





A TRAUMA THERAPY PROGRAM FOR CIVIL SOCIETY IN POST-WAR ZONE

The Ripple Effect Project

Courses for Professionals in The Field of Mental Health





OUR GOAL

Our goal is to harness all the knowledge and experience we gained during many years of experience and train local professionals wherever we are needed, in order to promote mental stability, create resilient and functional society.

"If I look at a mass I will never act If I look at one, I will"

Mother Theresa





INTERNATIONAL PSYCHO-EDUCATIONAL PROJECTS

ISHP aims to promote and improve resilience by providing various courses in Israel and abroad in these fields:

Trauma treatment

Sexual trauma treatment

Death & Grief

Dealing with stress

Human Development





OUR TEAM



Inna Gorodetskiy
Ph.D (Social Psychology)



Ram Gilboa
Psychotherapist, Expert in
treatment of anxiety disorders



Alexander Gershanoff M.Ed, Psychotherapist CBT, Expert in treating of bereaved families



Ariel Kvet - CEO



Michael Lapidus Manager



Sir Rafał Marcin Wasik
Secretary General
Ambassador at Large IHRC











ISHP team is experienced professionals in the filed of mental health. The team has vast experience teaching students from various cultural and religious background.





TREATING TRAUMA

Israel complicated past and present provided professionals opportunities to research, study and develop efficient techniques to treat people with difficulties such as:

Holocaust survivors

2nd generation holocaust survivors

Soldiers who suffers from PTSD

Civilians who suffered long term stress

Prisoners

Untimely death

Natural disasters





SYMPTOMS & EFFECT OF TRAUMA

We acquired vast experience in treating the symptoms of traumatic people

Depression

Anxiety

Disruptive behavioral disorder

Attempted suicide

Chronic diseases

Alcoholism

Drug abuse

Psych-somatic illness

Sleep disorder

Substance abuse

Low self esteem, self blame and guilt

The ripple effect of untreated trauma on the family members of the person and the society leads to increase stress, secondary trauma, crime, economical problems etc.

The treatment increases the chance of the person to have normal and productive life again, increase the resilience of society.





TREATING TRAUMA

ISHP established an holistic approach to trauma therapy.

The system focus on each aspect of the patient emotional, physical, mental and social; from posttraumatic stress to post traumatic growth.

The ripple effect of the therapy in noticeable in short period of time on family members and society -from near to far.....







PROFESSIONAL COURSES FOR TREATING TRAUMA

BASIC COURSE

Length: 40 hours - mandatory course

Basic definition and theory

Mental first aid: theory and practical tools

Secondary trauma: the risk of professionals in the

mental health profession

ERP-Emergency Response Procedure

EMDR

Neuro-Motorics

EFT

"BASIC PH" model

"Safe Place model"





Basic course - continue

ISHP will provide in-depth info about the principles of treating families as a unit.

The program includes:

How to treat families who suffer traumatic events Systematic treatment Dealing with death and grief Relaxation techniques





IN-DEPTH COURSE

In addition to our introduction course, ISHP offers 4 more courses; each one of them focus on different aspect of trauma:

General Trauma Treatment: 80 hours course +30 hours online support

Sexual Trauma Treatment: 60 hours course + 20 hours online support

Family Treatment: 80 hours + 30 hours online support

Children Treatment: 60 hours course + 20 hours online support













Development and Application of Culture-specific and Individual Resources to increase the psychological well-being level

HUMAN DEVELOPMENT •





Well being objective & subjective criteria







Personality underachievement is one of the reasons for migration







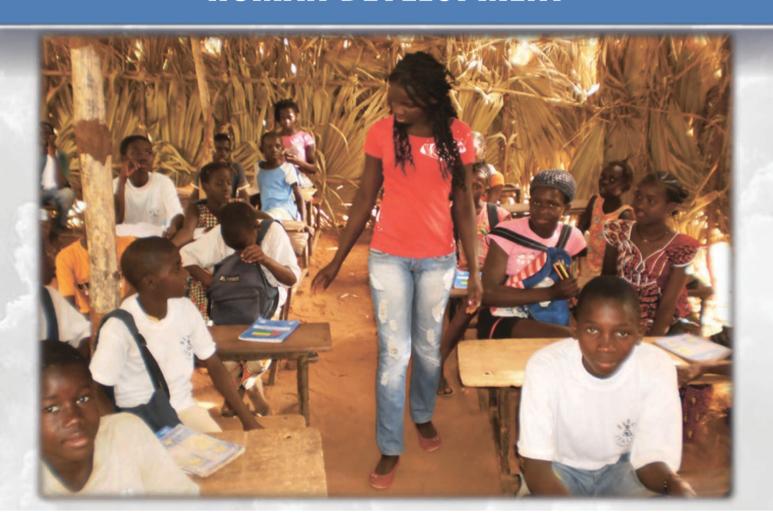
Personality underachievement is one of the Psychological well-being criteria directly correlate with the socio-cultural environment of a person. The main criteria are secure dwelling, health condition, food availability and family.

Alongside with the external criteria there exist individual psychological determinants such as the sense of belonging to one's community (family), the sense of worth and one's social significance, creative self-actualization and reasonable self-esteem.





HUMAN DEVELOPMENT







'INTERNATIONAL SOCIAL AND HUMANITARIAN PROJECTS' suggests an educational program for the people who play significant social roles in their communities: teachers, university professors and physicians. The aim is to train them to indicate and develop aptitudes and tendencies of development of every personality. Human development will increase psychological well being, and consequently give rise to the social development in general. Most importantly it will reduce the inadequately high migration rate. Numerous studies showed that strive for satisfaction with life is one of the very important motivations for change of domicile, alongside with the search for the better basic life conditions and safety.





The S.C.I.PH (Social. Cognitive. Imagination. Phisics) Methodology

The "INTERNATIONAL SOCIAL AND HUMANITARIAN PROJECTS" professionals have worked out the methodology to indicate aptitudes and tendencies of development of every personality. This will help to make individual developmental strategies and thus to increase the psychological well-being level.





The multi-modal theoretical models form the theoretical grounding of the suggested IPP methodology. Israeli professionals took part in their development. The multi-modal models are based on the salutogenesis concept that focuses on personal potential and psychological resilience. The salutogenic approach in the human development makes it possible to indicate and develop adaptability, and to maintain mental stability and physical health.





The suggested project includes three stages.

The first stage:

Project preparation, on-site data acquisition and research:

- Study of the educational system and community structure
- Selection of groups that have influence with the population aged 13-20.

The second stage

- 2.1. "Significant groups" training, are teaching them to use the methodology to indicate personality aptitudes and the sense of psychological well-being.
- 2.2. Coaching and supervising during the IPP course.

The third stage

3.1. Implementation of the methodology and monitoring among the population. Organization of the Resilience Center





OUR GOAL IS HUMAN DEVELOPMENT



