# Helping the Helpers: Turkey 2022

BRIEF INTRODUCTION

A POMEGRANATE CONNECTION INITIATIVE

TURKEY SPECIFIC PROGRAM: TRAINING AND SUPERVISION FOR MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICE PROVIDERS FOR FORCED MIGRANTS/REFUGEES

SEEKING NGO PARTNERS, FUNDING

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# Person

Safety =
Self Soothing and Self Regulation

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# Social Safety & Support

- Family
- Close Friends

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# Social Safety, Support, Affiliations

- Health Care Providers
- Lawyers
- Police
- Social Workers
- Job Coaches

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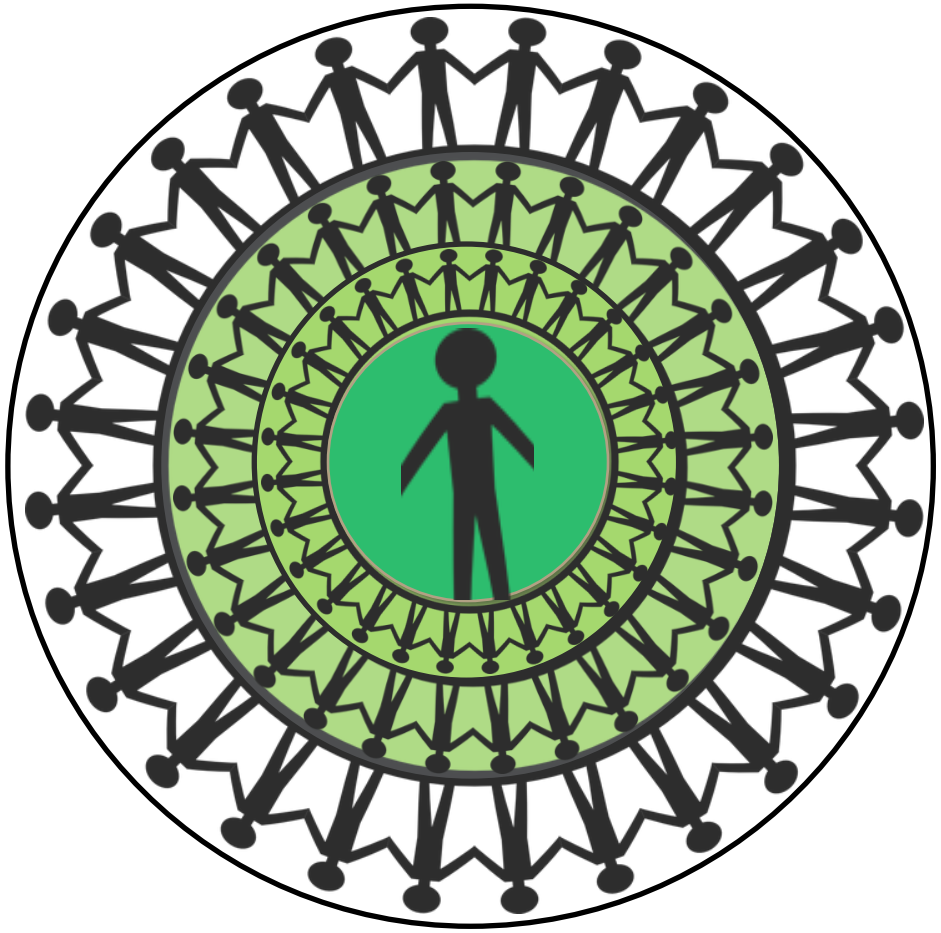
# Organizations and Institutional Support

- NGOs
- Schools
- Hospitals
- State institutions
- Faith Communities



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# Systems and Global support

- Natural Systems
- Global governance
- Civil Society
- Global Society

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# Planetary Support and Safety

# Content / Principles

Sustainable Systems are the Foundation of Health

Mind Body Health is Self Care

- exercise- yoga
- healthy nutrition
- protection of sleep and rest
- trauma informed care/ attention to thoughts and awareness/ healing narratives
- social connectedness

Building a Community of Care and Carers

- Professional Supervision/consultation
- Sustained small group support- no one heals alone
- Healing takes time

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# History of Pomegranate Connection and Helping the Helpers Programs

Pomegranate Connection founded in 2009 in Ankara, Turkey

- by Leyla Welkin PhD- Born in Gaziantep, Turkey, educated in USA
- Research into Group Trauma Treatment for adult female survivors of sexual abuse 2009-2010
- A joint effort by Turkish psychiatrists and a US trained clinical cross-cultural psychologist
- Aimed to identify efficacy features of group trauma treatment and necessary cultural adaptations

- Resulted in group treatment for nearly 40 women with sig. trauma effects
- 3 scholarly articles, book chapter, handbook published in English and Turkish
- Published Dost/True Friend: a guide for survivors of sexual abuse and those who want to support them. Turkish version 2011, English version 2013

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# Helping the Helpers Development Highlights

Began with training and consultation in Turkey

*Bahçeşehir* University Law Faculty: 10 districts around Turkey with local bar associations trained professionals, made public presentations on family violence

Training and consultation with Shelter House staff in 5 districts

Trauma training for UNHCR Asylum 2011 Interviewers and translators

GBV expert for UNFPA 2013-2014. Pilot program in Nizip camp

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# Helping the Helpers Initiatives completed

2015 & 2016 : American Bar Association trainings in Turkey for lawyers re: trauma and forced migrants

2016: Helping the Helpers 5 day training in Italy

2018-2019: 18 month Helping the Helpers Training in Europe with QCEA

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# Expected Outcomes of Helping the Helpers Turkey 2022

15 Helpers  trained to provide sustainable Trauma Informed Care

- TOT: Prepared to begin training other helpers

Found and build a network to support training and supervision of helpersaround Turkey

Materials designed to support a sustained approach to Trauma Informed Care in Turkey: online and printed

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# Target group

Helpers actively working with forced migrants- refugees and other survivors of violence living in Turkey

Social workers, psychologists, case workers, health care providers, shelter workers, teachers, translators etc. Distributed between agencies

Diversity is an asset

At least 2 to 3 years of experience in the field and must commit to continuing at least 2 years

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# Activities

75 hours of face to face training
- Delivered in 3 sessions of 4 days in a setting removed from daily work

18 hours of monthly online small group consultation/supervision
- Delivered between the training sessions

Development of materials and an online resource site

Presentations by participants to other helpers

Evaluation of results

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# Evaluation

Quantiative

- Professional Quality of Life scale- pre program mid program and post program

Qualitative

- Surveys administered at each training session and consultation/supervision group meeting

Reports from each post program presentation

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# Thank You!

We are seeking non-profit partners- fiscal sponsorship

Funding for our 18-20 month program

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# Project founder

**Leyla Welkin**, Ph.D., LMHC is the originator of the Helping the Helpers project, serving as primary content provider for all iterations of the projec She is a cross-cultural psychologist and psychosocial group facilitator, working on an international level through her consulting organization, the Pomegranate Connection.

Leyla's inspiration for the project came during a period of work in her birthplace along the Turkish border with Syria. While she lived in Turkey working with Turkish survivors of sexual assault, the war in Syria began and hundreds of thousands of Syrians were invited by Turkish authorities to take refuge in camps along the border.

Leyla began to support traumatized Syrian asylum seekers but quickly realized that systematic approaches to trauma informed care were completely absent in the camps. Many camp employees and volunteers were well-meaning but completely unprepared for the scope and scale of the systematic violence experienced by the refugees.

She began to draft the earliest curriculum of what would become the Helping the Helpers project, a training to support those caring for traumatized people to understand symptoms of trauma in others and themselves. The overall goal has remained focused on creating an informed, sustainable, caring and welcoming intercultural network.

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# Testimonial from Helping the Helpers Training 2016

https://www.youtube.com/watch?v=sazmqCrDOug

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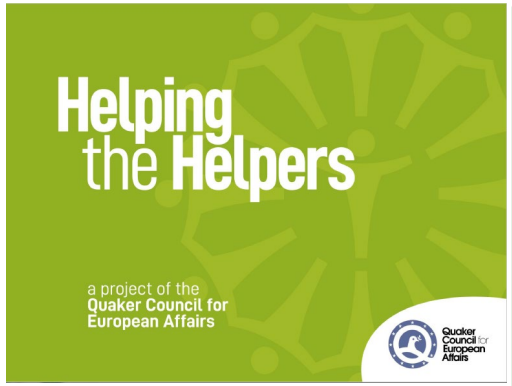
# Testimonial from QCEA Helping the Helpers program 2018-2019




*"After a mere four years of work and a completely non-existent self-care plan, I was unaware that I was going through severe stress, suffering from vicarious trauma and close to burning out. I had difficulty concentrating, felt depressed and was generally struggling in my everyday life to continue with my work. In the constant bustle and stress I felt I had no time to process all the experiences that I had gone through and had no tools to protect myself from the difficulties faced in the fieldwork.*

*Now I feel stronger and better able to face the challenges to come. I have become aware of the dangerous patterns to avoid in our line of work and understand the crucial importance to set stronger work and emotional boundaries to protect myself. Together with the rest of the group, our combined strength and knowledge became one of the most healing processes I have ever gone through. I don't know how to thank Helping the Helpers, the donors and all the participants for the thriving setting that was created that has truly changed my life."*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# Development of Helping the Helpers Program

- Humanitarian workers increasingly recognize the need for Trauma Awareness and Trauma-Informed Care.
- First HtH was organized as a short term, international grassroots volunteer program in 2016 in Italy.
- 12 participants in a 5-day program from Italy, Turkey and UK.

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# Development of Helping the Helpers Program

- Based on strong interest and feedback from the first program, Pomegranate Connection in colaboration with the Quaker Council for European Affairs built a year-long pilot program completed in September 2019.
- 9 participants from Belgium, UK, Greece, Turkey, Ireland, Palestine, and Australia.
- 3 residential training in UK and Belgium with online supervision
- 4 trainers and 1 psychological supervisor

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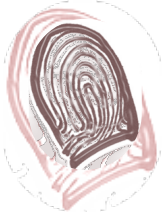
# Be Here Now



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| **Sights** | | | | | |
| **Sounds** | | | | | |
| **Sensations** | | | | | |

Adapted from a technique by Yvonne Dolan, M.A.

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