



## **KIDNET - Narrative Exposure Therapy for the treatment of traumatized children**

KIDNET, a child-friendly version of NET has been advanced to specifically treat children and adolescents suffering from psychological disturbances, in particular PTSD, related to traumatic experiences (Catani et al., 2009; Neuner et al., 2008; Ruf et al., 2010).

KIDNET is thought to contextualize the particular sensory, affective and cognitive memories of trauma by constructing a narrative that covers the child's entire life. The treatment approach seems to be particularly suited for children and adolescents who have been exposed to repeated or chronic traumatic experiences, as it is typically the case for young survivors of war and conflict and victims of child abuse.

The workshop will give a brief introduction into the theoretical background of KIDNET as well as the practical procedures and techniques and will discuss the scientific evidence for the efficacy of this approach.

### **About the NET experts**

**Elisabeth Kaiser** is a Public Mental Health Professional specialised in the field of Psychotraumatology, Women & Children's Health and Violence & Human Rights. She holds a PhD in Clinical Psychology with a focus on trauma treatment in crisis regions, an M.A. in Education and a MPH with a focus on International Health. Furthermore she has completed trainings in Advanced Mediation Skills, holds a post-graduate degree in Adult Education and is a certified Client-Centered Counselor, Gestalttrainer and Gender Trainer. Her professional focus on Global Health, led her towards the implementation of projects for adults and children in resource poor countries, mostly in Southern and Eastern Africa, combining issues of human-, women- and children's rights with public health interventions and rights-based policy formulation. She worked for organisations such as UNICEF, UNIFEM, WHO and UNAIDS, mainly in African, Eastern European, Central- and South Asian countries. Since 2001 Elisabeth has taken over the coordination of vivo <[www.vivo.org](http://www.vivo.org)>, an international NGO that aims at research, prevention and therapy of the consequences of traumatic stress on violence and conflict-affected individuals and communities. She is experienced in the conceptualisation of community-based mental health structures after conflict and disasters, including the implementation of evidence-based trauma treatment approaches as well as the coordination, training, supervision of international as well as local staff teams. Elisabeth is also a member of the Psychological Outpatient Clinic for Refugees' working group at the Department of Clinical Psychology, Center of Excellence for Psychotraumatology of the University of Konstanz/vivo international, Germany.

**Claudia Catani** is a senior lecturer in clinical psychology at Bielefeld University in Germany. She received a PhD in 2004 from the University of Konstanz (Germany) and the University of Padua (Italy)

and the *venia legendi* (Habilitation) in 2010 from the Faculty of Psychology at Bielefeld University. As a licensed psychotherapist (cognitive-behavioral therapy), she mainly works with children and adults suffering from trauma-related disorders and provides training and supervision for academic and paramedical staff on mental health, psychotraumatology and trauma therapy. Claudia Catani's research activities include extensive field work in different post-war countries (Afghanistan, Somalia, Sri Lanka, Uganda) addressing the epidemiology of mental health problem related to war violence as well as family violence and the treatment of posttraumatic stress disorder in adults and children. Currently, her major field of research is the study of mechanisms linking war trauma and family dynamics in communities affected by conflict and war. Her work also focuses on revictimization processes and on the relationship between adverse experiences throughout the life span and mental-health disorders in adulthood. Claudia Catani is member of the International Society of Traumatic Stress Studies (ISTSS), the German Society of Psychology (DGPs), the German Society of Psychotraumatology (DeGPT) and the NGO vivo international.