







**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 field 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

2<sup>nd</sup> 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 post-traumatic stress to post traumatic growth.

*The ripple effect* of the therapy is 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







Thank You

[info@compass33.info](mailto:info@compass33.info)

Kikar Kdumim 14 Tel Aviv-Yafo 6803792, Israel

PO.Box 52070 Tel Aviv-Yafo 6152001