

Dennis Ougrin

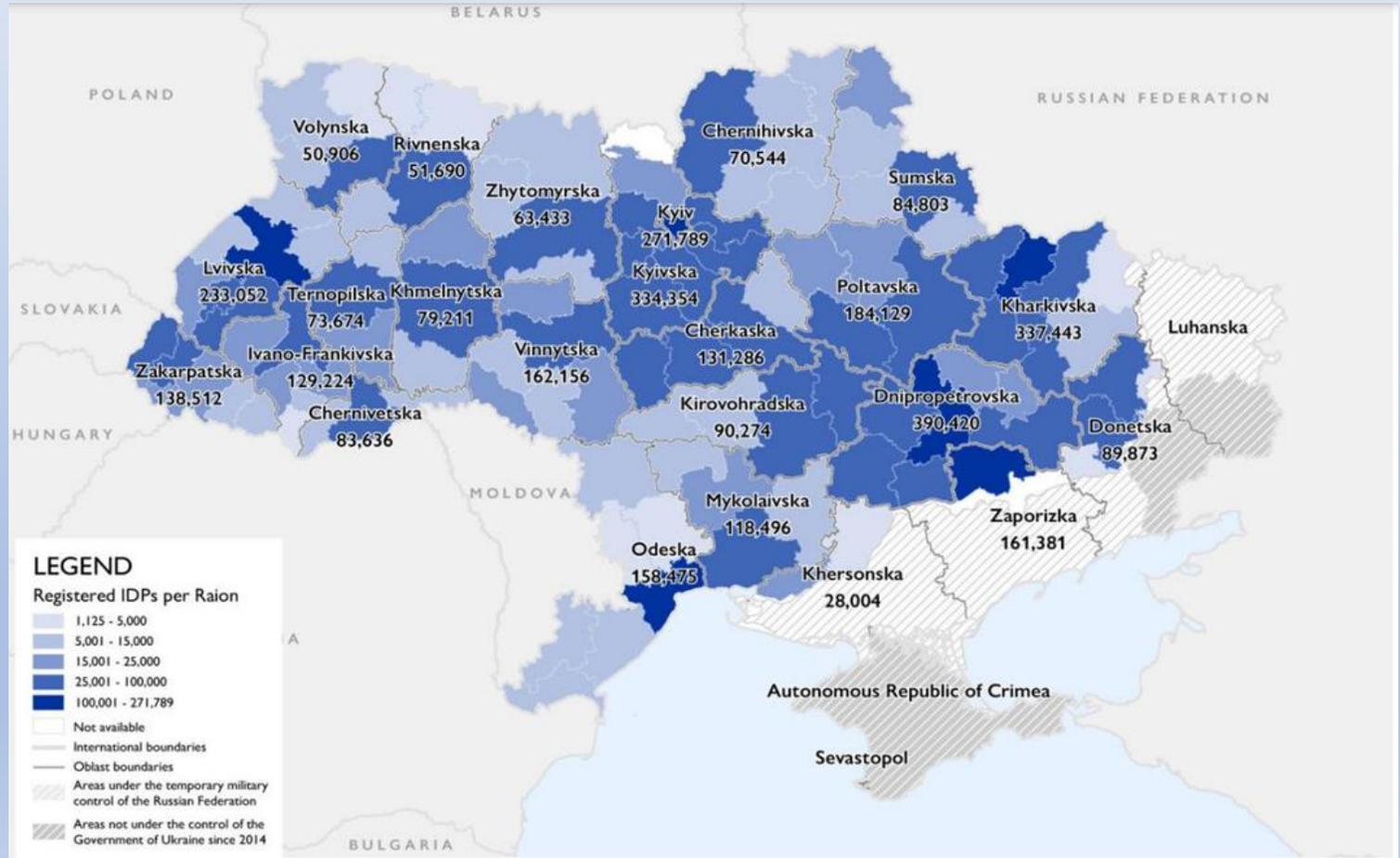
Teaching Recovery
Techniques for Ukrainian
Refugee Children



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)**

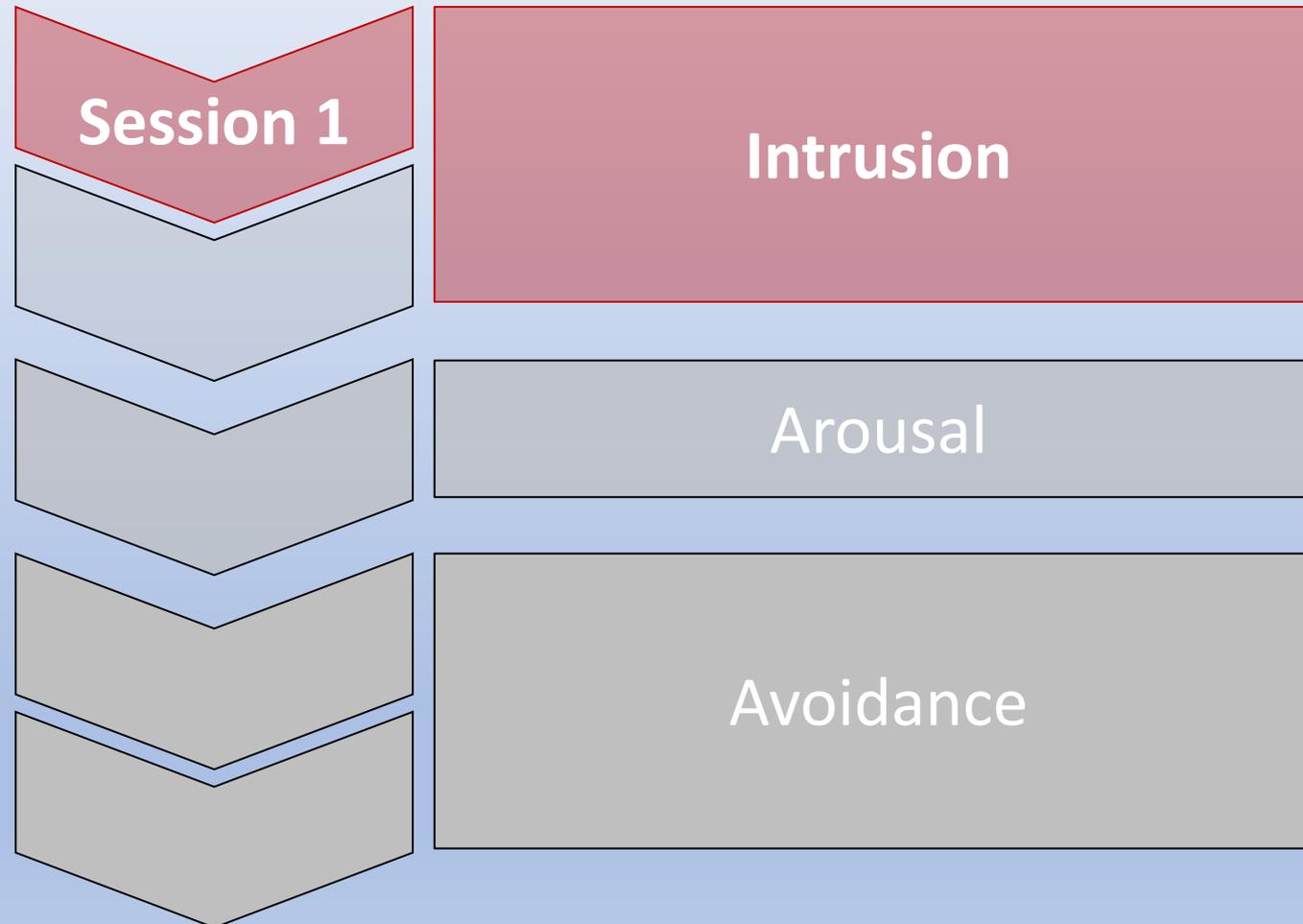


Children and War Foundation:
Intervention and Training

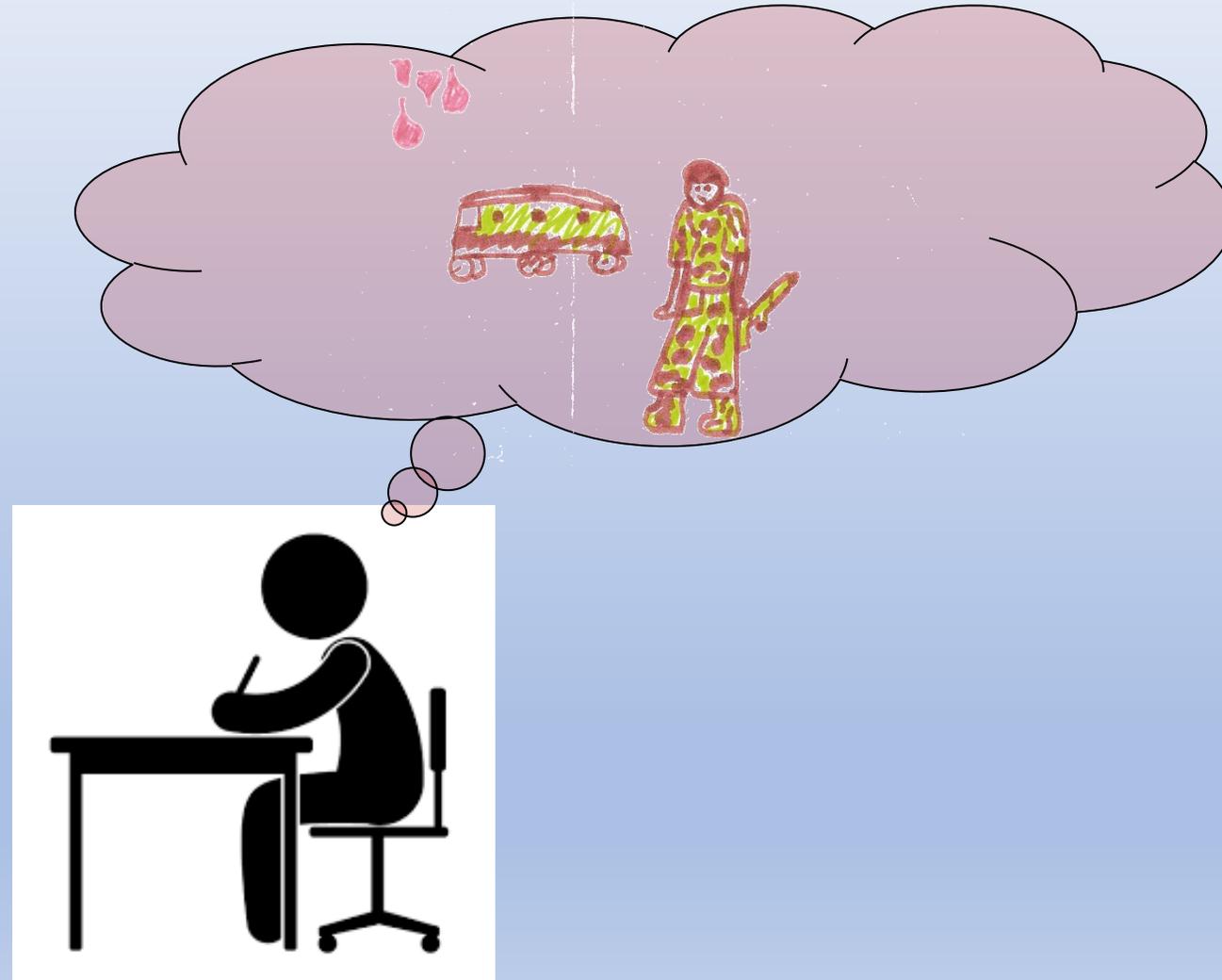
TRT Conflict and Violence
TRT Disaster

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New Interventions

Programme Structure



Intrusions



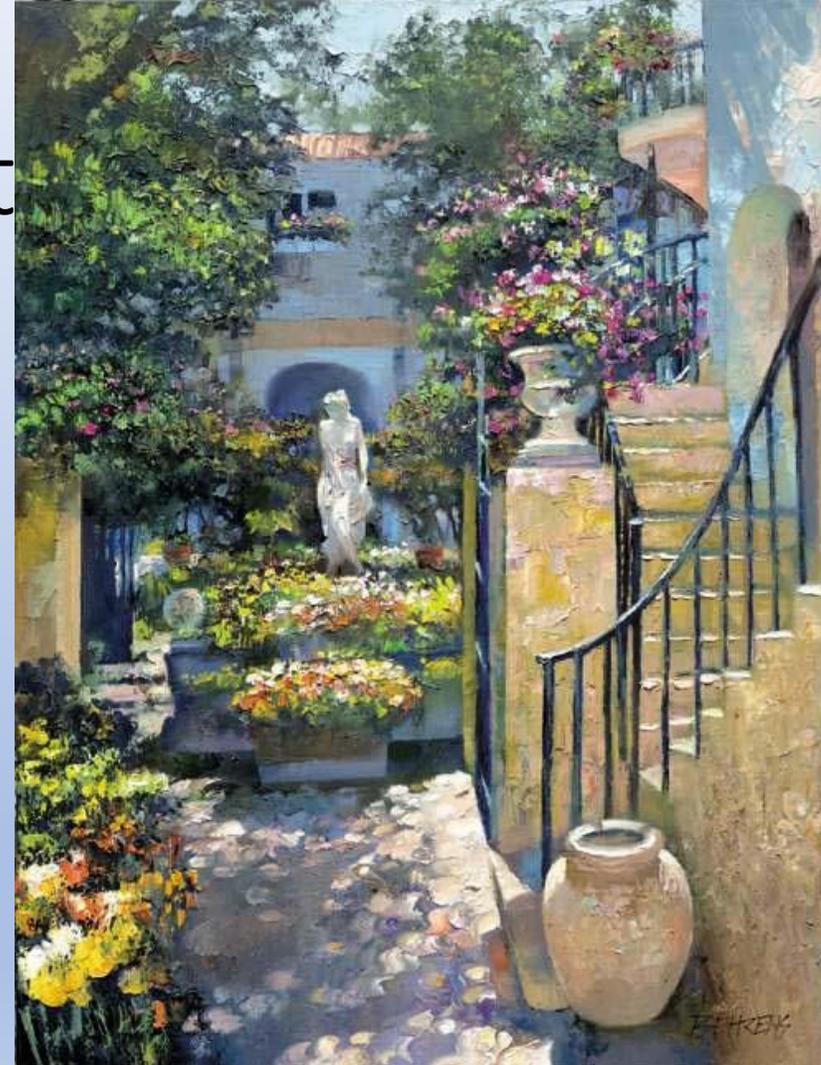
Creating an imaginary safe place

- 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



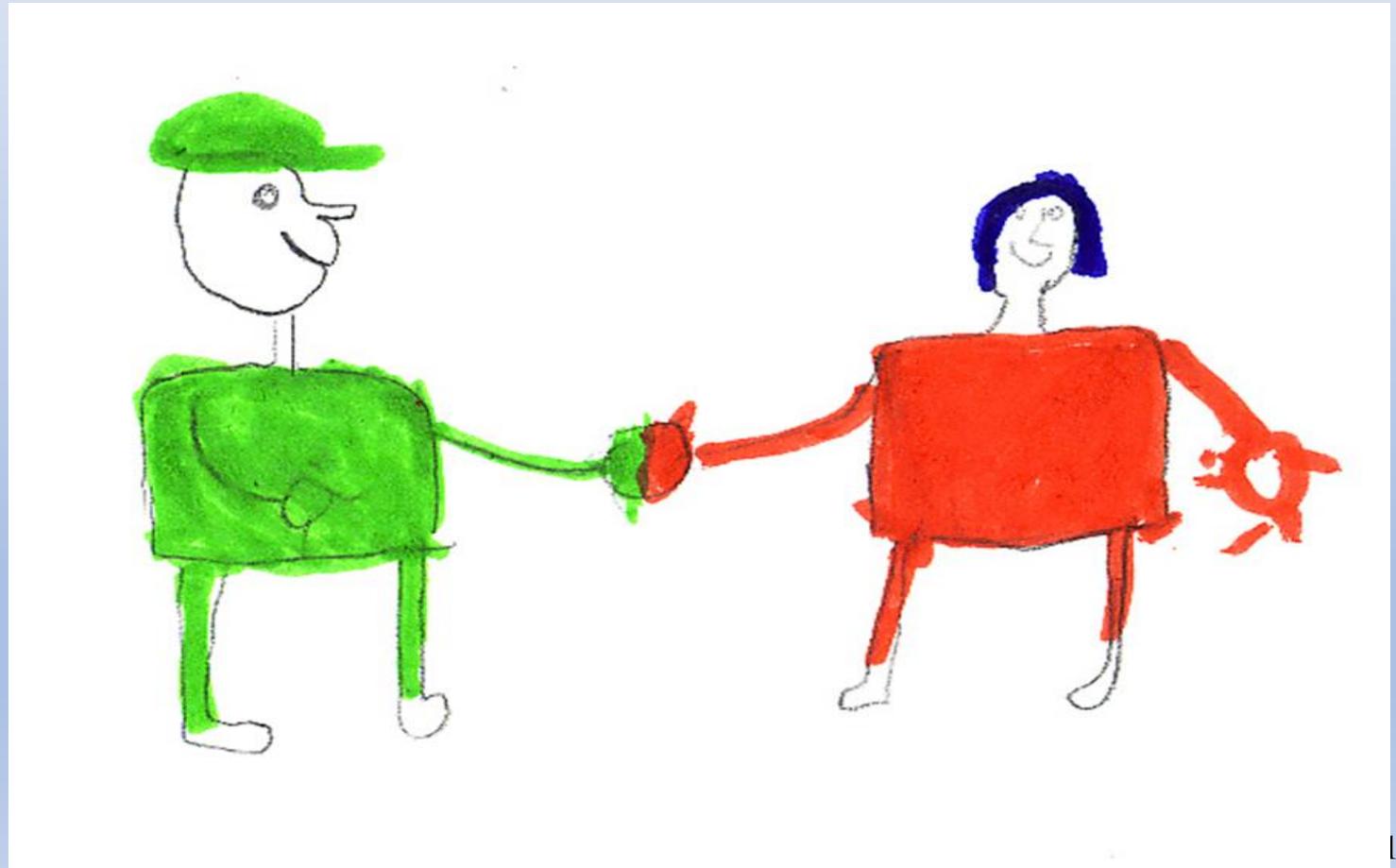
Imagery technique demonstration



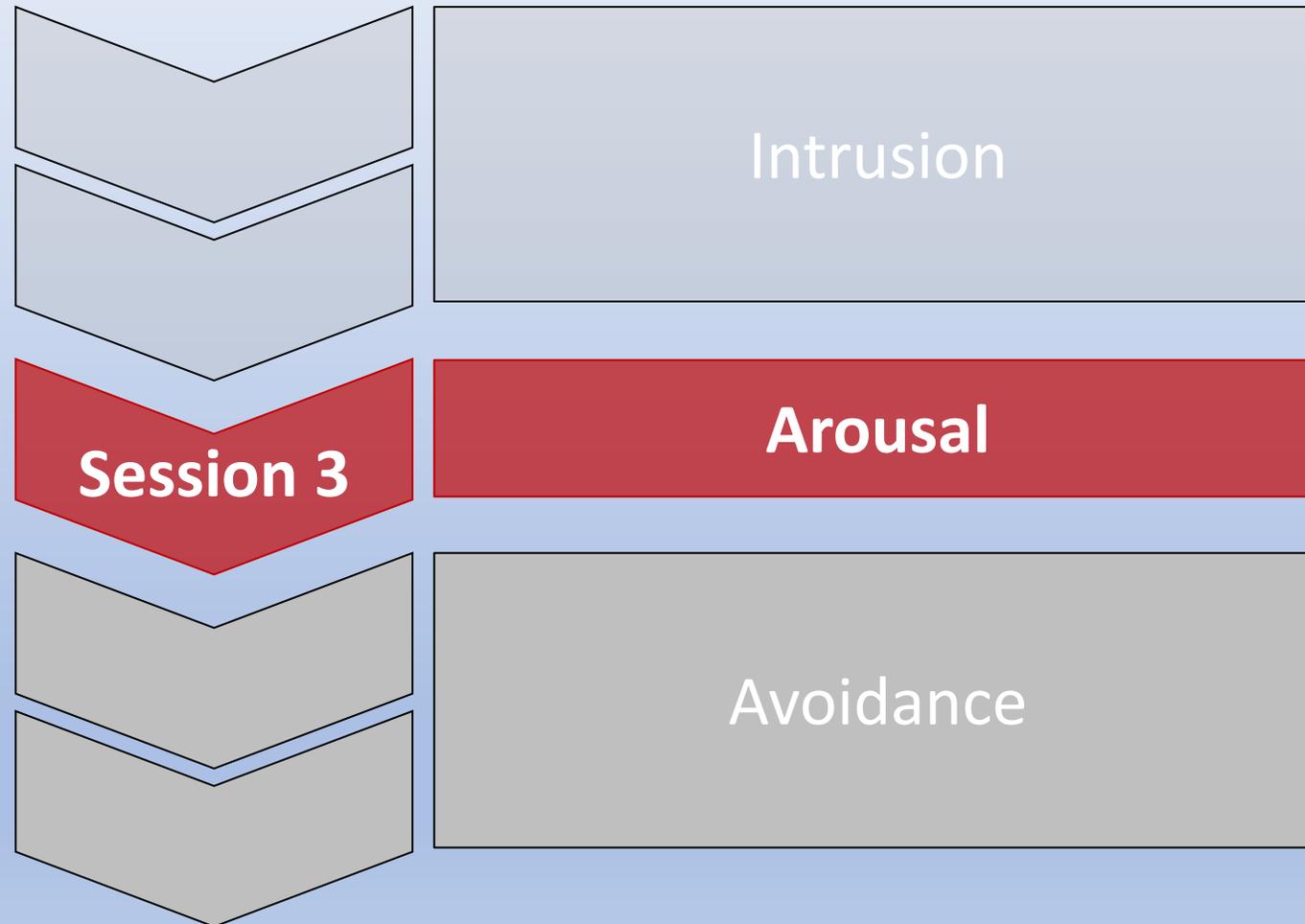
Bad dream



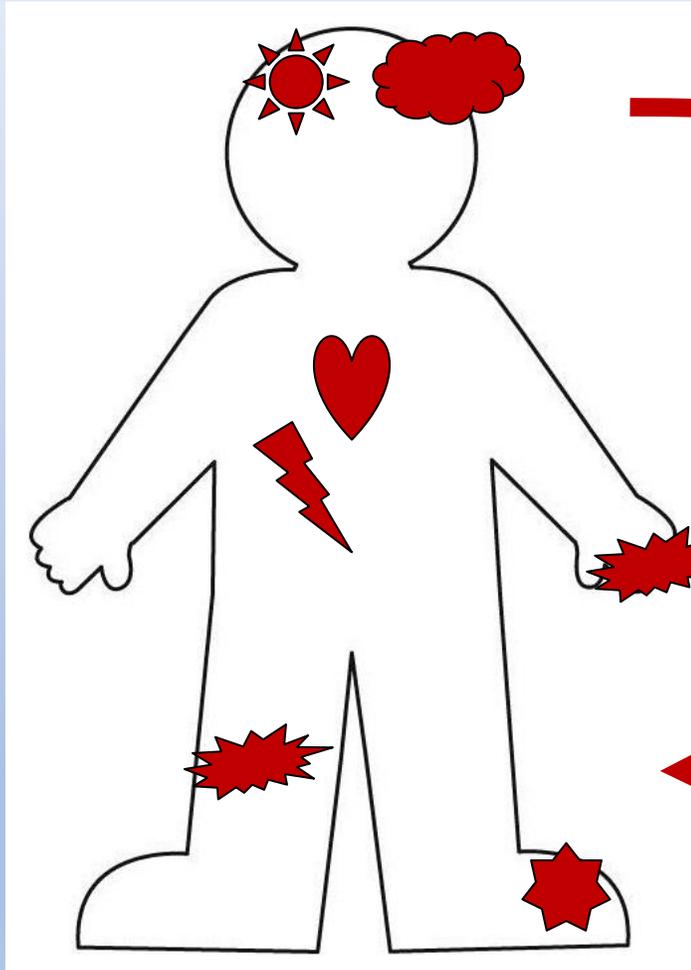
Happy ending to a bad dream



Programme Structure

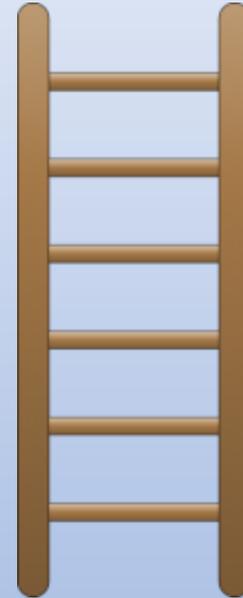
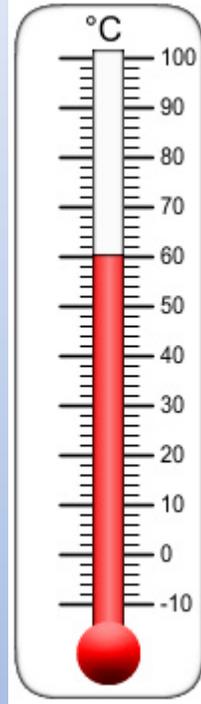


Helping children be aware of the fear cycle (*Script p40*)



Fear feeling

On-line catalogue



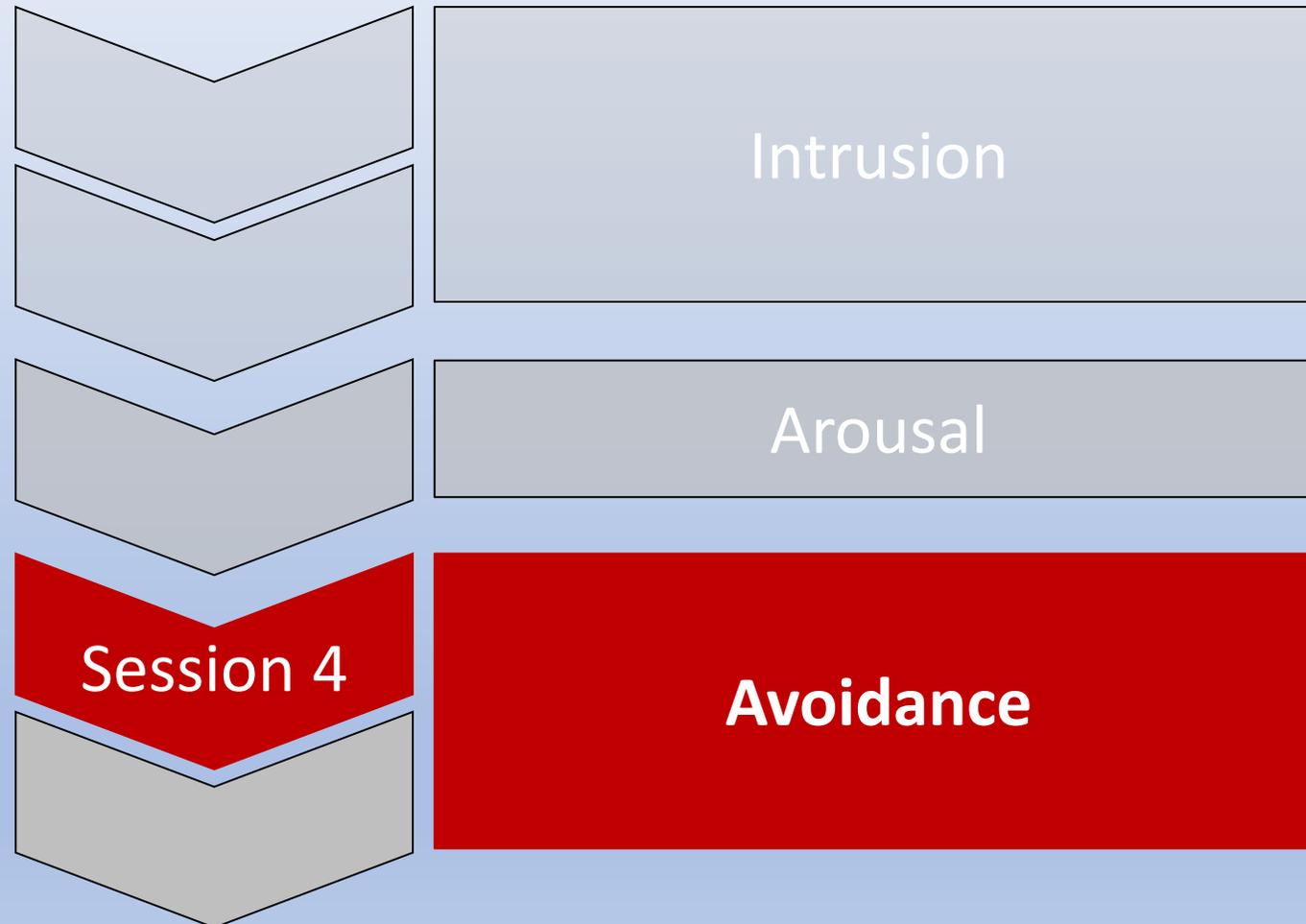
Relaxation/stress reduction

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

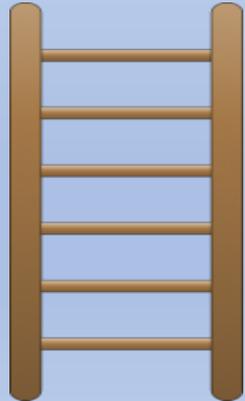


Putting it into practice: a plan for Michael

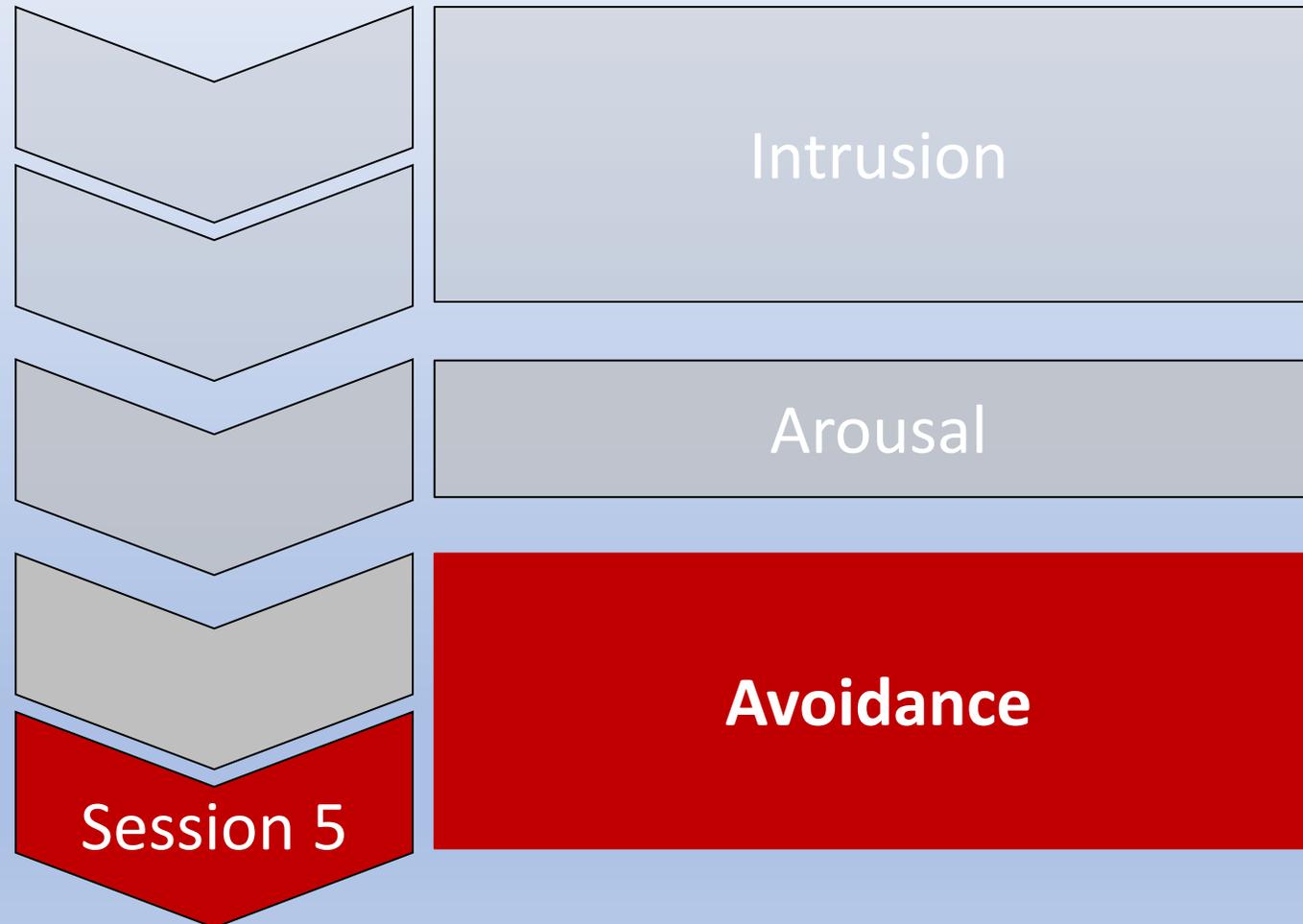
(Whiteboard exercise - not in role)

(Script p61-62)

Graded exposure hierarchy

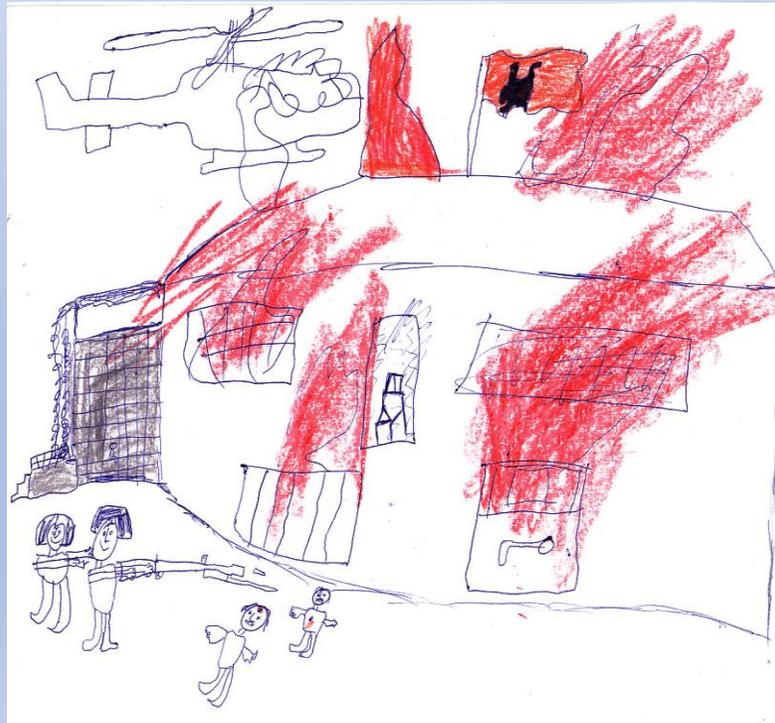


Programme Structure



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)



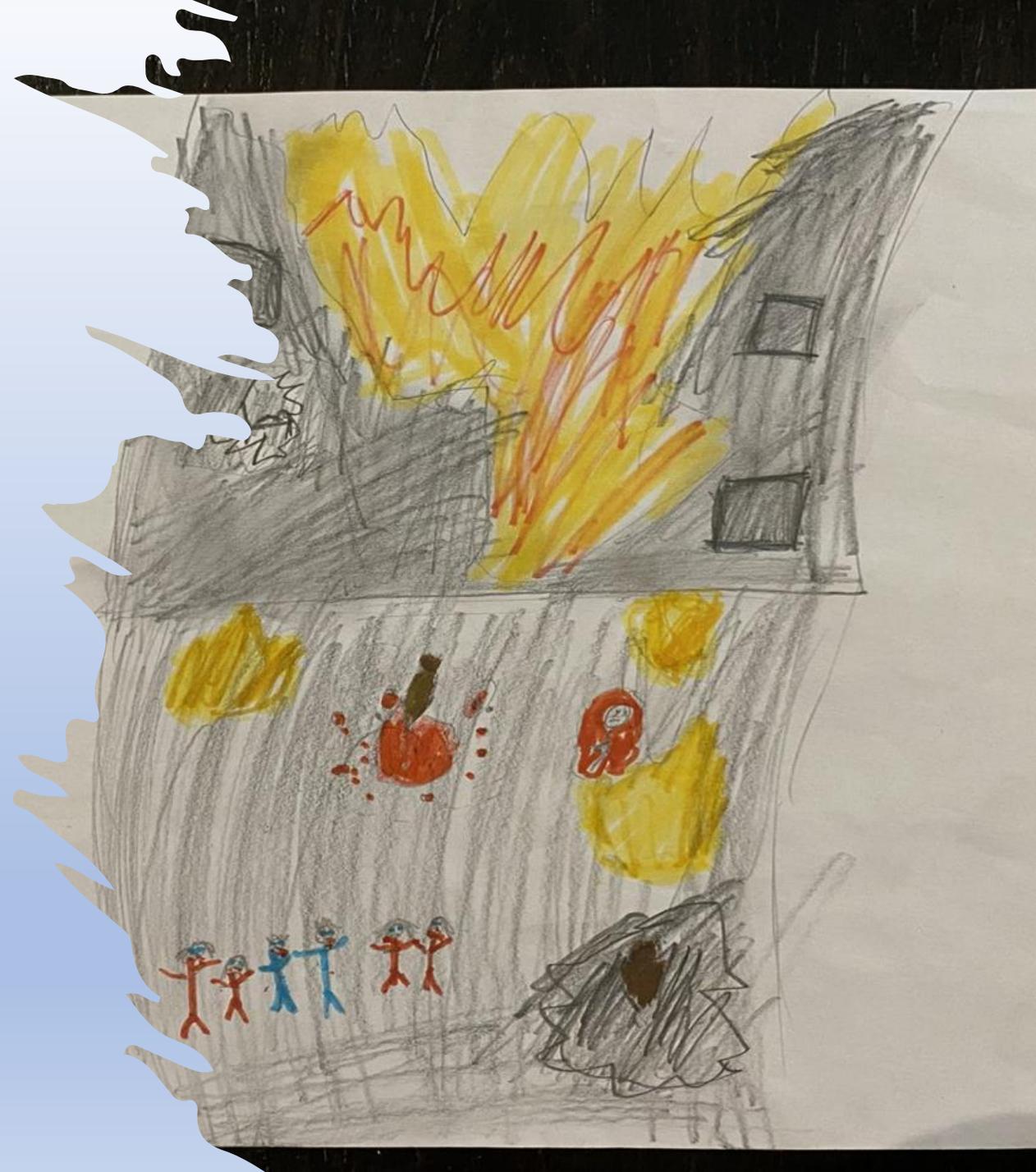
Looking to the Future

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



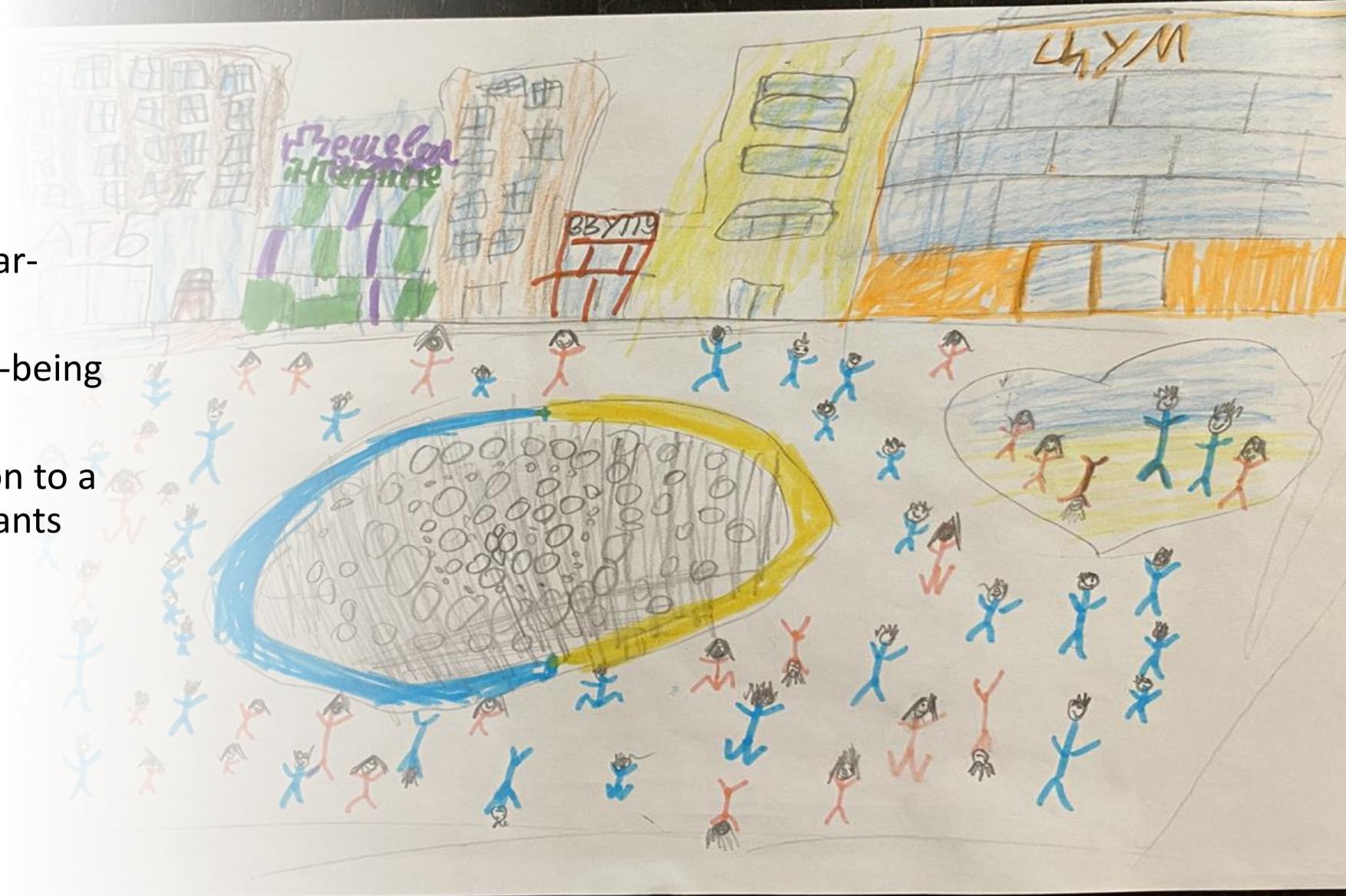
Results in Ukraine

- 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 ≥ 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/>

