

Day 1 : 17th July 2017
Course : Children and families that seek safety: consequences of fright, flight and settlement in refugee populations
Lecturers : Associate Professor Mrs. Fazel, Trudy Mooren, PhD and Mr. Jeroen Knipscheer, PhD.

In the morning , the presentation of Trudy Mooren will serve two aims: first of all, prevention and intervention programs will be pictured and described, most of them being offered by agencies connected to Foundation Arq. As some of them will return later the week they will be briefly introduced with regard to their relevance for certain target populations. The second aim is to picture services for parents after psychotrauma. Why focus on parents?, and how to effectively improve parenting, will be the focus of this part of the presentation.

In the afternoon, Mina Fazels Key Note will be an overview of mental health difficulties faced by refugee children. It will describe the different potential stressors children face, the risk and protective factors that can influence their mental health and the range of interventions that have been developed to address the needs of refugee children arriving in high-income countries. These interventions will be at the individual, family, school and community level. The challenges faced by researchers in the field will be explored and the future directions of research that is needed will be discussed.

About Jeroen Knipscheer
Jeroen Knipscheer is a psychotherapist/cognitive behavioral therapist, Senior Researcher at Centrum '45, Arq Psychotrauma Expert Group and Assistant Professor at the Department of Clinical Psychology, Utrecht University. His research and teaching fields are: cross-cultural aspects of stressful and traumatic experiences, effectiveness of services provided to culturally diverse populations and the development of culturally sensitive methods to treat non-western trauma survivors.

About Trudy Mooren
Trudy Mooren works as an associate professor at Clinical Psychology Department at the Utrecht University. She is a clinical psychologist at Foundation Centrum '45 partner of Arq. In her work she is as both clinician as well as a researcher involved in projects that aim to better understand and foster resilience, as well as intervene in response to psychosocial consequences of war, violence and migration. She has degrees in CBT and family therapy and combines methodologies in her work with families after trauma.

About Mina Fazel
Mina Fazel works as an associate professor in the Department of Psychiatry at the University of Oxford and is a consultant child and adolescent psychiatrist in the department of Children's Psychological Medicine at the Oxford University Hospitals NHS Trust. The focus of her work is on improving mental health services for children, and she has been working for over a decade developing mental health services for refugee children and is interested in researching how best mental health services can work within schools to reach and treat children who might not easily access services. She has been working with Oxford Health NHS Foundation Trust to

develop a new 'Inreach service' taking Child and Adolescent mental health services into secondary schools across Oxfordshire.

Day 2 : 18th July 2017

Course : Theoretical concepts regarding culture and trauma (morning)

Lecturers : Mrs Gerdie Eiting, Msc and Mr. Jeroen Knipscheer, PhD.

This morning is about the interplay of trauma, culture, changing contexts and mental health. The programme will address the role of culture, minority status and context in the expression of psychopathology. In particular cultural differences in idioms of distress coping; and the role of culture and context in the development of (complex) PTSD.

Participants will learn a variety of concepts useful for mental health services, pertaining to the concept of complex trauma among refugees and culturally shaped expressions after trauma.

Participants will gain knowledge of various theoretical approaches in the field of cultural explanations of distress or perceived causes (explanatory models) and in the therapeutic alliance (with issues as counter transference). In addition, attention will be given to protective factors (resilience) and risk factors, including prolonged uncertainty about the juridical status, loss of social bonds and loved ones, acculturation and discrimination.

About Gerdie Eiting

Gerdie Eiting is a medical doctor and psychotrauma therapist. She has a lot of experience training and helping people after wars and disasters. She is also trained as a Narrative Exposure Therapy trainer.

Day 2 : 18th July 2017

Course : Research regarding refugees and mental health care (afternoon)

Time : 13.00 – 17.30 hrs (Reflection of the day 16.30 – 17.30 hrs)

Lecturers : Mr. Tim Wind, PhD and Mr. Jeroen Knipscheer, PhD.

What are the methodological challenges in performing scientific research on mental health and treatment effectivity among non western people? We will address this central question by discussing some key concepts in the methodology of cross cultural studies (like bias and equivalence) and by presenting some examples of quantitative studies in this field. For instance, questionnaires are widely used to assess the mental health status of refugees, whereas their construct validity largely remains unexplored. We will present the factor structure and measurement invariance of two widely used instruments for the assessment of PTSD symptoms (HTQ) and symptoms of anxiety and depression (HSCL-25) among Dutch and refugee patients with different linguistic backgrounds and find out whether or not mental health constructs of PTSD, anxiety, and depression, as measured by the HTQ and HSCL-25, are to a large extent interpreted in a similar way by refugee patients.

About Tim Wind

Tim Wind works as a certified therapist with patients with psychotraumata and personality problems since 2008 for Centrum '45 (and previously) Equator Foundation.

Within his job he manages the implementation of ehealth within the mental health care group. He finished a PhD in 2013 on social mechanisms that explain postdisaster mental health problems. He continues to work in this line of research to date in collaboration with the School of Public Health at Harvard University.

Previously, Tim graduated in 2006 in Clinical and Cross-Cultural Psychology. During his study he researched acculturation strategies in Texas, USA, and worked as a psychologist in La Paz, Bolivia. Afterwards to explore his drive to apply his clinical knowledge abroad, he enrolled in the European Master of Excellence called NOHA

(2006 - 2007). NOHA is short for Network in Humanitarian Action. For this master he studied in Spain and worked as a psychologist for the Red Cross in Colombia.

Day 3 : 19th July 2017

Course : Clinical care for refugees and trauma

Lecturers : Mr. Samrad Ghane, PhD, and Mr. Jeroen Knipscheer, PhD.

In this training we will address the challenges of providing culturally sensitive and effective mental health services for refugees and others who have faced (forced) migration and resettlement, we will focus on the knowledge and skills that build cultural competence in therapeutic context.

Mental health care for non-western ethnic minorities with psychological problems is often associated with low efficiency. Evidence-based psychotherapeutic interventions, such as cognitive-behavioral therapy (CBT), are not evidence-based for ethnic minority groups (e.g., Crumlish & O'Rourke, 2010; Palic & Elklit, 2011) and treatment as usual is characterized by high numbers of no-show and drop-out with substantial adverse psychosocial and economic consequences.

During this day of the program participants will gain knowledge of various theoretical approaches in the field of cultural sensitive interventions for treating psychopathology among refugees and asylum seekers in particular in relation to trauma and PTSD. In particular the following topics will be addressed: the DSM-5 Cultural Formulation Interview, the importance of explanatory models, the cultural adaptation of evidence based interventions (like CBT and EMDR) and community based interventions approached out of a more ecological perspective.

About Samrad Ghane

Samrad Ghane is trained to be a mental health psychologist and medical anthropologist. He is working as a clinician and researcher at Equator Foundations and is specialised in cultural psychiatry.

Day 4 : 20th July 2017

Course : Workshop introduction Narrative Exposure Therapy (NET)

Lecturers : Mrs. Gerdie Eiting, Msc , and Mrs. Simone de la Rie, PhD.

In this workshop the principles of Narrative Exposure Therapy (NET) and its practical application will be explained. NET is an evidence-based approach for the treatment of trauma-related mental disorders. Given its focus on the autobiographical elaboration of traumatic experiences, NET is particularly suited for populations affected by multiple traumatic experiences like sexual, familial or organized violence. To date, there is good evidence that NET is an effective treatment approach with support from 20 RCT's with proven efficacy both, in resource poor contexts and in Western clinical settings. NET is well-tolerated and straightforward. It can be taught to non-expert practitioners, which makes NET an asset in low-income countries.

About Simone de la Rie

Simone de la Rie is working as a clinical psychologist at Centrum '45. She is expertise leader of the teams 'Refugees and trauma ' and 'Screening and Diagnoses'. She is trained as a trainer Narrative Exposure Therapy.

Day 4 : 20th July 2017

Course : Brief Eclectic Psychotherapy for Traumatic Grief for refugees and other victims with traumatic loss of loved ones

Lecturers : Mr. Geert Smid, PhD and professor Mr. Paul Boelen

Traumatic grief refers to a combination of persistent complex bereavement disorder (PCBD), posttraumatic stress disorder (PTSD) and depression after the death of a loved one due to unnatural, violent causes. This module addresses the assessment and treatment of traumatic grief.

Education methods include: brief introductory lectures about diagnostic topics (What is traumatic grief? What are differential diagnostic considerations?) and about different treatment interventions included in the Brief Eclectic Psychotherapy for Traumatic Grief (BEP-TG) and Traumatic Grief Focused Cognitive Behavioral Therapy (TGF-CBT). In addition, there will be room for role play and discussion of case vignets. Parts of the lecture will be illustrated using videomaterial and demonstrations by the lecturers.

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| About | <p>Geert Smid</p> <p>Geert E. Smid is a psychiatrist, trauma therapist, and senior researcher at Foundation Centrum '45 / Arq Psychotrauma Expert Group. His research focuses on the prevalence, diagnosis, and treatment of posttraumatic stress disorder and traumatic grief, and stress sensitization across different groups and cultures.</p> |
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| About | <p>Paul Boelen</p> <p>Paul A. Boelen is a full professor at the Department of Clinical Psychology at Utrecht University and Arq Psychotrauma Expert Group in the Netherlands. He also works as a psychotherapist and scientific director at an outpatient facility for mental health care at the Faculty of Social Sciences of Utrecht University</p> |
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Day 5 : 21st July 2017

Course : Working with the consequences of Torture

Lecturers : Mr. Geert Smid, PhD and Mrs. Simone de la Rie, PhD

In this workshop we will focus on the question which effects torture may have on mental health – and which treatments are effective (and if none; what would be needed).

A substantial amount of the people seeking refuge have been tortured. This has potentially broad and long-lasting impact on physical, psychological, social and other areas of life. Its complex and diverse effects interact with ethnicity, gender, and refugee experience.

Many studies have shown that survivors of torture are at increased risk for a range of psychological symptoms and social problems, including PTSD, anxiety and depression. Psychological treatment of torture victims is mostly focus on PTSD The few studies that exist show that torture survivors do not highly benefit from treatment.

In this final day of the program participants will gain knowledge of various theoretical approaches in the field of torture, of cognitive and emotional processes following torture, and of therapeutic interventions. We will discuss practical guidelines for torture treatment based on the latest scientific literature and we will present clinical case vignettes. This day will be highly interactive and discussions with the group will be stimulated.