

Refugee Crisis



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AIM

The aim of the study is to provide an overview the IAHV's online workshop, called Healing Resilience Empowerment Workshop (HRE) which is the first step of trauma relief intervention for refugees.

INTRODUCTION

Due to the recent war conflict in Ukraine and crisis in Afghanistan again there is a crucial need to organize trauma relief interventions in a large-scale for people affected by conflicts. International Association for Human Values (IAHV) is the NGO organization, United Nations - affiliated with consultative status at ECOSOC (UN). IAHV has a lot of experience working with traumatized people and societies, but till COVID-19 Pandemic there were only in-persons interventions. Now the first step their intervention - HRE is available ONLINE.

RESULTS

Trauma relief intervention for traumatized people is not easy work to do. Professionals are still looking for the way to relief trauma effectively and trying ground it on current and proven sources. Currently, they try to use many modern digital tools such as online platforms, applications or games to disseminate new solutions and to support people affected by different crisis in the world. The use of modern technologies in this field can be implemented both on an individual and society levels. On society level intervention can be implemented for participants in shelter houses or refugee's camps far away from the trainers original places. These tools are also useful in personal intervention when the victims stay at home, if it is possible and they can use technology. IAHV has a lot of experience in working with traumatized people. They implemented large-scale trauma relief and psychosocial support programs as part of peace missions, such as in Kosovo, Lebanon, Iraq and Kashmir, with partners such as UN, European Union and Red Cross. Due to COVID-19 pandemic they had to find new solutions to implement at least the first step of intervention. The first step is Healing, Resilience and Empowerment Workshop (HRE Workshop). Workshop is a low threshold, low cost, highly effective way that addressed the physical up to deeply existential layers transcending the strictly cognitive effects. Workshop's program consists physical exercises, breathing exercises, cognitive exercises, kind of mindfulness exercises and relaxation. Now, very solid trained, HRE instructors, still under supervision conduct those workshops online every week for Afghans, Venezuelans, Ukrainians or South Africans victims of crisis. Most of participants are refugees but some of them are still in their country and they can join to the HRE workshops, every time when it is possible. Polish HRE instructors are preparing for such work. It could be very effective way to find solution in such difficult time, when 2,5 mln Ukrainian's refugees have came to Poland

METHODS

We searched Google Scholar library, IAHV's website, materials and repository held by the European Union (regarding European Union external action) using keywords 'online workshop, trauma reliefs intervention, conflict, violence, refugees, IAHV, HRE'



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CONCLUSION

We can say that the use of modern technologies even in trauma relief intervention for people affected by trauma in the crucial time. Is something unique. Of course it is not easy to do those kind of interventions but we can see that it's possible. IAHV implements very effective and unique approach in this field and using new technology to conduct the first step (HRE) of their Psychosocial Peacebuilding Approach. Using technology can accelerate trauma relief intervention for more people who need it.