

UNIKT TILLFÄLLE!

Missa inte Kris- och Traumacentrums årliga konferens 18/9 2015.

Den här gången en hel dag med dr Boris Droždek från Holland samt filmvisning av Zanyar Adami som presenterar *Krigsduvor*.

Program

08:15 – 09:00	Registrering
09:00	Välkommen!
09:15 – 12:00	Boris Droždek: Development of contextual and culture-sensitive perspectives for understanding of human suffering.
12:00 – 13:00	Lunch
13:00 – 14:00	Zanyar Adami: Krigsduvor
14:00 – 17:00	Boris Droždek: Utilizing individual and group therapy approaches to assist recovery of torture and trauma survivors. From practice to research.

Assisting refugees on their long journey: On contextual and culture-sensitive assessment and treatment perspectives

In this full day presentation you will learn how exposure to multiple traumatic experiences, like war, torture and political violence, may impact survivors and their communities, and what forced migration and resettlement in a host country may add to this. You will get insights in both psychosocial damage and resilience that refugees present with, and the ways in which their cultural backgrounds may shape their help seeking behaviour, expectations from treatment, and explanatory models regarding their suffering and problems.

Part 1 (morning session): *Development of contextual and culture-sensitive perspectives for understanding of human suffering*

In this seminar, a contextual/developmental framework which can be used in intercultural trauma assessment and treatment with asylum seekers, refugees, and other traumatized populations will be introduced. Within this framework, individual case histories are analyzed within their ecological environment, through different phases of developmental life stages, and with respect to both resilience, and psychological damage upon exposure to traumatic experiences. You will learn how to apply this paradigm in a daily practice and understand survivors' problems in the wholeness of human existence.

Part 2 (afternoon session): *Utilizing individual and group therapy approaches to assist recovery of torture and trauma survivors: From practice to research*

Although individual and group psychotherapy are widely used in assisting traumatized refugees, the nature of the evidence from research evaluating these approaches can still be considered as preliminary. Group psychotherapy counteracts the isolating effects of interpersonal trauma and enables survivors to connect with sources of resilience within themselves and others. Throughout the years, this approach has been mostly researched in the populations of Vietnam veterans and female survivors of sexual abuse and it was well supported by positive controlled trials. However, studies examining the outcomes of group therapy with torture survivors among asylum seekers and refugees

are very scarce. In this presentation different modalities of the specific trauma-focus group treatment model for asylum seekers and refugees will be presented and discussed. This model is based on a phase-oriented trauma treatment and it incorporates some important adaptations, given the unique needs of asylum seekers and refugees. It is designed to help asylum seekers and refugees work through their traumatic experiences and place them in a life-span developmental perspective. Recent research suggests that this model is a promising approach for treatment of PTSD among asylum seekers and refugees in industrialized settings both on the short and on longer terms. The results of several studies of this approach will be outlined.

As traumatic experiences are anchored in a context, the same applies to trauma treatment and its impact on therapists. A method for intervention of trauma teams based on the contextual paradigm has been developed, and will be presented. This method focuses on transference and countertransference issues in trauma therapy, as well as on organizational issues within centres treating survivors of man-made disasters.

Om Boris Droždek



Boris Droždek, MD, PhD, is psychiatrist and medical director of the Psychotrauma Centrum Zuid Nederland/Reinier van Arkel groep in Den Bosch, The Netherlands. He publishes in the field of psychotraumatology and transcultural psychiatry, teaches, and gives trainings and workshops on regular basis internationally. Together with John P. Wilson he has edited two acclaimed volumes - *Broken Spirits: Treatment of traumatized asylum seekers and refugees - war and torture victims* (Brunner-Routledge, 2004), and *Voices of Trauma: Treating Survivors Across Cultures* (Springer, 2007). His field work encompasses assisting survivors of war, torture and political violence in ex-Yugoslavia, the Caucasus region, and Rwanda. Since 2001, he is the director of the International Summer School of Psychotrauma in Dubrovnik, Croatia.

Dr. Droždek is the Executive committee and Council member of the International Rehabilitation Council for Torture Victims (IRCT), member of the Scientific Committee of the International Society for Health and Human Rights (ISHHR) and member of the ESTSS (European Society for Traumatic Stress Studies), APA (American Psychiatric Association), and NVvP (Dutch Psychiatric Society).

Om Zanyar Adami



Foto: Kenny Bengtsson

Zanyar Adami är filmregissör och föreläsare som själv har en erfarenhet av att som barn fly ensam utan sina föräldrar. Zanyar har en bakgrund som journalist, författare och föreläsare. Han har bland annat grundat och varit chefredaktör för tidskriften Gringo, som belönades med Stora journalistpriset. 2011 debuterade Zanyar som filmregissör med dokumentärfilmen Gerillasonen. Filmen har sålts till sex TV-kanaler och vunnit pris på flera festivaler världen över. *Krigsduvor* är en 14 minuter lång film som handlar om en kurdisk flicka som skickas ensam till Sverige, om hennes längtan efter sin mamma och om hennes mod för att möta en ny värld.

Anmälan

Boka in septemberseminarium 2015 innan sommaren (1 juli) och du/ni får 15 % rabatt.

Fyll i nedanstående formulär och posta till Kris- och Traumacentrum,
Box 17531, 11850 Stockholm.

Du kan också anmäla dig via e-post. Skriv fullständiga uppgifter (se nedan) och skicka till konferens@krisochtraumacentrum.se
Skriv "septemberseminarium" i rubrikraden.

OBS! Anmälan är bindande och måste vara Kris- och Traumacentrum tillhanda senast 1 september 2015. Bekräftelse samt faktura skickas via e-post vid mottagen anmälan. Program skickas ut ca 1 vecka i förväg. Vid avbokning senast 30 dagar före konferensen debiteras 50% av avgiften, därefter hela beloppet. Vid förhinder kan platsen överlåtas till annan deltagare, vilket ska meddelas i förväg.

Information

När: 18 september, 2015, kl 9-17

OBS! Registrering från kl 08:15

Var: Hilton Stockholm Slussen Hotel, Guldgränd 8, Stockholm.

Pris: 1 700 SEK exkl moms.

I priset ingår kaffe, lunch och undervisningsmaterial.

Vid ev frågor kontakta Britt-Maria Nilsson, 08 515 167 57.

e-post: konferens@krisochtraumacentrum.se

Hemsida: www.krisochtraumacentrum.se

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Anmälningssformulär - texta tydligt!

Namn.....

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Fakturaadress.....

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Särskild kost.....

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