



*Presents a Training Course*

## **Trauma Psycho-Social Support Plus TPSS<sup>+</sup>**



**3-Level Workshops (5 days each)  
of Instruction & Practicum**

***This Training is for Lebanese Psychosocial Service Providers  
residing in Lebanon***

**Trainers: Mr. Frank Hofmann & Ms. Mirjam Gohl** *(Trauma Aid Germany)*  
*EMDR Consultants accredited by EMDR Europe Association*

**Dates of Part 1 Workshop: 9<sup>th</sup> to 13<sup>th</sup> of October 2021**

**Time: 8:30am to 5:00pm** *(including lunch & coffee breaks)*

**Location: Coral Beach Hotel & Resort – Jinah region, Beirut**

***This Course is in English. Instant translation to Arabic is provided.  
Handouts are in English & Arabic***

This Training Course is funded by:  
**Terre des Hommes (tdh) Germany  
&  
German Ministry of Economic  
Cooperation and Development**

This Training Course is endorsed by  
the  
**National Mental Health  
Programme (NMHP) in the  
Lebanese Ministry of Public Health**

### **TPSS+<sup>®</sup> Program Description:**

The TPSS+<sup>®</sup> Training Course is a *psychosocial-support training program* developed by Trauma Aid Germany. It aims to teach *psychosocial and mental health service providers*, first, the impact of negative life events on people's psychological and social wellbeing, and second, the way to deal with traumatized people who have experienced a crisis or crises on a massive level or on an individual level. This course also trains the service providers how to use trauma-focused interventions which can be used to reduce the suffering of people with different age groups, needs, and backgrounds.

The TPSS+<sup>®</sup> Training Course follows the perspective of the **Adaptive Information Processing (AIP) model** that was developed by the late Dr. Francine Shapiro who theorized that much of people's psychological problems and maladaptive behaviors are the results of their inability to mentally process the memories of their traumatic life experiences.

Some of the trauma-focused interventions used in the TPSS+<sup>®</sup> Program are inspired by the theoretical framework of **EMDR therapy** (Eye Movement Desensitization and Reprocessing) which believes that our brain has a self-healing mechanism.

The "**Plus**" in this training course is the *adaptation of some techniques from EMDR therapy* that can be taught and applied without risks to beneficiaries. These techniques are mainly used for *emotional stabilization and internal and external resource development*.

The TPSS+<sup>®</sup> interventions are **NOT** considered therapeutic in the formal sense; they are **intended** to do the following:

- 1) **increase beneficiaries' awareness,**
- 2) **reduce their distress level,**
- 3) **increase their resiliency,**
- 4) **teach them self-care.**

The Trauma Psychosocial Support Plus Training Course is made up of **3 levels**. Each level consists of:

- **5-day Workshop**
- **2-day of Group Consultation**
- **Field practicum**
- **Case Presentations**

***Full Attendance is a must. It is important to note that the "Certificate of Attendance" will NOT be delivered for those who miss any of the sessions.***

## Dates of Program:

**Level 1:** → 5-day workshop Part 1 – Oct 9-13, 2021  
→ Consultation Groups Level 1: Dec. 11-12, 2021

**Level 2:** → 5-day workshop Part 2 – Mar 5-9, 2022  
→ Consultation Groups Level 2: May 21-22, 2022

**Level 3:** → 5-day workshop Part 3 – Oct 1-5, 2022  
→ Consultation Groups Level 3: Dec. 3-4, 2022

*These dates are subject to change depending on further outbreak of Covid 19 and on any major risk that can occur in Lebanon.*

## Workshop Content of Part 1:

Participants will learn to:

1. Describe the impact of traumatic events on adults and children.
2. Explain the difference between small t- and big T- trauma.
3. Name psychological scales that can be used to assess traumatic suffering and explain their purpose of usage.
4. Apply several stabilization techniques.
5. Demonstrate how to apply distancing techniques.
6. Administer guided imagery exercises in accordance with the needs of the beneficiary.
7. Adapt and modify different exercises and methods depending on the age of children.
8. Develop ideas on how to detect and implement resources as aspects of stabilization.

## Biosketch of Trainers:



**Mr. Frank Hofmann**, MS in psychology, is the Chairman of TraumaAid Germany. He has his own private practice and works as a psychotherapist for more than 30 years with different age groups. He also has a lot of experience working as a psychologist in a family counseling center that provided all types of psychosocial services for parents and children. He later became the manager of this center.

Mr. Hofmann is an EMDR Europe accredited EMDR Consultant and certified EMDR therapist. Since 2017, he got involved in Humanitarian Trauma Training Programs in Ukraine and Kurdistan and was training psychiatrists, psychologists, social workers, and other professionals. He helped in the development of Trauma Psycho-Social Support Plus Training Course to contribute to the capacity building of mental health service providers in crisis regions. Mr. Hofmann has two publications in Germany related to educational counseling and to behavior therapy for children and adolescents.



**Ms. Mirjam Gohl**, MA in Social Work, is currently working as an MHPSS Technical Advisor in Green Desert Organization, Erbil. She received several trainings in different psychotherapy approaches. She is an EMDR Europe certified EMDR Therapist, Gestalt therapist, and CBT therapist and worked for many years with adolescents and children. She got trained as a trauma counselor and worked with families for many years. Later, she studied Ego-State-Therapy for 2 years. Ms. Gohl also got involved in Humanitarian Trauma Training Programs in Kurdistan and Northern Iraq and trained social workers and other mental health providers.

She helped in the development of the Trauma Psychosocial Support Plus Training Course.

## Eligibility Requirements for Participation:

- 1) The participant should have a **bachelor's degree in social work, psychology, or nursing.**
- 2) The participant should have a minimum of **2-years' experience** working as a psychosocial worker, social worker, case worker, or case manager/nurse.
- 3) The participant should be **working directly** with beneficiaries.
- 4) The participant should be **currently working in an NGO or an institution that has mental health services.**
- 5) The participant should **pass the interview** led by the Standards Committee in EMDR Lebanon Association.

## Registration Requirements:

1. The applicant should **fill in the application** on website **www.emdrlebanon.org** and upload the following documents:
  - Curriculum Vitae CV
  - Scanned copy of Identity Card ID or Passport
  - Scanned copy of the highest university degree
  - A letter of motivation, that is, the reason for taking this training course
  - If you are working in an organization/institution, you need a letter of commitment or employment stating job position and describing your role in this organization.

*N.B. Kindly use copies scanned by a scanner & not from phone camera.*

2. An interview date will be set for the applicant who satisfies the eligibility requirements.
3. Upon the **approval** of the Standards Committee of EMDR Lebanon Association, the applicant will receive payment information.
4. Registration is confirmed **after payment.**
5. Since this Training course is funded, the association's registration fee for Level 1 is \$50 or its equivalent in Lebanese Pounds according to daily market.

*To ensure equity of access and in line with the NMHP requirement, the registration fees for 5 participants will be waived upon criteria of merit, motivation, financial situation, and service of vulnerable populations. Those who wish to benefit from this offer should contact our project coordinator, Mrs. Maureen Mahfouz.*

6. Participation for this training is limited to only **35 psychosocial support service providers.**

## Contacts:

For more information, please send an email to: [training@emdrlebanon.org](mailto:training@emdrlebanon.org) or call:

**Mrs. Maureen Mahfouz – Project coordinator - 00961-03-968110 –**  
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