

The 2nd LTTA, titled Building Resilience: Supporting the Refugee Worker, aimed to educate trainees on the challenges faced by refugee workers. Members of the partner organisations gathered in Bonn from 14-20 May 2023 to make it an effective and successful training activity.

Intercultural Youth Dialogue Association (IYDA) led and coordinated the training activity. Members representing Inclusio Oy from Finland and INNOVATION FOOTPRINT from Greece took active part in the LTTA. The LTTA aimed to create a safe space for trainees to share their experiences through various methodologies such as lectures, presentations, case studies, group work, discussions, simulations, and role-play.

This LTTA was a 5-day activity aimed at helping the participants acquire a deeper comprehension of what working with refugees entails, the ways refugee workers might be impacted and what the best insofar known practices are to address the challenges in working with refugees. Here are some highlights from each day:

Day 1. Working with Refugees

Discussion took place on the notion of refugee identity, experience along with the “migration of identity” refugees undergo, and we looked into the refugee experience from various aspects and explored the impacts of trauma on refugees in more depth.

Day 2. Assisting Traumatized Refugees in their daily lives

On day 2, we examined the worker's role in providing assistance and the potential strategies and methodologies to be employed like double listening, the Tree of Life and Team of Life and other narrative therapy techniques and group-based techniques.

Day 3. It's time we took care of the workers

Day 3 shifted the focus of attention from the perspective of refugees to workers themselves. The focus was placed on the examination of the effects that toll stress, cumulative stress, and vicarious trauma can have on refugee workers. Self-care and the need of debriefing was highlighted and explored.

Day 4. Caring for the Refugee

We examined in more depth self-care, focusing on burnout, techniques to prevent burnout and stress management. Discussed best practices for refugee workers and volunteers and the ramifications for organizations, including the need of effective employee care policies. In this workshop, the participants, in addition to the need of debriefing, learnt strategies for self-care.

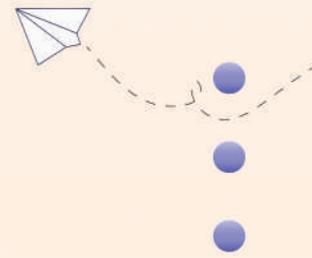


Day 5. Case Studies Examination - Gathering results

Particular case studies were discussed and studied on length along with cases that involved children refugees and the particularities they entail. The participants were presented with resources for supporting refugee minors.



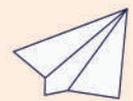
The sole reason for the success of the event was the participants' strong commitment and passion for the subject. The consortium shared a common mission to work towards the inclusion and integration of refugees and to find sustainable and durable solutions to address the exponentially growing refugee crisis. As the partners have different areas of experience and knowledge, their contributions made the training event a success.



Upon completing the LTTA, participants gained a comprehensive understanding of refugee mental health issues, including theoretical frameworks, therapeutic strategies, and case studies. They developed practical skills in assisting refugees cope with loss and trauma while practicing self-care and managing burnout.

The partnership

The European partnership is made up of the following organizations:



Intercultural Youth Dialogue Association IYDA e.V.

Germany



Inklusio Oy

Finland



INNOVATION FOOTPRINT

Greece

