

Dennis Ougrin

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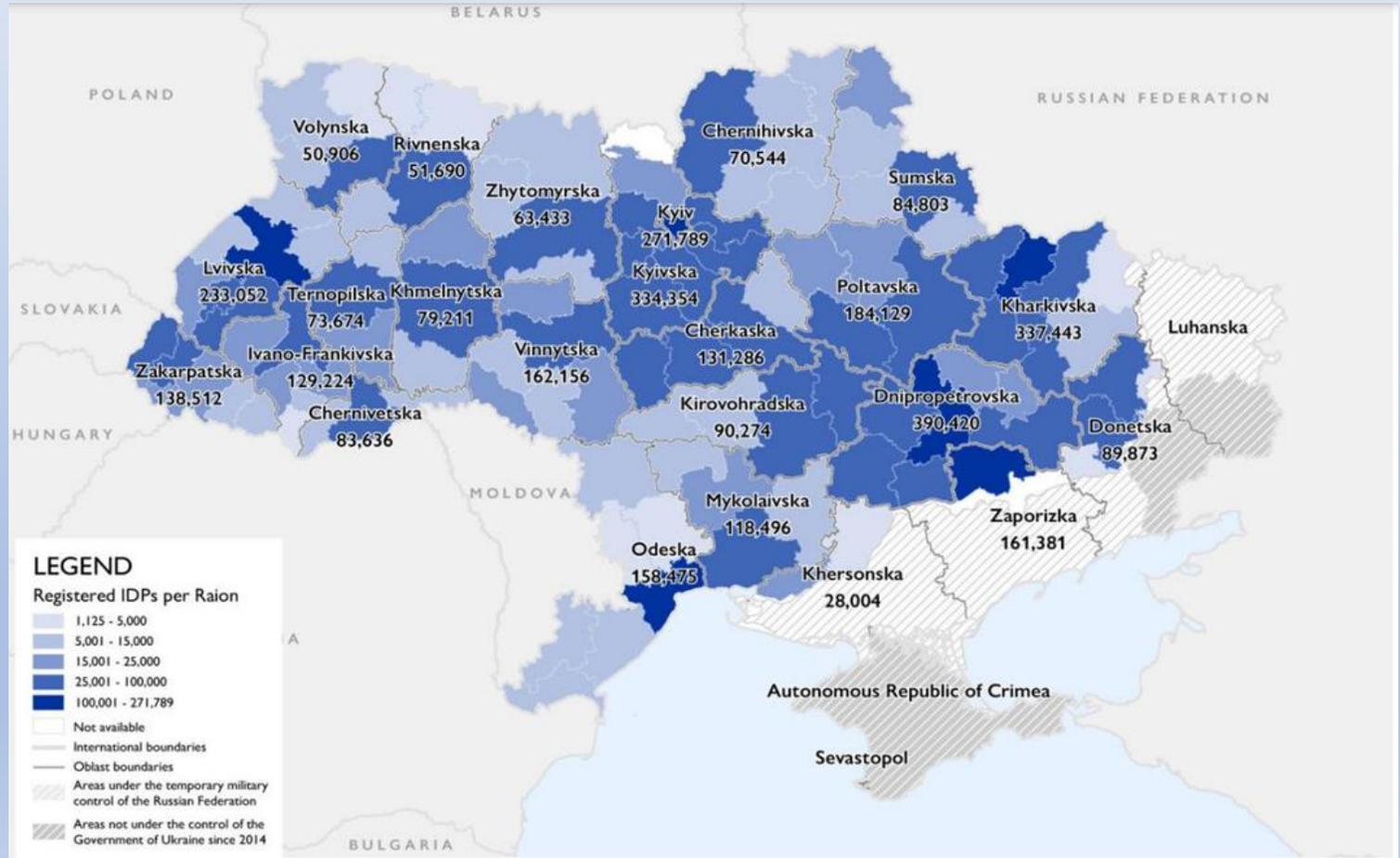
Teaching Recovery  
Techniques for Ukrainian  
Refugee Children



## UKRAINIAN CONTEXT

3.5 million IDPs

22 % children







# RUCKSACK LAUNCH EVENT, 17/09/2022

FOR THE CHILDREN OF UKRAINE – A BOOK THAT HEALS.

P R E S S   R E L E A S E



Di Redmond, writer of RUCKSACK, was welcomed incredibly warmly by over 90 children aged between six and nine - all displaced by the war - at St Mary's Ukrainian School on Saturday 17th September for the initial launch of the book. The children were deeply interested throughout the entire presentation, asking questions and actively participating in the story that was being read to them. Each child was given a copy of the book at the end of the presentation; many of the



T-shirts



**Children & War  
Foundation**

**Children and War Manual:  
Teaching Recovery Techniques (TRT)**



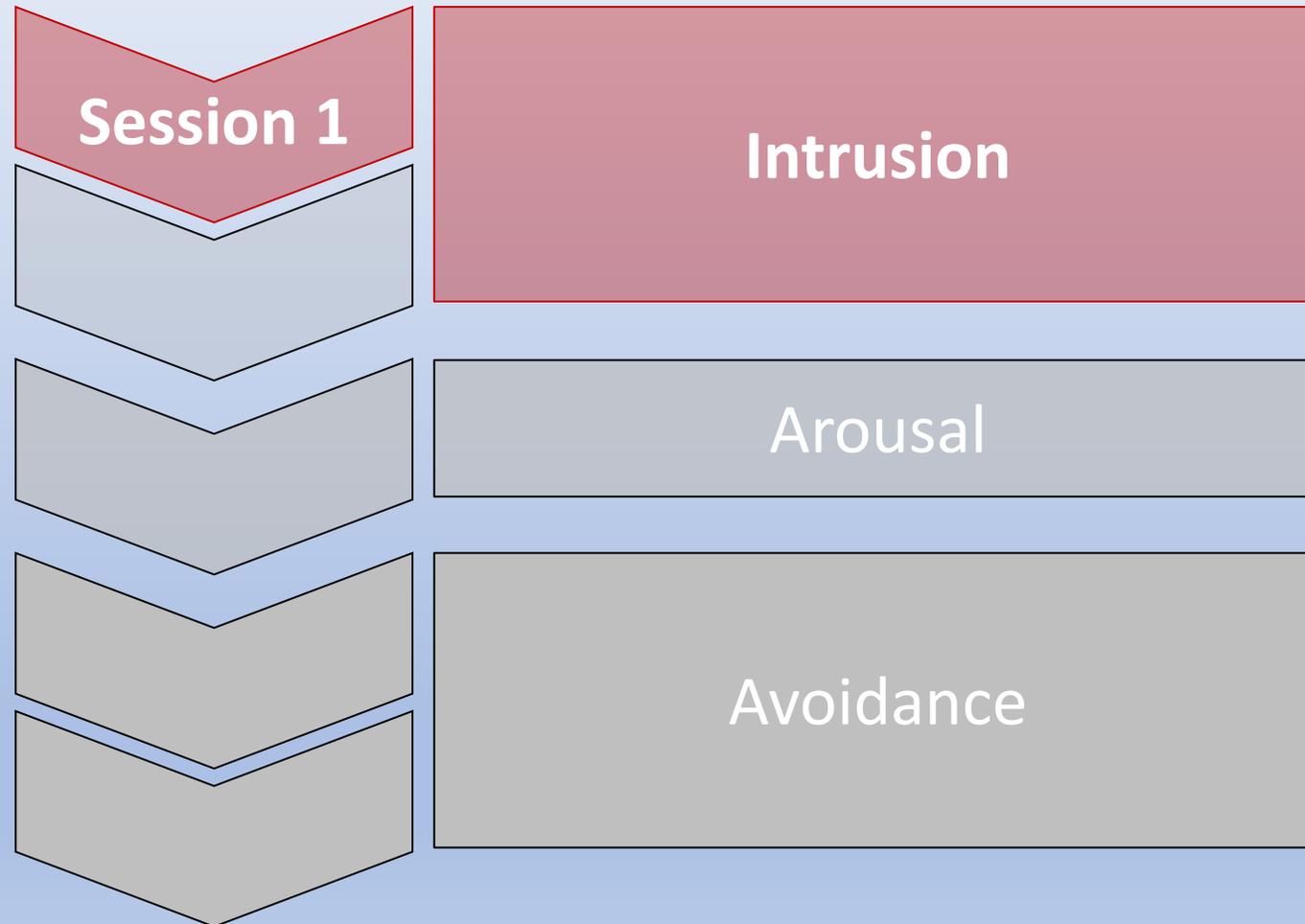
Children and War Foundation:  
Intervention and Training

TRT Conflict and Violence  
TRT Disaster

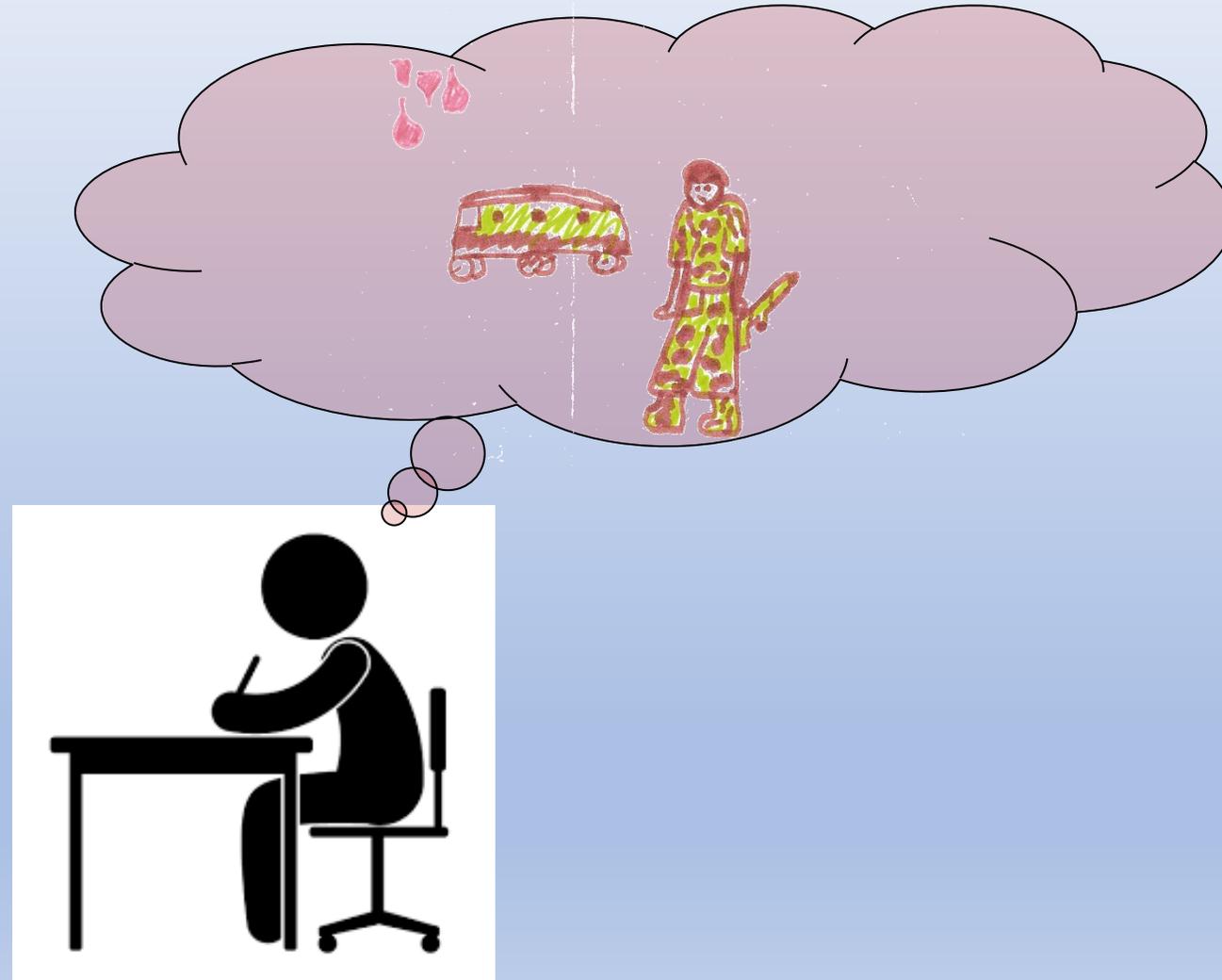
●  
New Interventions



# Programme Structure



# Intrusions



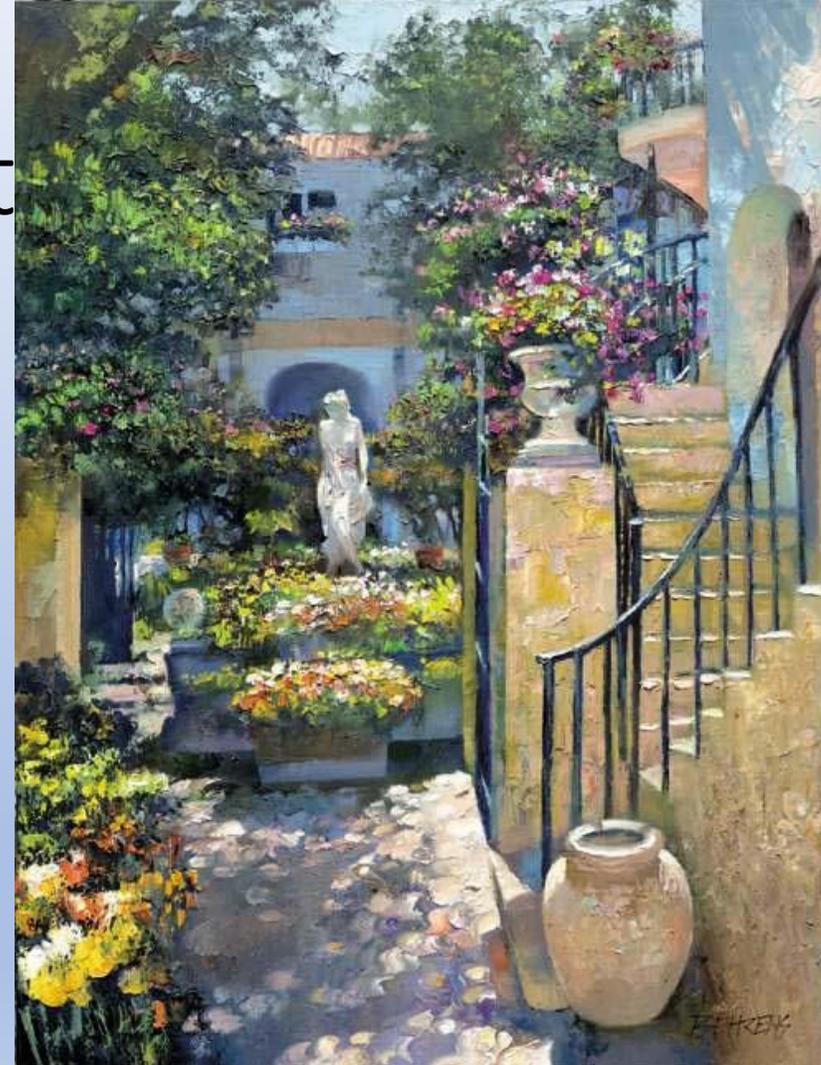
# Creating an imaginary safe place

- Let the child choose but guide gently
- Choice – can be real or imagined



# Features of Safe Place script

- Guides in a general way
- Use all the senses e.g. What can you....?
  - See
  - Hear
  - Smell
  - Touch
  - Taste
- Child fills in the detail
- Brings experience closer



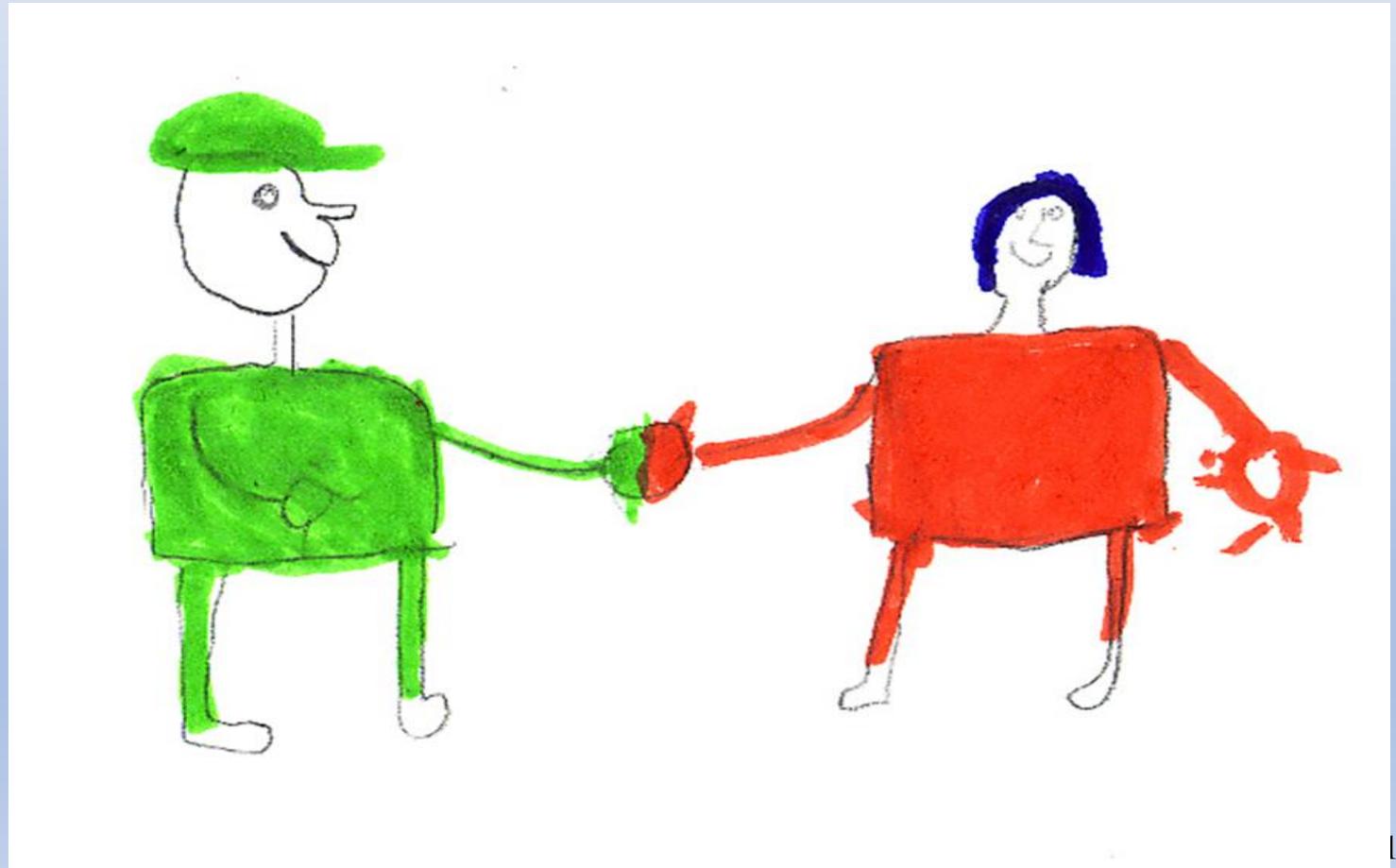
# Imagery technique demonstration



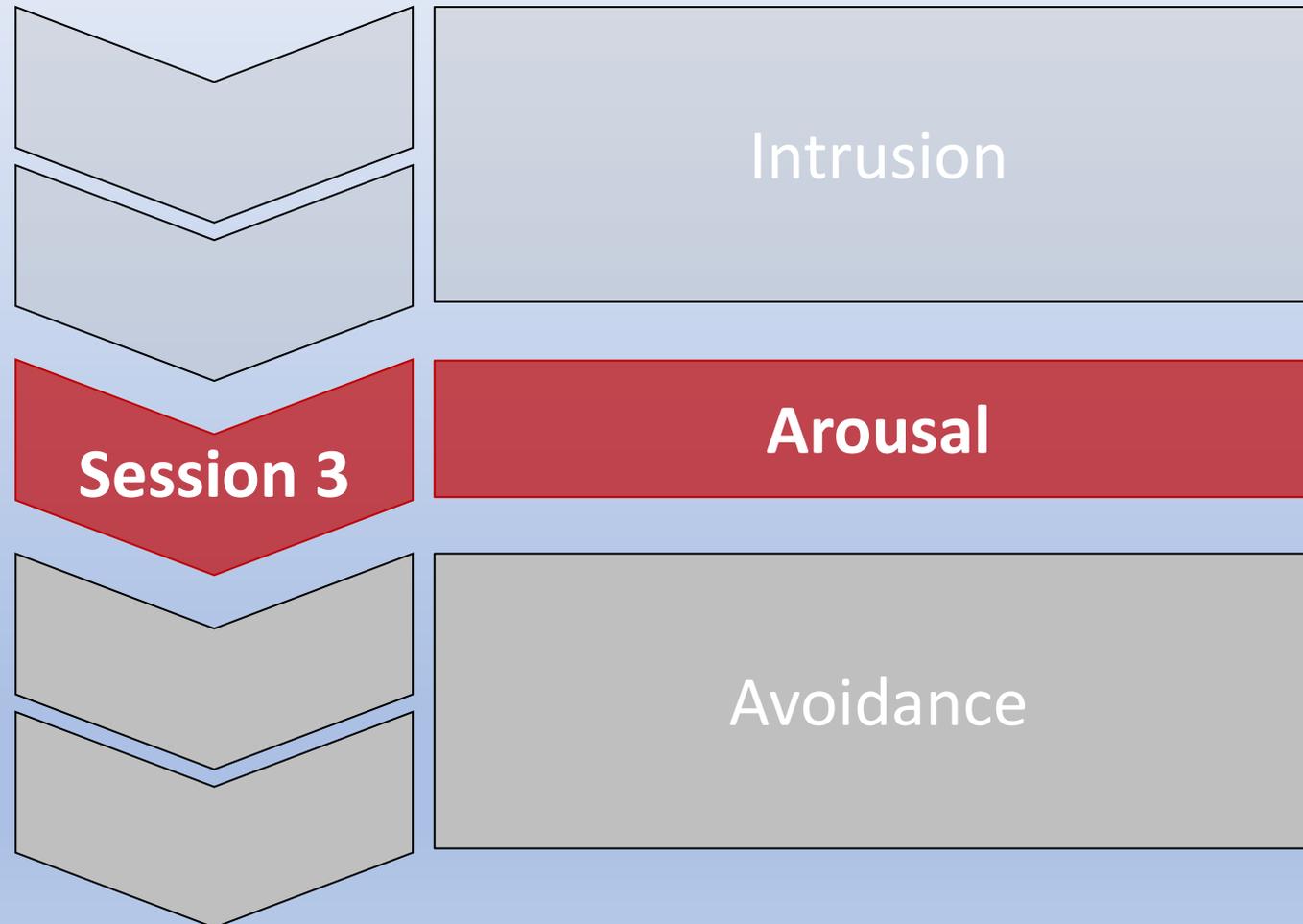
Bad dream



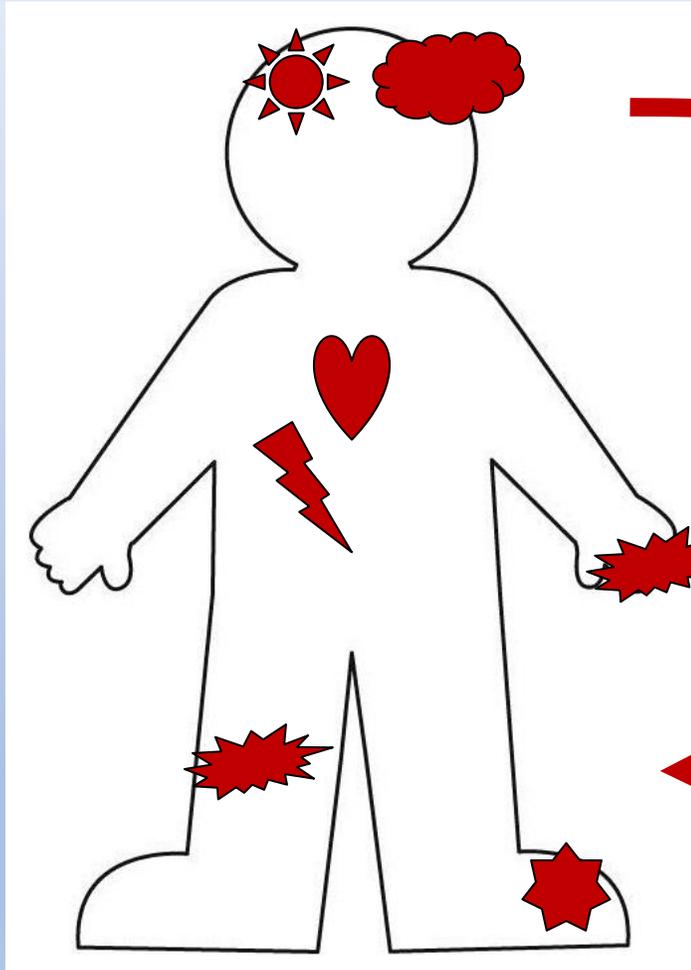
Happy ending to a bad dream



# Programme Structure

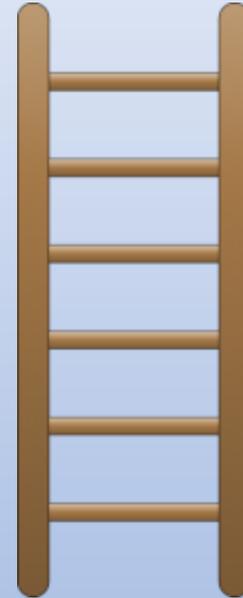
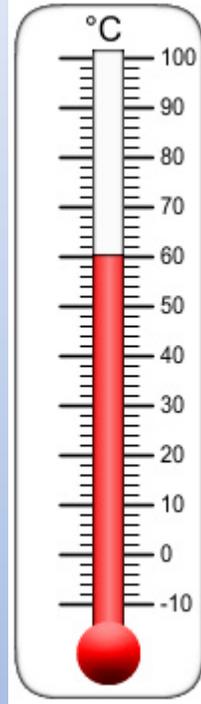


Helping children be aware of the fear cycle (*Script p40*)



***Fear feeling***

# On-line catalogue



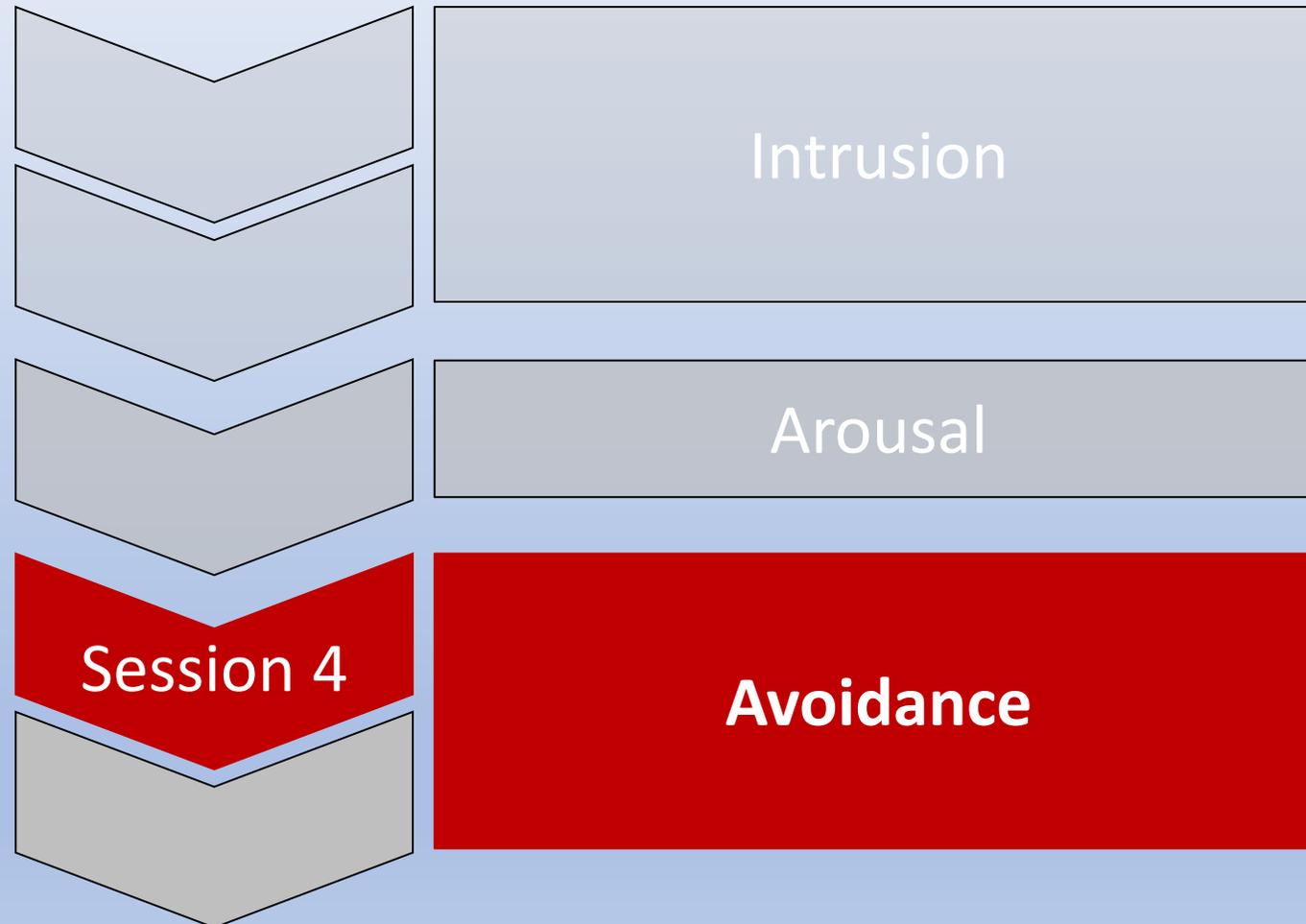
# Relaxation/stress reduction

What happens already:

- Cultural strategies e.g. meditation
- Local strategies e.g. yoga group
- Personal strategies e.g. swimming, listening to music



# Programme Structure



# Avoidance

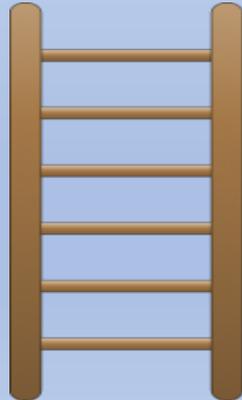


# Putting it into practice: a plan for Michael

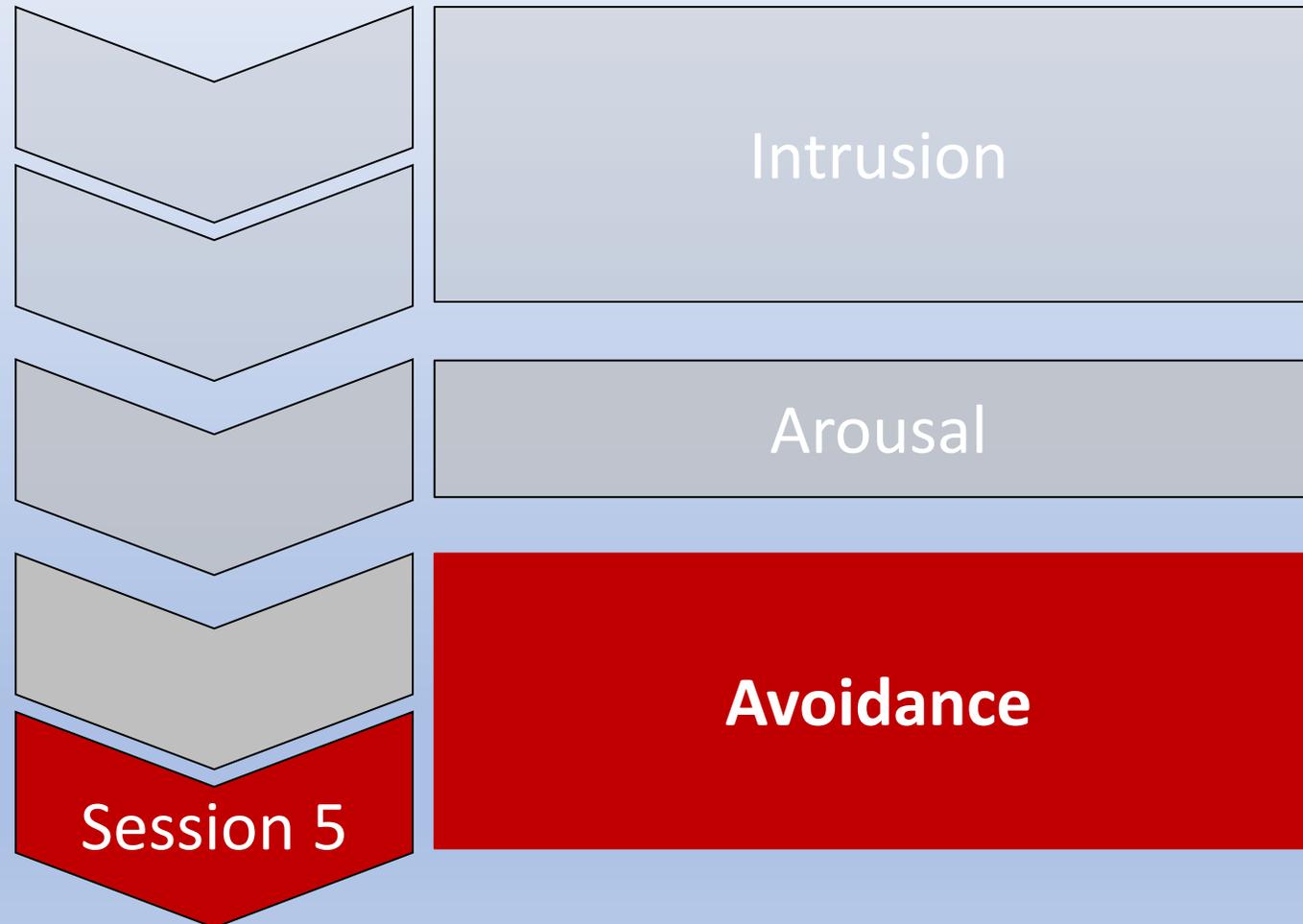
*(Whiteboard exercise - not in role)*

*(Script p61-62)*

Graded exposure hierarchy

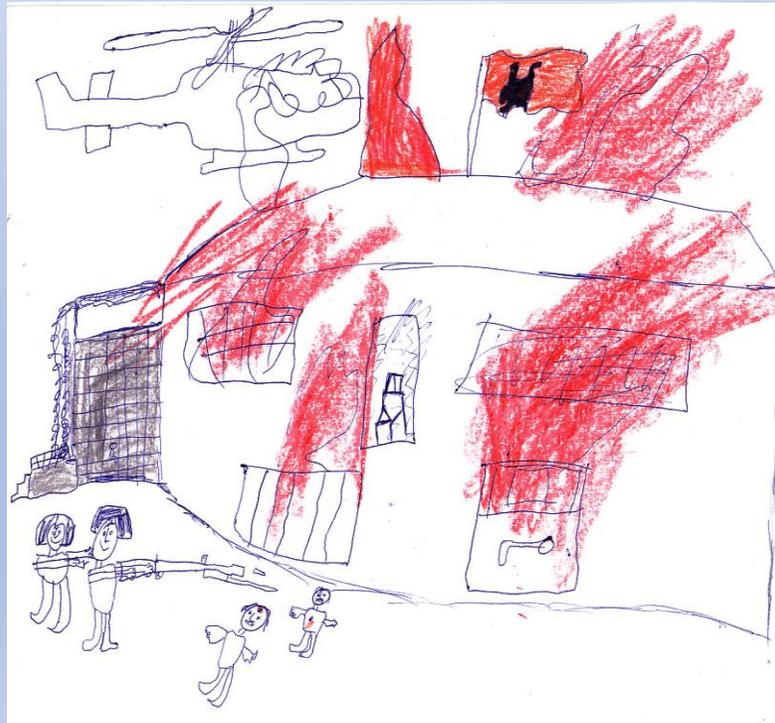


# Programme Structure



# 1. Drawing

Make a drawing of something upsetting – it doesn't have to be the very worst thing



# Looking to the Future

*(script p76)*

- Ends on positive note
- Counters feelings of hopelessness/helplessness
- With younger children allow them to fantasise (plans to be a cowboy)



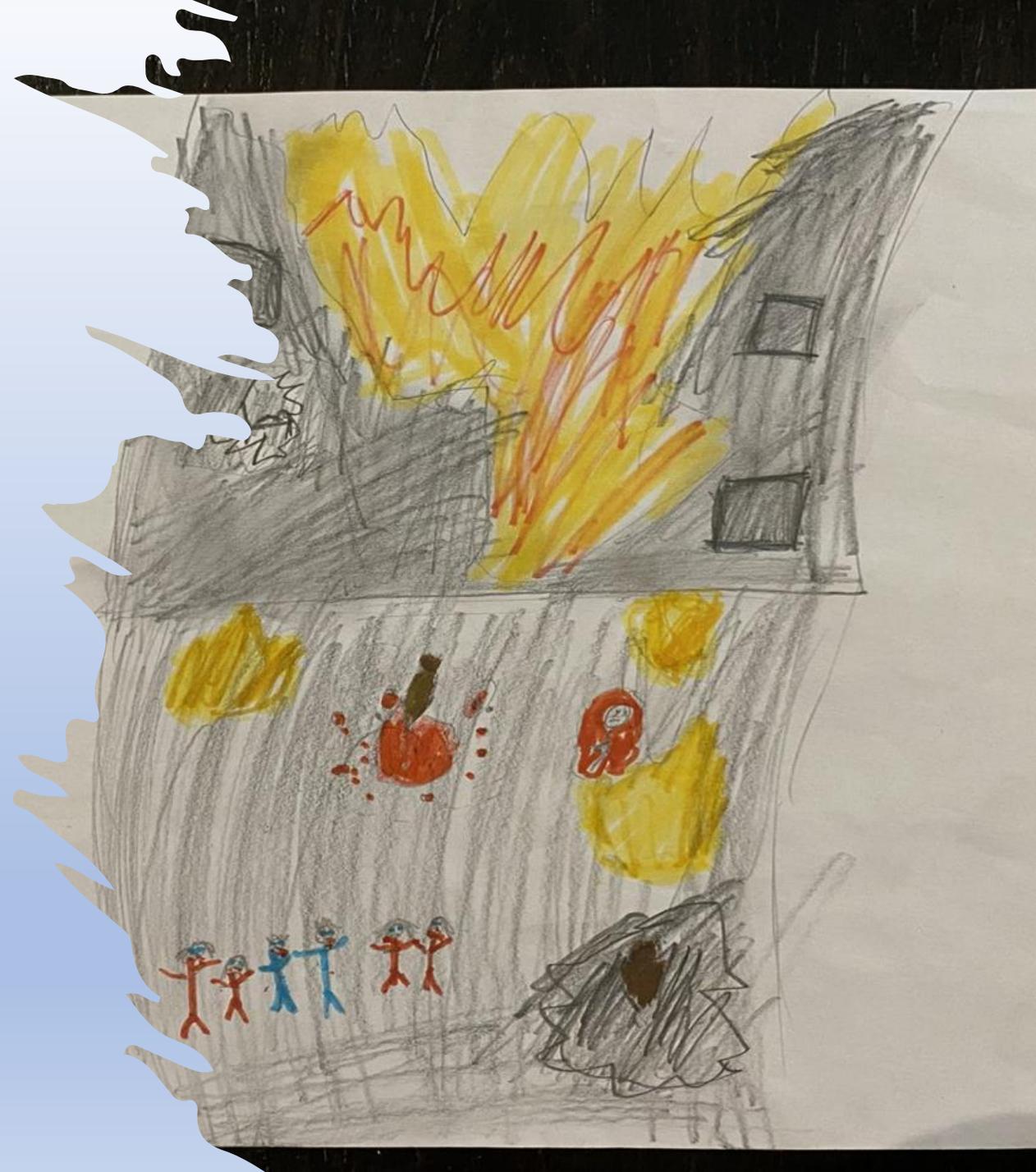
# Looking to the Future

- Encourage discussion/open-ended questions.
- What do they hope for the future?
- Aim is to foster a realistic sense of hope/continuity



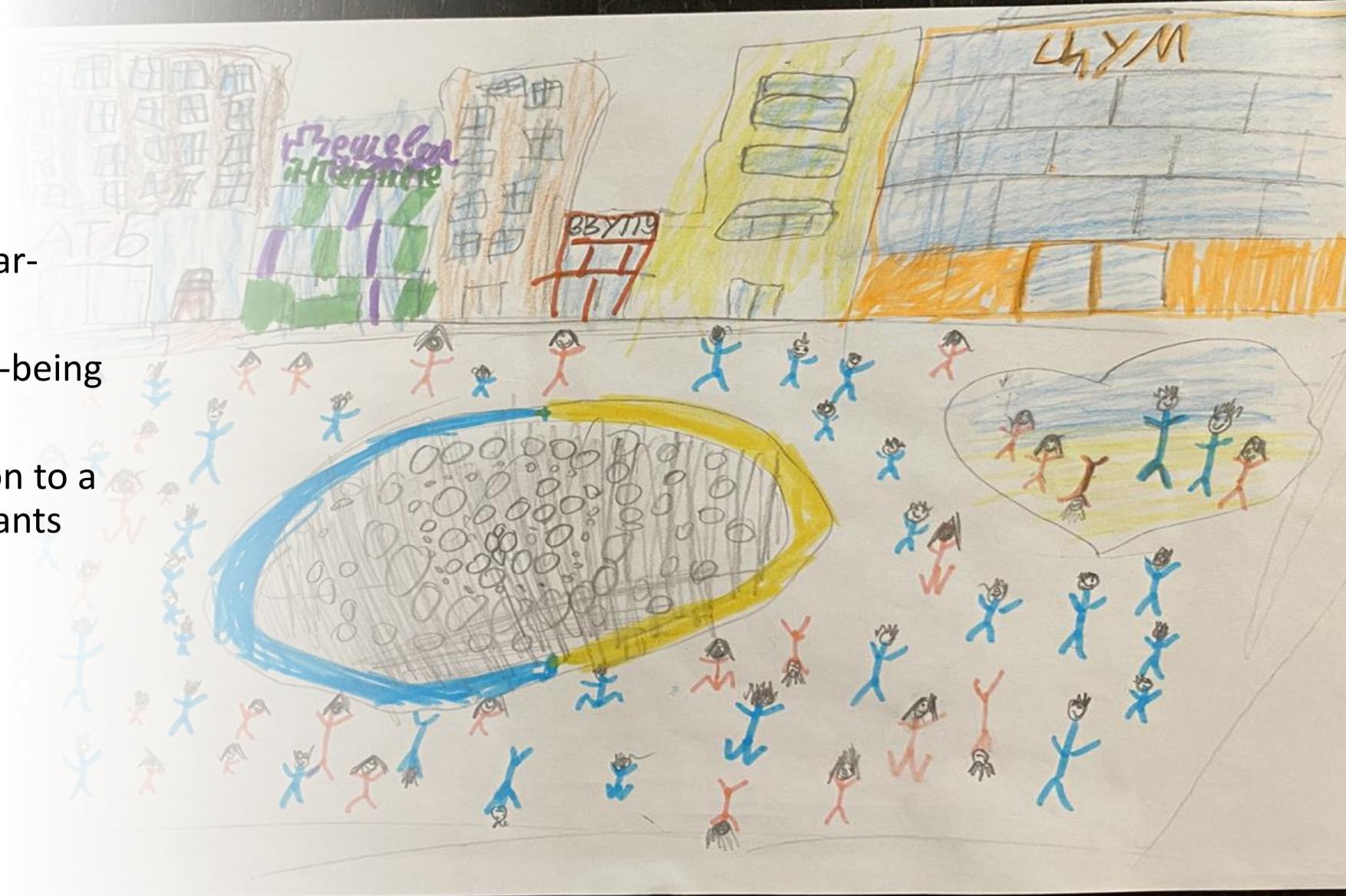
# Results in Ukraine

- n=3,123 completed CRIES-8 questionnaire at the start of TRT
- n=2737 at the end of TRT
- n=1798 both
- 68% achieved a change from  $\geq 17$  to  $< 17$
- online and face-to-face outcomes were the same.



# Conclusions:

- TRT: a valuable tool for war-affected children
- Potentially increased well-being in Ukrainian children
- Consideration for provision to a larger number of participants
- An RCT is required



Thank You

- Source:  
<https://gossopsgreen.org.uk/news/ukrainian-day/>

