

## Evidence Based Trauma Stabilisation



## EBTS-Leader Training

### Open seminars and trainings in organisations

In the end of the Training, participants will receive a Certificate as **EBTS-Leader**.

Participants receive the **EBTS-Hand-out** with all the materials of the EBTS Leader Training.

**Duration** of the EBTS-Leader-training is 10 days.

We organize both open seminars and trainings in organisations.

**Participation Fee** will be negotiated with the local cooperation organisation. In open training seminars the fee will be announced separately.



### Further information:

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## Introduction in EBTS

With the support of, an innovative "First Aid" (EBTS) for traumatised refugee children and their parents was developed in 2017-2019. The Evidence Based Trauma Stabilisation (EBTS) training and programme were developed and tested by the support of the European Union (Erasmus+) 2017-2019. **The EBTS-Programme** is for asylum seeking, refugee and immigrant families. It is based on combination of stabilisation of adult and child trauma simultaneously, and building basic skills how to deal with trauma. **The EBTS-Training** is for professionals, who work with these families. The training enhances the expertise of specialists working with traumatic experiences and stabilisation in families.

In the EBTS, the latest findings from therapy and trauma research are integrated into a resilience and attachment-oriented playing between parents and children with the aim of increasing reassurance and stabilisation both in children and parents. The use of child psychodramatic scenes enables refugee parents to regain stability with their children while playing in safe and self-made bear caves. Parents and children experience self-efficacy, belonging and self-esteem.

## EBTS-Training for professionals

**EBTS-Leader –Training** is for professionals who work with traumatized people , educationally and / or therapeutically such as child, adolescent , adult or family psychotherapists, physicians, psychologists, mental health and social workers, teachers, and educators.

The core contents of the EBTS-Training are:

- learning to conduct an EBTS-Programme,
- psycho-education in trauma, PTSD and trauma stabilization,
- improving skills for psycho hygiene and self-care.

EBTS-Leaders have the right to conduct EBTS-groups in their professional work and organizations.

Evidence Based Trauma Stabilization (EBTS) training and programme can be implemented in any organisation, which works with families. Open training seminars will be available, too, in different countries.

## EBTS-Trainers

Assoc. Prof. **Milena Mutafchieva**, PhD  
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Department in New Bulgarian University, Sofia. Psychodrama trainer for adults. Mutafchieva is the founder and the head of Centre for Child Development and Psychological Consulting "Cognitiva", Sofia, Bulgaria.

### **Stefan Flegelskamp**

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Graduate social worker, child and adolescent psychotherapist, Psychodrama trainer for adults and children, Supervisor. Director of Institute of Psychodrama SZENEN (Cologne, Germany)

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Master of Adult Education, Psychodrama trainer TEP, certified supervisor and business coach ACC, is working with adult learning (individuals and groups) in both public organisations and private companies. He is the director and the main trainer of Helsinki Psychodrama Institute, Helsinki, Finland.

