

## Gunilla Hamne & Ulf Sandström

### First Aid for Emotional and Post Traumatic Stress: Trauma Tapping Technique



Ulf Sandström and Gunilla Hamne bring seven years of experience from treating PTS in conflict, and post conflict areas of mass trauma in Africa and elsewhere over language barriers: using a wordless psychosensory (somatic) technique called

Trauma Tapping Technique (TTT).

There are many advantages of this technique; it allows change work over language barriers. It can be used as a professional therapeutic tool as well as for self help and as a first aid technique by laymen. It can be taught and administered not only individually but also in large groups which makes it extremely efficient and easy to spread to many.

- TTT is **empowering** since anybody can learn how to assist themselves as well as others. People who have been seen as victims - and seen themselves as victims - turn into healers.
- It should be everybody's **responsibility** to learn about trauma and how it affects individuals as well as communities and nations as well as learn a tool like TTT which can alleviate the problems and violence that follows in the tracks of trauma.
- To build a **sustainable** society we all need to be able to handle our emotional status and traumas.

During the workshop you will learn this technique, how it can be integrated into conventional counseling as well as how to use it for yourself and for groups **as a First Aid technique**.

We will provide data, experiences and examples given from our work in Rwanda, DR Congo, Kenya, South Sudan and other places.