

## QUESTIONS AND ANSWERS (Q&A) Thomas Weber (Traumafokus developer)

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### Resources and healing:

1. Is it possible to fully heal from trauma? A: Yes it is possible depending on a person's factors of resilience
2. How to help a person go through trials? A: by professionals using modern effective traumatherapeutic methods like Traumafokus, EMDR ...
3. How to help ourselves with the realization that the war will not last one, two, or five years but will remain with us until the end of our days in our memory? A: Accept your feelings: Allow yourself to express and understand your feelings about the duration of the war and the traumatic impact on your memory. Talk to a trusted person or ask for support from a therapist.  
Become familiar with your reactions: Understand that reactions to prolonged war can be normal, including stress, anxiety, and sadness. Learn your reactions and the ways that help you to cope.  
Take care of your physical and mental health: Pay attention to your basic needs, such as rest, nutrition, movement, and relaxation. Find ways to maintain your health and well-being.  
Get to know your resources: Find information about the support and resources available to people dealing with protracted war and trauma. Reach out to professionals and organizations that provide assistance.  
Build resilience: Explore strategies to help you improve your resilience - your ability to recover from stress and traumatic events. Learn to understand your limits and find ways to strengthen your psychological resilience.  
It is important to be aware that each person is affected by prolonged war in different ways. Seek individualized support from professionals who can provide you with specialized help and advice.
4. What can be a healthy form of expression of anger at the enemy? A: Anger is a healthy form of response to the enemy. Anger can be accompanied by various forms of aggression - physical or verbal. Which form a person uses depends on the situation.
5. Can you name the self-help techniques for loss (of a loved person) during wartime? A: Which positive values did the person who passed away leave behind? What gives me support and strength?
6. Where and how can we study them? TF trainings Ukraine – next starting at 8.-9. July 2023, see website [www.traumafokus-ukraine.com.ua](http://www.traumafokus-ukraine.com.ua) !
7. How to support myself when I understand that others need me and there is not enough time for recovery? A: using resources of positive own sense impressions like (seeing, hearing, smelling, touching, tasting)
8. What are the most effective first stabilization techniques? A: conscious-controlled breathing pattern during 5 minutes; grounding; press each other's hands alternately etc.

## The trauma of war:

9. What are the features of working with people released from captivity? A: Individualized approach taking into account complex PTSD - conscious Breathing techniques, swallowing techniques, multilateral grounding
10. What short interventions will help in crisis psychological assistance in working with victims with the consequences of the war? A: we can work with limbic talking, conscious breathing patterns and self-regulating techniques as in presence.
11. How to work with a client who has war and personal trauma simultaneously? A: talk about the present, observe reactions and talk about the fact that a person is now free. Accept all reactions and feelings and use techniques depending on the symptoms. Conduct psychoeducation, tell that all these reactions were formed there in captivity, helped to survive and need time to return to a sense of security. Crisis interventions can be used if there are the following reactions in the first days after return. This combination is referred to as multi-trauma. It is necessary to work on both, start with the more complex one (or follow the client).
12. Do you know any modern research on non-drug approaches treating the effects of PTSD? A: European Journal of Psychotraumatology, 2020.11:1, Psychological therapies for post-traumatic stress disorder in adults: systematic review and meta-analysis by Lewis, Roberts, Andrew, Starling & Bisson
13. Is art therapy effective in this case? A: you should better ask traumatherapists using art therapy
14. What are the results of its application or other modern techniques? A: TF empirically is effective, 1 longterm pre- post study in chronic pain with Schmerzfokus (2016-2018 Systelios clinic Germany)
15. Suppose a person has a meta-position to the terrible events of war and does not experience intense negative emotions. How do you know from your point of view that this is not a protective mechanism of the psyche but a spiritual view of life? A: It all depends on whether the client witnessed or participated in those traumatic events where there was a real threat to his or her life or other people. The state of dissociation and numbing are defense mechanisms of the psyche.
16. How can you apply trauma-focus methods when working on the hotline? A: it does not differ from video online or live seminars.
17. What are the possibilities of psychotherapeutic support for patients with chronic pain syndrome during the war? Next TF training starting in 8.-9. July 2023, see website [www.traumafokus-ukraine.com.ua](http://www.traumafokus-ukraine.com.ua)
18. What is the power of self-soothing techniques, and what function do you give it? A. everything that has a personal good effect in self-soothing makes sense
19. How to work with trauma during the war? A. it is part of my presentation

## War and children/teenagers:

20. How to help teenagers survive trauma? A: Supporting and promoting a safe environment: It is important to create a safe and supportive environment where adolescents can feel listened to and understood.
- Are there particular approaches in working with teenagers with trauma? A:
- psychoeducation: It is important to explain to adolescents what happened, how the trauma affects their health and emotional state, and how they can respond to it.
- emotional regulation: Teaching adolescents strategies to regulate their emotions, such as deep breathing, meditation, or physical activity, can help them reduce stress and anxiety.
- therapeutic support: Individual and group psychotherapy can be very helpful for adolescent survivors of trauma. It can help them develop effective strategies to cope with the trauma and restore their mental well-being.
- family involvement: It is also important to include the adolescent's family in the support and recovery process. Family therapy or counseling can help everyone realize the importance of understanding and supporting each other.
- It is important to make understand, that each adolescent is unique, and individualized approach and support are important for successful trauma recovery.
21. What methods of diagnosing PTSD in children are best for use? A: 1. MODIFIED SCALE FOR ASSESSING THE IMPACT OF TRAUMATIC EVENTS ON CHILDREN (CRIES-8)
- This version is intended for use with children aged 8 years and older who can read independently. It consists of two subscales ("Intervention" and "Avoidance"), each with four items to measure. This is why the scale is called the CRIES-8 (Modified 8-item Childhood Traumatic Event Rating Scale). The scale is designed to be completed independently, and therefore can be used in groups.
2. SEMI-STRUCTURED INTERVIEW TO ASSESS CHILDREN'S TRAUMATIC EXPERIENCES
- A semi-structured interview method was developed to assess the symptoms of PTSD in children aged 10-13. The interview includes a screening part and a set of 42 questions.
3. "Parental Questionnaire for Assessment of Traumatic Experiences in Children"
- It consists of two tables. Table 1 contains five questions describing the child's behavior immediately after the trauma. If there were no traumatic events in your child's life, you do not need to fill out this table. Table 2 consists of 30 questions and describes the child's behavior over the past month. Even if your child has not experienced traumatic events, please fill out this part of the questionnaire. For each statement, please select one of the three options.
22. How is PTSD manifested in preschool children, and what to do with it? A: PTSD (post-traumatic stress disorder) in preschool children can manifest itself through nightmares, phobias, irritability, behavioral changes, lack of interest in play, and replaying events or situations related to the trauma. It is necessary to create a safe environment for the child, talk to him/her about his/her feelings, use therapeutic games, help to understand, and process traumatic experiences using games and toys. It is important to contact an experienced child trauma specialist for support and assistance.

## Additional:

23. Do you plan to do the training? A: traumafokusteam@gmail.com

