

ABSTRACT

NOM PRÉNOM DE L'AUTEUR : **STEPHAN-HEMBACH Gabriele, Dr.**

SPÉCIALITÉ : Psychologue

ADRESSE : Institut Re-Sourcen - Institut AEP-Lux 68, Rue de Beggen L-1220 Luxembourg Luxembourg

EMAIL : g.stephan@re-sourcen.eu - **TÉLÉPHONE :** +352 691 64 64 46

TYPE DE PRÉSENTATION : Intervention courte en plénière (15 minutes)

THÈME : Interculturalité

TITRE DE LA COMMUNICATION : Tapping techniques as a helpful tool in voluntary work with refugees – a report from a rural area in Germany

CO-AUTEURS :

AFFILIATIONS :

OBJECTIFS : Presentation of different interventions that use tapping to support and stabilize refugees in their new environment.

Experiences with an internet based video instruction

CONTENU : Refugees coming to Germany usually spend their first months in a camp where formal applications as a refugee take place and they learn to know the basics of living in Germany. After that period, they are assigned to live in a certain community. In our region these are often small villages, some with lack of supply for daily living and poor transportation to Trier, the next city. In late 2014 a group of volunteers established a network for help. "PALAVER" was founded as a room for contact, support with documents, teaching German, psychological assistance and more. As the psychologist in the team of helpers, I see the refugees suffering from trauma, anxieties, depression and even suicidal thoughts. Especially with traumatised persons and with those who don't speak German yet, interventions using tapping prove as highly effective. Establishing rapport is essential; then we do not need many words and the refugee can experience emotional stress reduction rapidly through his own body responses.

DESCRIPTION DE L'ATELIER : Introduction to the work of PALAVER; demonstration of tapping techniques used; Video of a self help technique for trauma

MOTS CLÉS : Tapping; refugees; multicultural; trauma

CV DE L'AUTEUR : Dr. Gabriele Stephan-Hembach, psychologue, hypnothérapeute, a été formée par le Dr. Fred Gallo (Etats-Unis) lui-même. Elle pratique la méthode depuis plus de 12 ans dans un contexte multilingue au Luxembourg; formatrice certifiée depuis 2016. Voluntary work with refugees since 2016.