



Post-traumatic Integration

*Low-level Psychosocial Support
and Intervention for Refugees*

Getting into a person's mind

In this activity, the participants will learn about the perspectives of a person suffering from PTSD.

Module	Submodules	Group size	Duration
• Intervention	• Communication	• Small group	• 20 - 30 min

Keywords

strategies for successful communication, personal confession, PTSD

Aims

To identify strategies for successful communication, which a person suffering from PTSD experiences.

Participants

1 - 10

Description

Participants read a personal confession of a person suffering from PTSD and look for strategies, that she advices would be helpful. The article/case story is to be found in handout.

Material

Handout

Method

Analysis

Advice for Facilitators

The trainer is advised to read the whole article on <http://www.new-synapse.com/aps/wordpress/?p=1614> and search the strategies, so that s/he can facilitate the discussion among the participants.

Source (APA)

Hanson, H. (2019, July 29). PTSD Challenges – Communication. Retrieved from <http://www.new-synapse.com/aps/wordpress/?p=1614>

Handouts

You may download the handout from [here](#).

Contributor

Qualed



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<https://onlinematerial.posttraumatic-integration.eu/courses/PTIP120/>

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<https://posttraumatic-integration.eu/>