

Evidence Based Trauma Stabilisation



Why EBTS?

- It is a short term programme (8 to 10 sessions for a period of 2 to 4 weeks).
- It aims at stabilisation, not in psychotherapy.
- In the programme, there is one parent-child-pair from each family, and 5-7 pairs in one group.
- The main focus is on young children, because they are the most vulnerable.
- Resilience skills are strengthened, and parents can use the learned skills in every day life.
- Training of parents and children can take place even in refugee camps.
- Families from different cultures can participate.
- It can be applied in large groups.
- Professionals working with these families can be trained to be EBTS-Leaders – no psychotherapeutical competencies are required.

The EBTS-Project

With the help of the European Union (Erasmus+), an innovative "First Aid" (EBTS) for traumatised children and their parents was developed 2017-2019. In the project, an Evidence Based Trauma Stabilisation (EBTS) training and programme were developed and their effectiveness was researched.



The EBTS-Programme

In the EBTS-Programme, 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 reducing the risk of post-traumatic stress disorder.

The use of child psychodramatic scenes enables refugee parents to regain stability with their children while playing in safe and self-made bear caves.

In this "playfully healing" traumatised parents and children experience self-efficacy, belonging and self-esteem in play. This increases reassurance and stabilisation both in children and parents.

The EBTS-Programme is based on combination of stabilisation of adult and child trauma simultaneously, and building the basic skills how to deal with trauma.

The EBTS-Training

The EBTS-Training is for professionals who work with these families. The training will expand professional expertise on trauma stabilization and self care. The core content of the EBTS-Training include familiarisation with EBTS-Programme, psycho-education and improving the skills for psycho hygiene and self-care.

Evidence Based Trauma Stabilization (EBTS) training and programme can be implemented in any organization, which works with families in fields of immigration, education, social care, health care, etc. Open training seminars will be available, too, in different countries.



Contact information

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