



Project 2022-1-BG01-KA121-ADU-000059880



Methods and innovative techniques for dealing with trauma from migration and military action

1. Create an Immigrant-Friendly Healthcare Environment

The new environment can be a source of trauma, racism and xenophobia for immigrants. One way to prevent trauma is through prosocial behavior for a safe and inclusive environment. An inclusive and immigrant-friendly healthy environment requires regular and ongoing education about the culture, traditions and customs of the host country. The physical environment can also help promote a sense of continuity.



2. Creating and promoting an empathetic attitude of society towards migrants and refugees

Empathy and protective relationships are important tools for establishing a sense of safety. The model of trust and mutual respect as equality is a relatively successful method in the development of relations between the migrant and society.



3. A psychomotor approach

Working with people who have experienced trauma usually takes place in 3 steps:

- stabilization by restoring a sense of security
- dealing with trauma
- integration of trauma and contact with it in everyday life.



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Stabilization and creation of resources

Without a sense of security, no trauma processing can begin. The safe place includes the absence of a potential or already experienced threat, protection from the perpetrator and life-threatening events. A trauma is related to the experienced trampling of boundaries, which leaves a deep sense of loss of value.



Working with trauma

Important characteristics of trauma work are positive emotions, changing the negative view of reality, repetition, ritualism and objectivity. The main points are creating security, autonomy and self-regulation. A glimpse into symbol-oriented psychomotor: conversations about meaningful topics can help here. Implicit understanding contains an understanding of the unspoken inner tension. Implicit understanding is rooted in one's own inner awareness and is a prerequisite for a relaxed, synchronized work with migrants and refugees.



Project 2022-1-BG01-KA121-ADU-000059880



Integration of trauma and contact with it in everyday life

Integration into everyday life as a rule requires improvement of social support and improvement of social adaptation skills. The support should be aimed at using the resources of the surrounding social circle in order to have effective social inclusion and full integration.



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Methods and techniques for increasing tolerance towards refugees and migrants

- 1. Creating a positive public attitude towards the problems of refugees and migrants.** This happens with a proper understanding of the vulnerable situation related to the reasons for leaving the country of origin. The presence of the media and the critical thinking of society are particularly important here. With a poor understanding of the reasons for the flight of refugees and/or migrants, the societal climate for tolerance is created.



Project 2022-1-BG01-KA121-ADU-000059880



2. Acquaintance with local cultures, habits and traditions in order to create two-way tolerant behavior. Familiarity with local cultures is particularly important for building tolerance towards vulnerable groups. Their entry depends on how ready they are to accept the new habits, cultures, behaviors and rules of society. By accepting these, the new society creates its tolerance for them.



3. Working with public attitudes and stereotypes about migrants and refugees.

Common problems when working with the tolerance and integration of refugees and migrants are the wrong attitudes and stereotypes about them. They are a major barrier that prevents the integration and adaptation of vulnerable groups. Stereotypes created about vulnerable groups are mainly based on unfounded societal fears that need to be addressed.



4. Maintaining effective social dialogue with both parties.

An important place in this process is occupied by the social dialogue – to show the problems correctly, to study them; to analyze and examine critically. They are the main means of achieving effective social dialogue between society and vulnerable groups. He can clarify the non-acceptance that has arisen and present a new point of view. Its goal is to turn the rejection of refugees and migrants into a useful part of society and building tolerant behavior.