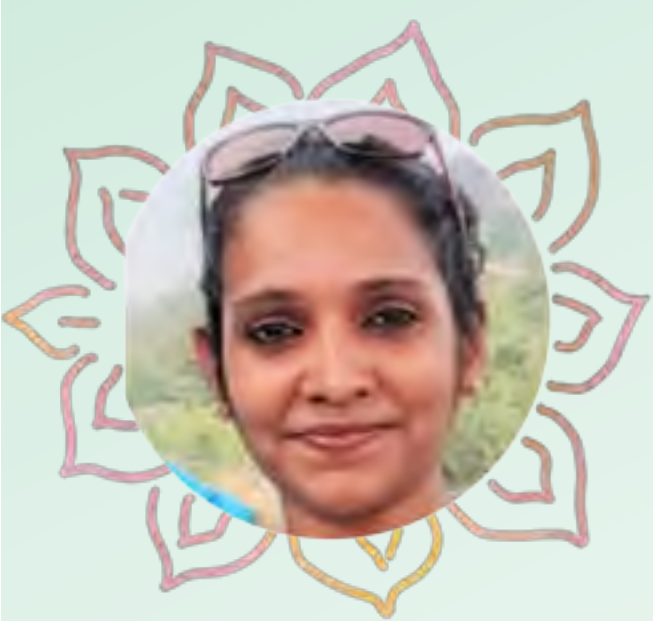
Dr Bhargavi Davar

Bhargavi, Ph.D. IIT, Mumbai, founded the Bapu Trust, 1999 and is currently Director for an Asia advocacy platform, called 'Transforming Communities for Inclusion (TCI)'. She is a certified Arts Based Therapy practitioner and Educator; an international certified trainer of the UNCRPD; and an organic urban farmer.



Ms. Sandy Dias Andrade

Sandy Dias Andrade is a psychotherapist and the Director at Just Being. Over the years, she has assimilated and synthesized various psycho-spiritual approaches within psychotherapy and group process work and has intuitively moved towards a holistic, transpersonal and integral approach.



Ms Kavita Nair

Kavita is Director, Training, at Bapu Foundation for Learning on Mind & Discourse, Pune. Her practice is informed by engagement with Eastern Mind Traditions, Rights Based Perspective and Practices in Psychosocial Disability. She is a certified Arts Based Therapy Practitioner & Educator.



Ms Swetha Chincholkar

Swetha is the Founder Director at Bodhi Awakening Foundation. She is a clinical psychologist by training, a certified EMDR therapist, Certified Arts Based Therapy Practitioner and Arts Based Therapy Educator. She specializes in using EMDR and ABT methods in Trauma.



Ms Purnami Udayan

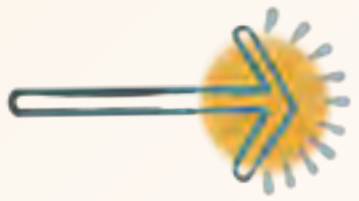
Purnami is Project Coordinator, Services, at Bapu Trust for Research on Mind and Discourse, Pune. She has completed her Master's in Clinical psychology and is trained in Trauma-Informed and Integrated Arts Based therapies. She has experience and expertise in offering psychosocial support interventions, to adolescents, persons with psychosocial disabilities within institutions and persons with diverse psychosocial support needs in low income communities. She offers trainings to individuals, groups and organizations working in psychosocial health and development.

COURSE IS USEFUL FOR...

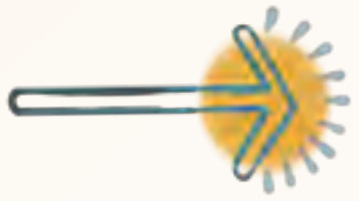
Organizations, groups or individuals



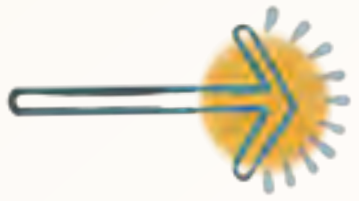
Working directly with people, engaging in trauma relief works, working with migrants, homeless, shelter home residents, low income communities, vulnerable groups and with frontline staff



Working in mental health and psychosocial disability wishing to address trauma needs among their constituencies



Working in the development sector or in community development who wish to address the trauma needs among their constituencies



That see trauma impact among staff groups and would like to address that

INTAKE

30 participants on first come first serve basis



ELIGIBILITY CRITERIA

**Graduation in humanities/ psychology/
development practice; with minimum five years
or more field experience**

Currently working in any of the social sectors

**Working in low income communities or with
resource poor groups**

**Working with an organization where s/he
could directly apply what s/he learns under the
training program**

**Able to commit to all days of training as
mentioned in the training schedule.**

**Open to supervision for atleast 6 months after
the course**

**Comfortable with spoken and written – English
or/and Hindi**

**The course is open to all DPOs, NGOs and
organizations in Development Practice**

**Professionals, Para-professionals and volunteers
working in any of the following the human service
sectors can apply: Disability, Health, Mental
Health and Development**



MODALITY

Training workshop will be facilitated as online sessions.Full attendance is expected on all days of the course

MEDIUM OF INSTRUCTION

English and Hindi

DURATION OF THE TRAINING PROGRAM

The course dates are as follows,
17 Feb 2023 – 25 March 2023
Sessions will be held every
Friday and Saturday
You can view the training and
supervision session schedule here:



TRAINING FEES

INR 30,000/- includes course registration and training fee for the 6 month period (full amount payable before the workshop)

What is covered in the fees?

Training is being provided at subsidized costs to trainee organizations

A training resource set as soft copy will be provided. Request for hard copy can be made based on mutual consideration and arrangements



Bapu started its work in 1999 in Pune. The organizations work with DPOs and Development agencies through partnerships for capacity building on psychosocial health, wellbeing and inclusion. The vision of Bapu is to see a world, where emotional wellbeing is experienced in a holistic manner, and not just as ‘mental dis-ease’. Bapu dreams of healing environments, where every person uses their own capacity to make choices, heal themselves, recover and move on. Bapu has always straddled two universes of practice – non-medical healing practice and social justice practice. In building synergy across these two dynamic universes, the Bapu group has been strongly grounded in the two pillars of contemporary healing arts and disability thinking.

JUST BEING
be still. know. love !

Just Being is an initiative that began in 2011 to encourage inhabiting ‘beingness’ and to allow action to emerge from this space. It inquires into what it means to be fully human using awareness, love and wisdom both as the field as well as the tools. The organization holds a stance that is non-divisive and integrated, where all aspects of experience are met and honored from a sense of Presence and through a bodily felt-sense. The organizations approach is one that holds the universality of the mind and heart while honoring the individual process. Thus all wisdom traditions are welcomed as well as human experiences and expressions of that unifying wisdom in a secular way.



Bodhi Awakening Foundation is a mental health initiative of like-minded professionals who aspire to make mental hygiene a priority. The organizations work focuses on de-stigmatizing mental illness, providing help and support to people in their journey of recovery and establishing more avenues of preventive care. Through its work, the BAF team believes in uncovering the uniqueness of each individual which goes far beyond the diagnostic labels. The organization has a simple dream, “To make lasting Joy, a Habit”. The organization believes that everyone possesses the inherent potential of resilience, growth and prosperity, with the capacity to transform and live with optimum happiness.



Initiative supported by:
The Paul Hamlyn Foundation, UK
<https://www.phf.org.uk>

For more Information, visit:

<https://bapufoundation.com/>



To register, scan:

