Bellevue/NYU Program for Survivors of Torture Orientation Group

4-Week Group Therapy Manual for Clinicians

Version 3.0

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I. Introduction

Survivors of torture and war trauma have been shown to be at risk for a number of psychological difficulties, including post-traumatic stress reactions and depression (Basoglu, Jaranson, Mollica, & Kastrup, 2001). While many of the individuals may not develop full-blown psychiatric conditions, it is likely that they will experience some psychological distress. In addition to their trauma experience, individuals who are able to flee for their safety may arrive to an unfamiliar country and culture and, in many cases, be separated from their loved ones. Language issues, need for employment, and basic housing are usually of paramount concern (Jaranson, Kinzie, Friedman, Ortiz, et al., 2001). A short-term supportive psycho-educational group therapy model, called Orientation Group, was developed to address these psychosocial and adaptational needs for a population of survivors of torture and severe war trauma presenting to a clinic in a metropolitan public hospital.

The goals of the Orientation Group include:

1. increasing participants' knowledge about trauma and normal reactions to trauma,
2. strengthening participants' coping strategies,
3. providing mutual support among participants,
4. assessing treatment readiness for those identified as potentially benefiting from further therapy, and
5. increasing knowledge of PSOT social, legal, mental health and medical services as well as any needed community resources and how to access them

As a result of Orientation Group:

Participants will be able to

1. Identify 1-3 personal symptoms of PTSD and MDD
2. Describe 2-4 coping strategies practiced outside of group
3. Articulate their immigration status
4. Name PSOT staff and other community resources

Facilitators will be able to

1. Identify clients' personal needs
2. Refer clients to program services and community resources that address their needs

II. Goal and Structure of This Manual

Manual Goal

This manual describes the structure and operation of the 4-session Orientation Group at the program where it was developed, the Bellevue/NYU Program for Survivors of Torture (PSOT). However, we hope that other programs working with survivors of torture and war trauma will find the intervention helpful and adapt the group model to meet the needs of its program and clients.

This manual provides detailed guidelines for leaders conducting the Orientation Group in order to:

1. Provide quality service delivery that is consistent with the goals of the intervention.
2. Allow for replication of this intervention in the context of future research and/or professional practice.

As problems arise or are resolved, new guidelines may be developed, and the manual will be updated accordingly.

Manual Structure

An overview of the target population, leadership and supervision, use of interpretation, and documentation are presented first (section III), followed by the goals and theoretical bases for treatment structure and content (section IV), and finally the details on each session, including content and presentation strategies (section V).

III. Before the Beginning

Client Population

The target population for the Orientation Group is persons recently admitted to PSOT. The intervention is designed for adult clients (18 years of age and older) who have a history of torture, significant human rights abuses, or exposure to wartime trauma, as well as loss of community and support system. The experiences they have endured include but are not limited to physical and sexual torture, including beatings about the head, beating on the soles of the feet, immersion of the head in water, electrocution of the genitals, burning, exposure to extreme cold, extreme deprivation (e.g., lack of food and water for days) and rape and sexual humiliation, psychological torture including interrogations, intimidation, mock executions, threats to friends and family, and loss and separation from loved ones. Since PSOT opened its doors in 1995, its clients

have hailed from close to 100 nations in every region of the world, having fled persecution for any number of reasons related to torture and persecution. This has included persecution based on race, religion, nationality, political opinion, or membership in a particular social group, such as ethnicity, gender, and sexual orientation, as well as war trauma. They report loss of community, isolation, disruptive trauma symptoms, difficulty navigating the city and the systems of the city, and confusion about the asylum process and their rights as immigrants. From PSOT, they seek support on their path from surviving to thriving.

Leader Characteristics and Tasks

There will be two leaders for each Orientation Group. Co-leaders will primarily be masters and doctoral level graduate students who serve as program trainees. These practitioners have been drawn primarily from area universities (e.g., NYU, CUNY, Columbia, Adelphi, etc.), although some have come from other areas (e.g., Boston University). Each leader will receive specialized training and supervision for the Orientation Group from Licensed Clinical Staff. As with any psychotherapeutic work with this population, group leaders need to be compassionate, caring and open to addressing all participants' concerns, especially the more painful and anxiety provoking topics mentioned in Client Population above.

Before beginning the group, it is important to determine who will be responsible for the following:

1. finding and preparing an interpreter; (e.g. providing interpreter with a copy of this manual; See FAQs below)
2. contacting clients
3. scheduling a private conference room
4. scheduling guest speakers

Once the group begins, there should be ongoing conversations about:

1. group co-facilitation and process
2. materials
3. documentation (e.g. attendance record, clinical record keeping)

Both leaders are responsible for pre- and post-conversations with each other and the interpreter, as well as attending to co-leadership relational dynamics.

Supervision

Supervisors are licensed clinicians with a minimum of four years experience working with tortured and/or traumatized populations and may be of a different clinical discipline than the leaders. When groups are co-led by trainees, they will receive weekly supervision by a licensed clinician. At times, a licensed clinician

may co-lead a group, and to minimize triangulation, the licensed practitioner leading the group becomes the trainee's supervisor for the Orientation Group. The trainee's strengths and growth opportunities will be shared with their primary supervisor at the end of group. When a group is co-led by trainees, one staff supervisor will be identified for weekly supervision.

Working with Orientation Group Interpreters

There are several unique aspects to interpreting for groups, and interpreters may or may not be familiar with these nuances. Here are some **Frequently Asked Questions (FAQs)** co-leaders may address with interpreters:

FAQ1: What should I do when more than one person speaks at a time?

Group leaders will model and emphasize group members' use of brief statements. Group leaders will encourage members to speak one at a time and let members know they may be reminded of this request throughout the group as needed. A statement will also be made about the group leader or interpreter's use of interruption if necessary to slow down the process, gain clarity, and/or maintain the safety of the group.

FAQ2: What should I do when members spontaneously respond to each other's comments?

It is ideal for group members to respond to each other. Summarize the conversation themes, and share relevant process observations (e.g. Mr. Y shared his concern, and the group is trying to encourage him that things will get better. At the same time, the group seems worried about Mr. Y's experience happening to them).

FAQ3: What is my role when a guest speaker speaks the same language as group participants?

Please sit near the co-leaders and conduct simultaneous interpretation while the guest speaks to the group.

FAQ4: Do you have suggestions for managing a 2-hour session?

Interpreted sessions are scheduled for 1 ½ - 2 hours, significantly longer than a typical interpreted encounter. Feel free to take notes or request that participants and/or facilitators slow down the session. Sessions vary in the amount of time the interpreter will be interpreting and the amount of time patients are engaged in self-directed activities. Your willingness to adapt to this special circumstance is greatly appreciated.

Inviting Clients and Documenting Contact

Approximately 2 weeks before the first session, consult the list of referrals, noting any client issues that have been flagged (e.g. client expressed anxiety about being in a group with other people from his country) and begin reaching out to clients. Develop a system with the co-leader for tracking outreach to potential participants and their responses. For example, at PSOT there is a clinical referral list that is used to track referrals, outreach, and the results of outreach. At times, new contact or other pertinent information is acquired in this outreach process and should be noted as well. Review program clinical records for each person who confirms attendance. Appendix 1 includes PSOT's script for inviting clients to the group and the attendance form.

After each session, conduct any necessary documentation, noting significant information about the content of the session, remarkable details of a participant's mental status, observations of group dynamic, and any risk concerns. Always consult a supervisor if there are any concerns

Following the final session, co-leaders recommend follow-up services for each client and provide a rationale for these recommendations. Recommendations are documented in the database and given to the Clinical Director.

IV. Goals and rationale

The goals of the Orientation Group are as follows, with rationales for each presented in turn.

1. **To provide psycho-education about trauma, including common reactions to trauma, and psychological difficulties that may indicate more serious problems in the aftermath of torture.**

The rationale for providing psycho-education as a psychological intervention for survivors of torture has been well-documented (Flack, Litz and Keane, 1998) Creating a therapeutic environment in which the common reactions to trauma are discussed and explained allows patients to understand their sometimes bewildering symptoms and experiences. For individuals who may have never struggled with psychiatric symptoms before their abuse, these can be highly disruptive and frightening. Psycho-education creates a framework for survivors to recognize that their reactions are not "crazy" and lays the groundwork for finding ways to decrease distress.

2. **To introduce cognitive and behavioral strategies for coping with stress and emotional distress that will serve to decrease individuals' symptoms.**

For individuals who have experienced the intense loss of control that is characteristic of torture, it is essential that therapeutic interventions be designed around a resumption of feelings of agency and empowerment. Thus, therapy that is coping-focused and goal directed is recommended for survivors of torture (Basoglu et al., 2001; Marotta, 2003). This means that therapy includes active engagement with the client around his/her goals. Techniques that can enhance the client's functioning and facilitate these goals are utilized.

3. **To provide a supportive group context that will foster a sense of belonging, normalize individuals' experiences, and decrease feelings of isolation.**

The use of group therapy for survivors of torture has been recommended by a number of clinicians and theorists (Basoglu et al., 2001; Flack, Litz, & Keane, 1998; Smith, 2003). For individuals whose sense of community has been ruptured, participating in a safe, empathic group experience can be an extremely powerful and healing process. In addition, for some trauma survivors, the realization that others have endured horrific experiences and are also struggling to regain their footing can provide some relief of feelings of isolation.

4. **To screen for and prepare individuals who may need further psychological, psychiatric, or social support services, after the completion of the group therapy.**

5. **To describe PSOT services and how to access them**
   To provide an overview of the interdisciplinary services at PSOT and Bellevue hospital so that clients know how to access them and can effectively engage in them.

The importance of providing follow-up and aftercare to survivors of torture after short-term interventions has been documented in research and practice literature (Flack, Litz & Keane, 1998; Kinzie, 1985). Some individuals, however, may have positive responses to this short-term treatment and may no longer need psychological intervention; while others may continue to struggle and need some other supportive services. The current protocol recognizes this likelihood and provides further treatment should group members need it. Group leaders are instructed to pay attention to symptom patterns throughout group sessions in order to determine who would is likely to need further services and who is not.

V. Session content

The semi-structured framework and specific content to be covered each week of the group are presented below. However, it is expected that there will be variability in how each group responds to and utilizes the material presented. In

this way, each group will be unique. Age, cultural background, family history, personality, coping style, and social supports, among other things, will impact each participant's clinical presentation, concerns, and style of interacting in the group. Some information can be read verbatim and is presented in italics; however, leaders are expected to be flexible in their utilization of the manual and sensitive to individuals' as well as the group's needs.

Session 1: Introduction

Goals:
1. Introduce group leaders and group members to one another.
2. Introduce the rules and expectations of the group.
3. Elicit from the group members their goals and expectations for the group.
4. Introduction to NYC, the Program and the Hospital
5. Coping strategy 1 and 2: Earth-Grounding and Wind-Deep breathing (See Appendix 10)

Objectives:
Participants will:
1. Identify 2-4 group participants
2. Name 1-3 Program services and/or Hospital resources
3. Practice grounding or deep breathing exercise outside of session

Guest Speaker: None

Materials:
Folders and Pens (to be used for all sessions)
Bellevue Hospital map
4 Elements Bracelets
Handout: Window of Tolerance (Appendix 2)
Handout: Subjective Unit of Distress Scale (SUDS) 0-10 (Appendix 3)
Handout: Breathing Retraining (Appendix 4)
Handout: Homework: Breathing Log (Appendix 5)
Metrocards and tracking sheet
Medicaid Carfare Paperwork

Session Overview:

The first session of the group is an important introduction to what group members can expect in the upcoming weeks and to how the group will function. Members often arrive to the group with little previous experience with group therapy. They may be apprehensive about the expectations of the group or simply unclear about what is going to take place. This may also be one of their first services at

the program. It is important for group leaders to use the first session to clarify to group members what will take place during the group sessions (e.g. clients may be interrupted for time and safety) and also to provide an opportunity for group members to ask questions.

1. Introductions: Group Leaders and Participants

Leaders begin by introducing themselves (and the interpreter). Leaders explain their position at the clinic, as well as some other information about themselves that they feel comfortable sharing (how long they have been working at the clinic, where they were born, something they like about the area, etc.). Consistent with standard therapeutic practice, the decision about what personal information to share during the first session as a group leader should be recognized as very important, and **should be discussed beforehand between the co-leaders and their supervisor.**

For example, a decision to disclose part of one's personal identity may not feel comfortable for some clinicians. On the other hand, the recommendation that group leaders share some kind of "ice-breaking" information with the group comes from the authors' experience that such sharing indicates to group members, some of whom may be uneasy about the group format, that the co-leaders will be active members of the group and not passive observers and/or authorities. For individuals with a torture history, this experience of mutuality—however simple—may be tremendously reassuring.

After a brief introduction, co-leaders indicate that they will talk later about the group's format, but that first they would like individuals to introduce themselves. Here, too, is an important clinical moment, in that leaders may find that some members immediately want to share something about their trauma history while others are uncomfortable sharing more than their name. Leaders need to be able to find a balance between welcoming people to share personal information while not opening the group members up to a premature level of disclosure. It is critical that group leaders recognize the potential for group members to feel overwhelmed or secondarily traumatized by other members' stories. In addition, group leaders must be aware of group members' potential to "spill" traumatic material—that is, narrate traumatic memories in ways that indicate that the individual has not integrated their trauma experience. This can take a number of forms—members speaking in a dull, flat, rote presentation about deeply disturbing events, members becoming excessively emotional or out of control, or members being unable to stop giving details about their traumatic experience. If group leaders believe that a member is "spilling" in a non-therapeutic way, it is essential that they intervene in a supportive and normative way. For example, it is appropriate to say,

I hear that you are sharing many difficult memories with the group. It is clear how painful that must be for you. Over the course of this group, others may also want to share their experiences, but we also want you all to know that you don't have to share anything that you are not comfortable with.
This kind of intervention serves as an empathic connection to the individual who has been speaking, but it also signals to group members that it is not an expectation of the group to self-disclose traumatic information.

2. Group Rules and Expectations

Leaders should then review the goals and rules of the group. Specifically, leaders should note:

This 4-week group is designed for individuals who have been through traumatic experiences and it is intended to provide information and support to help them with their adjustment to life in the United States. We will discuss practical issues as well as emotional concerns that people have after going through a trauma. Some general rules of the group include coming to all sessions, arriving on time, and keeping the confidentiality of other group members. Do you have any questions? What are your hopes and expectations for the group?

3. Introduction to NYC, PSOT, and the Hospital: Commonalities

Leaders should foster a discussion of something common to all group members, such as how they are finding life in New York, and provide pertinent information about the program and the hospital. Here, leaders are facilitating one of the first discussions pertaining to things that group members have in common—adjustment to life in a new country, and potential resources available to them—without moving into the topic of their traumatic experiences.

4. Coping Strategies

Explain the use of coping strategies and ****Distribute the 4 Elements Bracelet"** throughout the 4 sessions.

Rationale: *External and internal stress triggers have an accumulative effect during the day. We cope better with stress when we are not overwhelmed, or to say thisanother way, we cope better with stress when we stay within our arousal "Window of tolerance."* ****Distribute the Window of Tolerance Handout**** *When we are outside our window of tolerance, it is difficult to think clearly and make decisions and we may have trouble remembering things and expressing our thoughts. We know that we are outside our "window of tolerance" when we feel nothing at all (we sometimes say we feel "numb") or when we feel too much. Frequent random monitoring of our stress levels with simple stress reduction actions is an antidote to stress triggers and it keeps stress levels within our "window of tolerance."*

Plan: *Each week we will be teaching coping strategies to help you monitor and reduce your stress level. Each strategy corresponds to one of the four elements of the universe: Earth, Wind, Water, and Fire. They are designed to follow the body up from the feet to the stomach & chest to the throat & mouth to the head.*

Goal: *The goal is to reduce your stress level each time you apply one of the strategies and to do this at random times at various initial stress levels. By preventing your stress responses from accumulating, you may be better able to stay within your "window of tolerance." One tool you can use to know if your stress level has reduced is the "Subjective Unit of Distress Scale (SUDS)".* ****Distribute the SUDS Handout**** *Using this scale, we describe our stress level before using the strategy with a number between 0 and 10, with 0 indicating no stress and 10 indicating the greatest stress we have ever experienced, and we again note our stress level after using the strategy.*

<u>Coping Strategy 1</u>: Earth – Grounding, safety in the present reality

"Checking out," "feeling like I'm somewhere else," "my mind is just not here," are common experiences reported by survivors of torture. Dissociation is an adaptive self-protective strategy at moments of enduring a traumatic event, but it may be maladaptive if it continues after the threatening event has ended and the survivor is safe and needs to be functioning in the present moment.

When our distress is high, we may feel like we are not in the "here and now" – we may be thinking too much about the past or worrying too much about the future. If we can feel more present in the "here and now," our distress level can reduce and we can feel more "grounded" and capable of doing what we need to in the moment.

Take a minute or 2 to "land"…to be here now.
Place both feet on the ground, feel the chair supporting you.
Look around the room and notice 3 new things. What do you see? What do you hear? What do you smell?

<u>Coping Strategy 2</u>: WIND – Breathing retraining

One of the most common difficulties encountered after trauma is discomfort that arises from hyper-arousal. For example, the physiological symptoms of arousal often lead to poor breathing techniques which then heighten feelings of anxiety, such as tightness in the chest, dizziness, and fear of losing control. We will guide you through a way to breathe so that these symptoms are reduced. When practiced regularly it becomes easier to do and a natural way of breathing. This way of breathing is how we were breathing when we were babies.

Let's get started…

Breathing Retraining Points:

- Comfort and Safety: Ask clients to settle into a position that feels comfortable and safe. Note that in a seated position we often breathe most easily when our back is straight and posture is aligned, but encourage clients to listen to what their bodies say feels safe and comfortable. Ask clients to close their eyes or lower their gaze to approximately a meter in from of them for the exercise.

- Noting Change: Ask clients to assign a SUDS number to their current distress level and tell them that you will ask for a measurement again at the end of the practice.

- Diaphragmatic Breathing: Group members should place their hands on their stomachs and take several breaths. Their hand should rise and fall with these breaths. Members should be instructed to try to take several slow breaths until they feel/see their hands rise and fall at the stomach area with each breath. A helpful prompt may be: *Imagine your stomach is a balloon that you are trying to fill up with each breath.*

- Inhale/Exhale**:** Next, group members should be taught to inhale through the nose and exhale through the mouth. Let members practice this several times, before moving onto the concept of slowing down their breathing. A helpful prompt may be: *Notice the coolness of your breath coming in through your nose and the warmth of your breath going out through your mouth.*

- Pace**:** Once group members have practiced diaphragmatic breathing, they should be taught an easy rhythm to create in their breathing pace: Inhale while counting to 4, Hold for a count of 4, Exhale for a count of 4, Pause for 4 before beginning again

- Visual/Verbal Cue**:** Finally, members should introduce a word or image to themselves that will serve as a visual/verbal cue as they exhale. With practice, they can habituate themselves to experience this word as a calming stimulus. Thus, they may want to choose a word such as "calm" or "relax" or "peace" to serve as their reminder.

5. Homework:

After reviewing the breathing and practicing it in the session, leaders should reemphasize the importance of practicing this technique in order to get better at it and, therefore, be better able to calm oneself down. Leaders should assign "Homework", asking members to practice the breathing technique 2 times a day for the next week. ****Distribute the Breathing Retraining and Breathing Log Handouts **** Also, leaders should encourage members to write down how they are feeling before they begin the breathing technique and then after, using the SUDS numbers or other descriptive words. It is likely that members will report an improvement in some symptoms after the practice.

Session 2: Trauma & Common Reactions: Symptoms of PTSD & Depression

Goals:

1. Welcome
2. Check-in on the breathing assignment from the previous week
3. Discuss Trauma, Posttraumatic Stress Disorder (PTSD) and its attendant symptoms, and Depression and its attendant symptoms.
4. Introduction to psychopharmacology/ demystification (facilitated by program psychiatrist)
5. Discuss a model of thought-behavior-emotion-physical health transaction, particularly in regards to trauma
6. Coping Strategies 3 and 4: Assessing Your Thoughts & Feelings, Pleasant Event Scheduling

Objectives:
Participants will
1. Identify 1-2 personal traumatic and depressive symptoms
2. Describe a link between a thought, behavior, emotion, or physical sensation
3. Schedule and implement 1-3 pleasurable events for the upcoming week

Guest Speaker: Program Psychiatrist to provide psycho-education about psychiatry, pharmacology, and psychiatric care

Materials:
Folders and Pens
Handout: Emotions/Thoughts/Behaviors/Physical Health (Appendix 6)
Handout: Assessing Your Thoughts/Feelings (Appendix 7)
4 Elements Bracelets
Copies of previous session's handouts
Metrocards and tracking sheet
Medicaid Carfare Paperwork

Session Overview:

In the second session, group leaders will introduce members to the notion of trauma as something that has been shown to have specific characteristics as well as a specific impact on people's functioning. While some of the material for these sessions is didactic, group leaders must be aware of members' reactions and, in fact, must elicit reactions from members so that a dialogue takes place. A program psychiatrist will discuss psychiatric care as one option for managing trauma-related symptoms, and additional coping strategy skills will be practiced.

1. Welcome back and homework review

Initially, leaders should ask members for reactions and thoughts from last week's session. There also may be new members who should briefly introduce themselves and learn other group members' names and country of origin. Rules can be briefly reviewed for the sake of the new member and as a reminder to original members. Members present in the previous session can be invited to summarize the information and skills gained in that session for any new members.

2. Trauma: Post-Traumatic Stress Disorder (PTSD) and Depression

Trauma: The definition of trauma is presented first to the group.

Trauma is an event that is outside the range of normal human experience and that involves serious threat of bodily harm or death. Another important component of trauma is that the event overwhelms the individual's capacity to cope—i.e., usual psychological coping mechanisms don't work. Finally, another central component of trauma is severe fear or terror. This experience of terror can lead to specific bodily reactions, such as heart-racing, sweating, and other central nervous system signs of arousal.

Leaders should not be overly-medical or use too much jargon in this description, but should emphasize that traumatic experiences have been well-studied and appear to impact individuals in many common ways. Leaders must link participants' admission to the clinic to having been through traumatic experiences without making group members feel that they are exposed in some way. For instance, leaders may say,

We are talking about trauma because each of you has been through some very difficult and frightening experiences and we want to share with you information about ways those events might still be causing you difficulties, as well as some strategies for addressing those problems.

PTSD: After discussing trauma, leaders should introduce the concept of PTSD. It is important that leaders discuss PTSD as a particular set of reactions to trauma and emphasize that not everyone who has been through a trauma has all the reactions. The discussion of PTSD is to focus on psycho-education, not on diagnosis or pathology. Leaders should explain the three components (or "clusters") of PTSD:

1. *Re-experiencing*—Leaders explain that *a major component of post-traumatic symptoms is the intrusive and often intense return of memories of the events. The symptoms that make up this cluster include intrusive memories, nightmares, flashbacks.* Leaders discuss these symptoms and try to elicit from group members examples of whether they experience these symptoms or not. This is not forced, but is carefully prompted:

We've been talking about these different ways that trauma comes back to us in upsetting memories. I wonder if any of you have had difficulty with these kinds of experiences.

2. Hyperarousal—The symptoms in this cluster are described as *being related to the physical experience of fear. Experiences of extreme fear result in physiological reactions in which the central nervous system activates arousal functions. Thus, in PTSD, arousal reactions reoccur, even when the individual is not in a frightening situation. Examples of these symptoms are sleep difficulties, irritability, exaggerated startle response and poor concentration*. Again, group leaders lead a discussion with members about how they may have experienced these symptoms. (e.g. *Raise your hand if you feel this way.)*

3. Avoidance/Numbing—Symptoms in this cluster are explained in terms *of the individual trying to avoid any reminders of the trauma or of what happened in the past—including thoughts, feelings, or specific triggers that were associated with the traumatic events—often in order to avoid the discomfort associated with the memories; however*, *this avoidance usually serves to heighten anxiety and fear reactions, rather than diminish them.*

Numbing is described as *a feeling of disinterest, detachment, or inability to experience a range of feelings. Individuals also become detached, withdrawn, and isolated.*

Depression

Leaders present information about depression and depressive symptoms. Again, the emphasis is not on diagnosis of group members, but on discussing how traumatic events often result in individuals struggling with mood difficulties.

The following symptoms of depression should be discussed: negative mood, decrease in energy, inability to enjoy things, feelings of worthlessness and

hopelessness, sleep disturbance, appetite problems, irritability, and, in some cases, suicidality.

3. Introduction to psychopharmacology/demystification

Psychiatrist discusses pharmacotherapy as one option for managing the impact of trauma, familial separation and environmental stressors. Psychiatrist explores people's cultural beliefs about psychiatry, mental health symptoms, and use of medication in treatment, and also describes a typical first psychiatry appointment.

4. Introduce model of thought-behavior-emotion-physical health transaction

Here leaders introduce a model of thinking about one's functioning that is designed to help members see how certain ways of thinking, feeling and behaving are related to one another. Specifically, leaders should say,

We have been talking about different difficulties or reactions that some people have after a trauma. It's important to recognize that these things can interact and build off of each other. Here's a way to think about it: ****Distribute the Emotions/Thoughts/Behaviors/Physical Health Handout****

Look at your handout. Notice that there is a triangle with Emotions, Thoughts, and Behaviors in the corners, and Physical Health in the middle. They are all connected because that is the way it is in real life, our emotions, thoughts, and action, and physical health are all related. The way we think about things can influence how we feel emotionally and physically. This can then influence how we behave. The relationships go both ways, however, in that the way we feel can shape how we are thinking.

For example, if I think, "My situation will never improve", I am likely to feel sad or discouraged about this and may also decide not to take action, since there is no hope. This demonstrates how these things are related. Similarly, if I think, "I am no longer dealing with my situation alone", I am likely to feel supported and hopeful and may be more likely to take action.

During this group, we would like you to begin to notice how your thoughts, feelings, behaviors, and physical health play off of one another. By monitoring these connections, you may be able to stop certain patterns from happening. Also, we will provide coping strategies to try to deal with each of these areas.

At this point, leaders engage group members in a discussion of how the interaction of feelings, thoughts, and behaviors can cause difficulties in

depression. Examples are elicited from group members. For example, the behavior of isolating oneself when depressed has been shown to increase feelings of depression as well as negative thoughts. Thus, it is essential to recognize how one's depression may be influencing patterns of feeling, thinking, and acting. Leaders may want to return to the diagram of cognitive- emotional-behavioral transaction to talk about this point.

Develop several examples of how the triangle works in real life (e.g. isolating oneself when feeling sad). What thoughts come up for you? What feelings (physical sensations or emotions) are connected to thinking____? What else do you do when you're feeling depressed? Stressed? Explain how a person can implement change at any level to effect change in all the areas.

5. Coping Strategies

First, leaders ask group members what they have found to be effective in coping with traumatic stress and depression. Strategies that group members describe should be elaborated. Then two additional coping strategies are presented.

Coping Strategy 3: Recognizing negative thoughts and assessing them

The notion of recognizing one's depressive and negative thinking is introduced as a strategy that has been shown to help people combat depressive thinking. Leaders must introduce this concept carefully so as not to minimize the extreme experiences that group members have endured. It is important that leaders not be perceived as saying that group members must simply "put the past behind them." Hence it is essential to introduce cognitive strategies carefully:

We have discussed how the traumatic experiences that you have been through may lead you to have certain problems, such as feeling scared or feeling depressed.

The thoughts that you have when you are feeling these emotions can sometimes make things worse. For instance, as we have talked about, if you are feeling depressed and you begin to think that everything you do has been a failure, you will continue to feel bad. Thus, an active strategy for addressing this kind of negative thinking is to monitor one's thoughts and then counter the ones that are negative. ****Distribute the Assessing Your Thoughts & Feelings Handout**** *Let's think about how to do this:*

When you are feeling down or depressed, try to pay attention to your thinking so that you can possibly make it less negative. On your handout, you see there is a way to track your thoughts and feelings. The task is to notice how you are feeling (rate this from 1-10, with 1 being the least intense and 10 being the most intense), and then take note of the thoughts that are accompanying your mood. It

is likely that you will find that your thoughts are consistent with your emotions—that is, when you are feeling bad at a 8 or 9, your thoughts are likely to be negative. The goal is to not only be able to monitor your feelings, but to also take stock of how your thinking may be inaccurate or distorted.

[Here, the leaders continue the discussion of how to assess one's thinking and how to come up with more positive thoughts. An example is given on the handout.]

Using previous examples, help survivors generate more accurate or helpful thoughts.

Let's revisit the example we had about isolating one's self because you feel depressed and are thinking "My situation is hopeless." Is this thought accurate? Is it helpful? What thought in the same situation may be more helpful? Also, instead of isolating yourself, what could you do that might feel better?

Coping Strategy 4: Pleasant Event Scheduling

The next coping strategy that is to be introduced involves group members taking an active approach to their symptoms by planning some kind of pleasant activity for themselves, however simple or small. This should be introduced:

We have been talking about how depression can make us feel so low and can influence how we act, choices we make and things we do or don't do. One of the things that has been shown about depression is that people tend to isolate themselves when depressed and not feel that they have the energy to do anything. However, these very behaviors are quite likely to worsen or, at least, not improve your mood. Thus, a strategy that we would like to think about with you right now is simple—Pleasant Event Scheduling. What we want to do first is think together about all kinds of things that you like to do. Take a few minutes to think about this and come up with a list. Then we'll create a list together.

Leaders should allow members some time to come up with their lists and then lead a discussion of some of these ideas. It is important to recognize that group members may have very little money and be unfamiliar with the area. Thus, leaders should help members think of inexpensive, easily achieved activities. Leaders should lead a discussion of whether this feels like a realistic plan for members.

6. Homework

Leaders should assign each group member two homework assignments. Members should monitor their thoughts and associated feelings and complete a few lines of the Assessing Thoughts and Feelings Handout. Member should also

try to do at least one pleasant event from their list over the coming week.

Session 3: Immigration and the Asylum Process

Goals
1. Welcome
2. Check-in on the pleasant event scheduling and assessing thoughts and feelings assignments
3. Introduction to the asylum process and immigration issues pertinent to group members (facilitated by program legal services staff)
4. Discuss reactions to the immigration discussion
5. Coping Strategies 5 and 6: Water – Calm and Control, Progressive Muscle Relaxation (PMR)

Objectives:
Participants will
1. Identify where they are in the asylum process
2. Practice a physiological exercise (water or PMR) during and outside of session.

Guest Speaker: Program Legal Services Manager to discuss asylum process and other relevant legal processes

Materials:
Gum
Handout: Progressive Muscle Relaxation (Appendix 8)
Handout: Relaxation Practice Worksheet (Appendix 9)
4 Elements Bracelets
Copies of previous sessions' handouts
Metrocards and tracking sheet
Medicaid Carfare Paperwork

Session Overview

In the third session of the group, information will be presented to group members about asylum and immigration issues. While group members may be at different stages of these processes, they are all likely to have some concerns about their legal, immigration, employment, and insurance status. In addition to receiving information from the group leaders during this session, it is expected that members will be able to offer first-hand experience of dealing with these issues. Thus, group members who are farther along in the asylum process or even who have asylum may be able to offer encouragement to members who are in the

early stages of applying.

1. Welcome back and homework review

Initially, leaders should ask members for reactions and thoughts from last week's session. There also may be new members who should briefly introduce themselves and learn other group members' names and country of origin. Rules can be briefly reviewed for the sake of the new member and as a reminder to original members. Members present in the previous session can be invited to summarize the information and skills gained in that session for any new members.

2. Asylum process and immigration presentation and post-processing

Presentation

Specifically, the following information will be presented:

- Asylum application process
- Finding a lawyer
- Advocating for oneself in the US immigration system
- Applying for working papers
- Applying for Medicaid

Discussion

While the presentation of information is likely to take up a large part of the session, it is important that group leaders assess how group members are reacting to the discussion of this information. Some members may feel overwhelmed when discussing the bureaucratic demands of the asylum process, while others may feel anger at having to "prove their case" to an American official after all that they have been through. It is important for leaders to explore with group members their reactions and to share their observations with group members about how the discussion is going. For example, a leader might say, "Mary, I notice that you seemed a bit quiet when we began discussing the asylum process. I wonder how it is making you feel." Leaders should normalize members' reactions and the stress that it places on individuals to be involved in a legal process after all that they have been through.

3. Coping Strategies

Coping Strategy 5: Water – Calm and Control
When you are anxious or stressed your mouth often "dries" because part of the stress emergency response (sympathetic nervous system) is to shut off the digestive system. When you start making saliva you switch on the digestive system again (parasympathetic nervous system) and the relaxation response. Offer water, gum, or candy.

Coping Strategy 6: Progressive Muscle Relaxation (PMR) – Four-Muscle-Group Relaxation
In addition to affecting our thinking and emotions, traumatic and stressful experiences affect our body. Some of the physical symptoms of worry, PTSD and depression may be relieved by practicing progressive muscle relaxation. PMR is a quick, reliable way to cope with fear and worry. It can be done anywhere.
****Distribute the Progressive Muscle Relaxation (PMR) Handout****

Often when we experience traumatic events and depression, we feel it in our bodies. Moreover, the worry associated with the asylum process can show up as tightness in our neck, shoulders, or legs. For example, you may be having trouble with falling asleep, sweating, or your heart beating fast. Leaders can check-in with group members and ask them to do a body scan where they notice any place in their bodies that feel tight when they think about the legal process. Leaders may also share where they carry their stress in their bodies (e.g. *When I feel stressed or worried, I feel tense in my shoulders.)*

Progressive muscle relaxation can help you gain greater awareness and control of your own bodily responses. As with the other strategies, the more you practice, the easier it will be to use it when you need it, and the more it helps.

Let's go through the strategy together. I will be asking you first to tighten and then to relax different groups of muscles. The purpose is to help you notice the difference between tightness and relaxation. Describe the full exercise, and demonstrate the 4 muscle groups as follows:

1. Whole Arms: Slightly extended, elbows bent, fists tightened and pulled back.
2. Upper Chest and Back: Inhaling into the upper lungs and holding for a count of 10.
3. Shoulders and neck: Slightly hunching the shoulders and pushing the head back.
4. Face: Squinting eyes, scrunching features toward the tip of the nose.

Have the clients assume a comfortable seated position, with both legs on the floor, while you narrate the exercise. The client may keep his or her eyes open during the training in order to follow you, but should try closing them when practicing.

Tell the group to focus on their breathing. After 2 or 3 breaths, begin the instructions for tensing each muscle group. After each directive to tighten a muscle group, count to 5 and then say, *"Release."* Leaders can demonstrate by doing the exercise along with the group. There should be a pause of 15 to 20 seconds between each muscle group, during which time you might give suggestions for relaxation, such as the following:

Notice the difference between the tightness and the relaxation.
Feel the muscles grow more relaxed.
Let the muscles grow soft and warm.
Continue breathing easily.

Muscle group directives:

Whole Arms: Slightly extend your arms. Bend your elbows, tighten your fists and pull them back.

Upper Chest and back: Inhale into your upper lungs and hold for a count of 10.

Shoulders and neck: Slightly hunching your shoulders, push your head back.

Face: Squeeze your eyes shut and scrunch your facial features (eyes, lips, etc.) toward the tip of your nose.

4. Homework

After reviewing and practicing PMR in the session, leaders should reemphasize the importance of practicing this technique in order to get better at it and, therefore, be better able to relax oneself. Leaders should assign a "Homework" assignment, asking members to practice the relaxation technique 2 times a day for the next week. ****Distribute the Relaxation Practice Handout**** Also, leaders should encourage members to write down how they are feeling before they begin the breathing technique and then after. It is likely that members will report an improvement in some symptoms.

Sessions 4: Termination and Review of Coping Strategies

Goals:
1. Welcome
2. Check-in on the progressive muscle relaxation assignment
3. Review information covered in previous sessions
4. Process members' reactions to the group coming to an end
5. Focus on future possibilities including other PSOT resources
6. Strategies 8 and 9: 4 Elements for Stress Reduction and Vision Board

Objectives:
Participants will
1. Share something they experienced over the course of the group.
2. Identify 1-2 future goals.

Guest Speakers: 1. A program group therapist will encourage ongoing group participation by describing the group therapy services available at the program, 2. Social services provider will speak about ongoing social service support available at the program

Materials:
4 Elements Bracelets
Handout: 4 Elements for Stress Reduction: Earth, Air, Water, Fire (Appendix 10)
Scissors, Glue, Magazines, paper or manila folders, markers, colored pencils
Copies of previous sessions' handouts
Metrocards and tracking sheet
Medicaid Carfare Paperwork

Session Overview

The fourth and final session of the group is for reviewing the covered material and processing members' reactions to the group coming to an end. This session is less structured than previous sessions, as leaders invite group members to reflect on what the experience of the group has been like and what they have learned from it.

1. Welcome back and homework review

Initially, leaders should ask members for reactions and thoughts from last week's session. Members present in the previous session can be invited to summarize the information and skills gained in that session for any members who were absent.

2. Review, group termination

In the final session leaders review the topics that have been covered and the skills learned, and they discuss resources that group members have in place and sources of social support. Talking about the ending of the group may be more difficult for some clients than for others. For individuals who have experienced multiple losses, another ending—even one that has been expected—can be very difficult. Leaders must be aware of the range of reactions that may emerge, including anger, acting out or avoidance by not attending, and withdrawing.

Leaders need to normalize the range of reactions that group members might be feeling without allowing members to disrupt the group process by acting out.

Today is our last session together. What is that like for you? What have you enjoyed about the group? What is hard about ending today?

Group leaders end the group on a positive note and underscore the strength and resilience that group members have already shown in their lives. In addition, leaders should discuss other sources of support that individuals have available and "brainstorm" about this in the group. Resources within the program that should be reviewed include other kinds of therapy, such as individual or longer-term group therapy; as well as psychiatric care. Group leaders should explore members' ideas about these options and provide psycho-education about them. While it is not expected that all members will need or want further therapy, it is likely that some members may need further referral after this short-term intervention.

3. Future services at PSOT

A licensed clinician joins the group to speak about mental health services at the program, focusing primarily on the ongoing groups available to clients, and a social service team member joins the group to speak about social services at the program and how to access them.

4. Coping Strategies

You have learned and practiced a lot of coping strategies *in the last 3 weeks including Earth-Grounding, Wind-Deep Breathing, Water-Calm Control, Progressive Muscle Relaxation, Connection between Feelings/Behaviors/Thoughts, and Pleasant Event Scheduling. Today we will lern about the final element, Fire, and will practice a brief exercise that applies all four elements.*

Coping Strategy 8*: 4 Elements Bracelet* ****Distribute the 4 Elements Handout****

Wear a 4 elements bracelet (colored silicon band) on your wrist. Perform the 4 brief self-calming/self-control exercises (Earth, Wind, Water, Fire).

Leaders emphasize the importance of continuing to use the coping strategies that have been helpful to them. Group members may express doubt that they can maintain the gains they made during the course of the group. This should be explored, but it should also be noted if group members are thinking pessimistically, given that this was a topic of the group's work.

Coping Strategy 9*: Fire – Vision Board*

There are 2 Fire exercises, one brief and one longer.
For the brief exercise, identify 3 things you are thankful for.

Individuals are given a piece of paper, along with magazines from which to cut photos and text, markers, glitter, and other arts and crafts materials. They are asked to create a collage/poster in which they portray their future lives:

For the longer Fire exercise, in front of you are magazines, scissors, glue, and markers. Use them to create a board that shows your hopes and dreams for the future. What will you be doing in that future? How will you be feeling about yourself and your family? What will you have materially? What activities will you do individually and as a family for enjoyment?

After giving members 20-30 minutes to create their boards, if time permits, allow them to share the board with the rest of the group, and continue to add to it as they move forward.

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Appendices

1: PSOT Phone Script for Orientation Group invite and Attendance Record

Hi, my name is _____ and I'm calling from the Bellevue Hospital and the Program for Survivors of Torture. I'm calling to invite you to attend a group for individuals who have been through difficult and stressful experiences. It's a 4-session group that we encourage our new client to attend because it provides important information about our program's services and about living in NYC. It is also an opportunity to meet and get to know staff and clients in our program. In the group we will also discuss the impact of trauma and provide you with strategies for reducing stress and other difficulties that you may be having. The group will meet for 4 consecutive weeks on _____, _____, _____,and _____ at _____ am/pm. All 4 sessions are free of charge and you will receive a metrocard to get to and from the sessions if needed. Do you have any questions about the group? Can you attend this group? Is there anything that may get in the way of your attending every session?

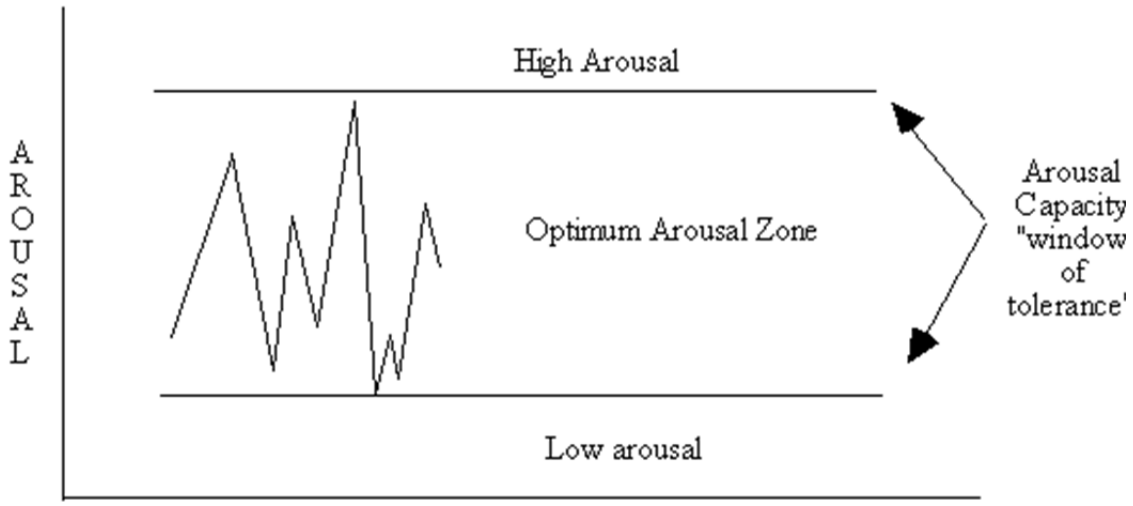
Session Dates: _____
Group Leaders: _____
Group Supervisor: _____
Supervision Dates and Times: _____

Clients who confirm attendance	MR#	Country	Medicaid Status	Session 1	Session 2	Session 3	Session 4	DB Assign Tab updated?	DB Plan tab updated?	Follow-up Recommendation

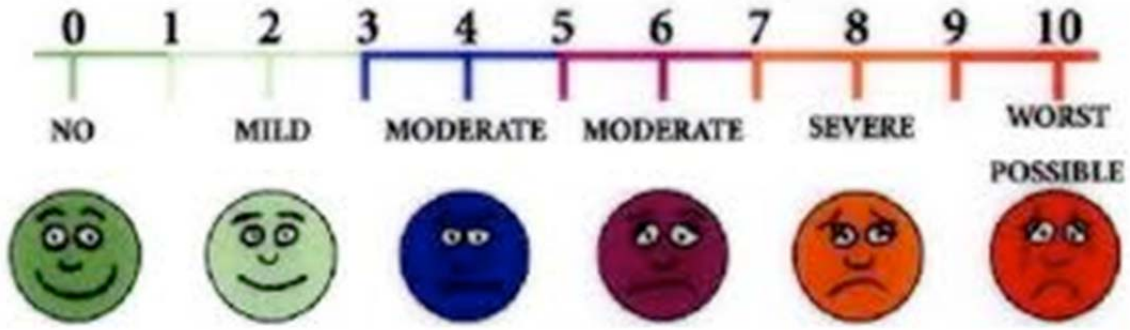
NOTE:

1. If a client reports a planned absence from a particular session, not this in the session date column.
2. If MR# is not available, request it from the care coordination team
3. Encounters must be recorded in the DB as well as in Quadramed/MYSIS. If you are unable to enter an encounter in Quadramed because there are no previous encounters in the system, inform the care coordination team. Session notes should include a general statement about the purpose and content of the session and specific comments about each attendee's participation.

Appendix 2: Window of Tolerance



Appendix 3: Subjective Unit of DIstress Scale (SUDS)



Appendix 4: (Wind) Breathing Retraining Handout

Follow these steps to practice a calmer, slower breathing pattern when feeling anxious. The more you do this, the better you will be at it.

STEP ONE:

- Breathing through your stomach: Sit up straight in a comfortable chair. Place your hand on your stomach and take several breaths. If your hand does not rise and fall with these breaths, you are probably still breathing through your chest. Take several slow breaths until you feel your hand rise and fall at the stomach area.

STEP TWO:

- Inhale/Exhale: Next you should try to inhale through your nose and exhale through your mouth. Practice this several times, and take your time until you notice that it is coming naturally. Keep your hand on your stomach in order to keep the breathing coming from there.

STEP THREE

- Pace: Once you feel more comfortable with the breathing, try to notice your pace. Try to follow this pattern:
    - Inhale while counting to 4
    - Hold for a count of 4
    - Exhale for a count of 4
    - Pause for 4 before beginning again

STEP FOUR

- Verbal Cue: Finally, introduce a word or image to yourself that will serve as a visual/verbal cue as you exhale. With practice, this word will come to serve as a relaxing cue for you. Thus, choose a simple word, such as “calm” or “relax” and say it as you exhale.

PRACTICE THESE STEPS FREQUENTLY, ESPECIALLY WHEN YOU ARE ANXIOUS AND YOU WILL FIND THAT YOUR BREATHING IMPROVES.

Appendix 5: Breathing Log

Practice the breathing we learned for 10 minutes twice a day. Write down each day and time that you practice. Bring this in with you to your next session.

Day: _____

Time 1: Before _____ After_____

Time 2: Before_____ After _____

Day: _____

Time 1: Before _____ After_____

Time 2: Before_____ After _____

Day: _____

Time 1: Before _____ After_____

Time 2: Before_____ After _____

Day: _____

Time 1: Before _____ After_____

Time 2: Before_____ After _____

Day: _____

Time 1: Before _____ After_____

Time 2: Before_____ After _____

Day: _____

Time 1: Before _____ After_____

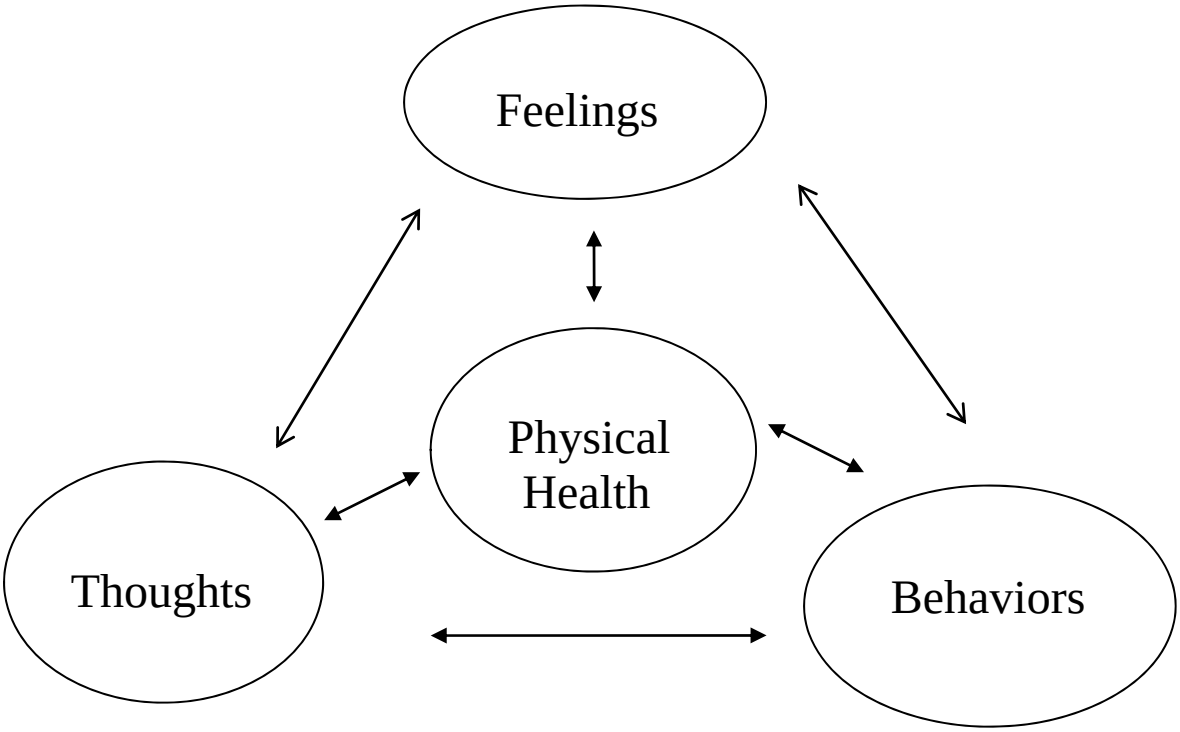
Time 2: Before_____ After _____

Day: _____

Time 1: Before _____ After_____

Time 2: Before_____ After _____

Appendix 6: Thoughts, Feelings, Behaviors and Physical Health Handout



Appendix 7: Assessing Your Thoughts/Feelings Handout

Day/Time	What am I feeling? (Name the feeling)	How much am I feeling this? 0-10 (10 is the highest intensity)	What are my thoughts?	Rate how helpful these thoughts are to me right now—are they making me feel worse or better	Alternative thoughts—Is there another way I could think about this right now? What can I think instead that will help me feel better?
Example: Sunday 4 pm	Sad and lonely	8	I'll never feel better. My life won't work out here	Worse Worse	I am going through a rough time, but I'm also getting help. Maybe the help that I'm getting will make things feel better.

Appendix 8: Progressive Muscle Relaxation (PMR)

Barlow and Cerny (1988), Ost (1987), and Clark (1989)

PMR is a method for counteracting your physiological responses to anxiety. For example, it can help you when your heart beats fast, your hands sweat, or you have difficulty falling to sleep at night. Relaxation is a skill that you can learn to gain greater control of your own bodily responses. Like all skills, relaxation requires practice to become really good at it. The goal is to provide you with a quick, dependable way to cope with anxiety that you can take wherever you go.

Four-Muscle-Group Relaxation

You will be asked to first tense and then to relax different groups of muscles. The purpose is to help you notice the difference between tension and relaxation. First, let's look at the full exercise, and then practice the 12 muscle groups as follows:

1. **Whole Arms:** Slightly extended, elbows bent, fists tightened and pulled back.
2. **Upper Chest and Back:** Inhaling into the upper lungs and holding for a count of 10.
3. **Shoulders and neck:** Slightly hunching the shoulders and pushing the head back.
4. **Face:** Squinting eyes, scrunching features toward the tip of the nose.

Twelve-Muscle-Group Relaxation

You will be asked to first tense and then to relax different groups of muscles. The purpose is to help you notice the difference between tension and relaxation. First, let's look at the full exercise, and then practice the 12 muscle groups as follows:

1. **Lower arms:** Tightening the fists and pulling them up.
2. **Upper arms:** Tensing the arms by the side of the body.
3. **Lower legs:** Extending the legs and pointing the feet up.
4. **Thighs:** Pushing the legs together.
5. **Stomach:** Pushing it back toward the spine.
6. **Upper chest and back:** Inhaling into the upper lungs and holding for a count of 10.
7. **Shoulders:** Picking them up toward the ears.
8. **Back of the neck:** Pushing the head back.
9. **Lips:** Pursing the lips without clenching the teeth.
10. **Eyes:** Squinting with eyes closed.
11. **Eyebrows:** Pushing them together.
12. **Upper forehead and scalp:** Raising the eyebrows.

Appendix 9: Relaxation Training Practice

Practice the relaxation method we learned in session today at least twice a day. Write down each day and time that you practice. Also, write down how tense or nervous you were before relaxing and then how relaxed you are after relaxing. Use a scale from 1 to 10, with 10 being the most nervous and tense you have ever felt and 1 being the most relaxed and calm you have ever felt. Bring this in with you to your next session.

Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

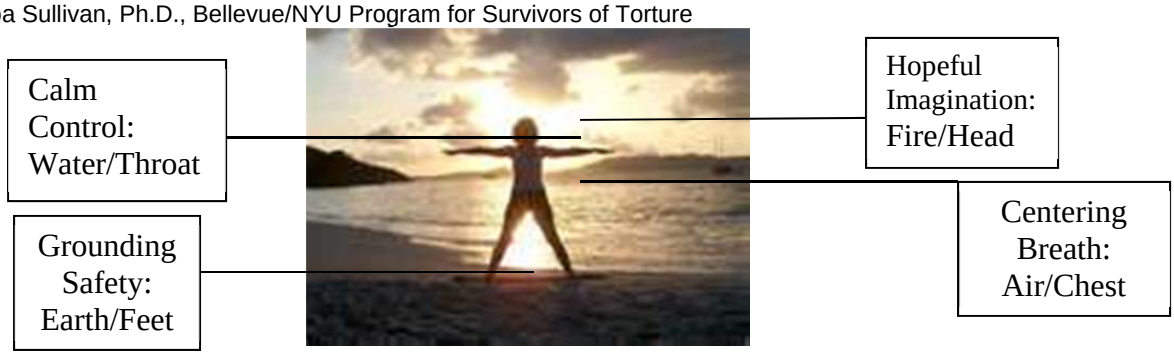
Day: _____

Time 1: _____ Before: _____ After: _____

Time 2: _____ Before: _____ After: _____

Appendix 10: 4 Elements for Stress Reduction: Earth, Air, Water, Fire[1]

Melba Sullivan, Ph.D., Bellevue/NYU Program for Survivors of Torture



Rationale: External and internal stress triggers have an accumulative effect during the day. We cope better with stress when we stay within our arousal "Window of tolerance."
Plan: Wear a 4 elements bracelet (colored silicon band) on your wrist and every time you notice it take a quick reading to monitor your current stress level (SUD). Perform the 4 brief self-calming/self-control exercises.
Goal: To reduce your stress level by 1 or 2 each time and do this at random times at various initial stress levels. By preventing your stress responses from accumulating, you may be better able to stay within your "window of tolerance."

Earth: GROUNDING, SAFETY in the PRESENT REALITY...

Take a minute or 2 to "land"…to be here now.
Place both feet on the ground, feel the chair supporting you.
Look around the room and notice 3 new things. What do you see? What do you hear? What do you smell?

Air: BREATHING for CENTERING

*As you continue feeling the SECURITY of your feet on the GROUND, you will use your breath to feel more CENTERED. (*For example: *Breathe in through your nose and out through your mouth. Notice the cold air coming in through your nose and the warm air going out through your mouth. If your mind wanders, return your attention to the cold air coming in through your nose and the warm air going out through your mouth.)*

Water: SAFE and CONTROLLED - the RELAXATION RESPONSE

Now that you feel secure and grounded, as well as centered, you will expand your ability to feel calm, in control, and relaxed.
Do you have saliva in your mouth? Make more saliva. When you are anxious or stressed your mouth often "dries" because part of the stress emergency response (sympathetic nervous system) is to shut off the digestive system. When you start making saliva you switch on the digestive system again (parasympathetic nervous

[1] Adapted from Shapiro, E. (9.11.2010). *The Recent-Traumatic Episode Protocol (R-TEP): A Comprehensive approach for early EMDR intervention (EEI).* HAP Presentation, Hicksville, NY.

system) and the relaxation response. That is why people are offered water or tea or chew gum after a difficult experience.
When you make saliva your mind can optimally control your thoughts and your body. *(*Give or have your client do something to create saliva e.g. piece of gum, water, candy, etc.)

<u>Fire:</u> LIGHT up the path of your IMAGINATION & HOPE

You are grounded in the present moment, centered and in calm control of your thoughts and body, now you're going to tap into the healing power of hope, your imagination, by creating SAFE IMAGES *of yourself*. This can be done through the following prompts:

Hope *Imagine what you are grateful for?*

Sing or Hum a soothing song

Compact Focusing (sensory, emotional, and somatic) [2] *Recall a time (Picture yourself in the future) in which you felt good about yourself…a time, or situation, in which you felt really well, and whole. It can be an old memory or a more recent one. It can be a memory of a few moments. What is the first thing that comes to mind? Choose one picture of your positive memory and focus on it. Notice what you see…hear…smell…allow your feelings and memory and be there. Scan your body from head to toe and notice any sensations. Where do you feel something in your body? How big is it? What shape does it have? What sensation (tingly, cold, hot, warm, tight, loose, open, airy, etc.) do you experience there?*[3]

Create (or Review) a Vision Board *Select from these magazine images, or draw images of your own. The images reflect who you are and what you would like to see in your life 5 (10, 15, 20) years from now. Tell me about your vision board.*
Talk to/Write a letter to your Future Self [4]**:** *Talk to or write a letter to your future self. Imagine yourself 2 or 3 years from today. What will you be doing? How will you be feeling about yourself ? What will you have materially? What activities will you do for fun?*

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[2]Adapted from Laub, B. (9.11.2010). *The Recent-Traumatic Episode Protocol (R-TEP): A Comprehensive approach for early EMDR intervention (EEI).* HAP Presentation, Hicksville, NY.

[3] Adapted from Levine, P. (2005). *Healing Trauma.* Boulder, CO: Sounds True, Inc.

[4]Adapted from Fraenkel, P. (in press). Groupes multifamiliaux pour familles sans domicile fixe (Multiple family discussion groups for families that are homeless). In S. Cook et A. Almosnino (Eds.),*Thérapies Multifamiliales, des groupes comme agents thérapeutiques.* (*Multiple family therapy: Groups as therapeutic agents*).

Appendix 1: PSOT French Phone Script for Orientation Group Invite and Attendance Record

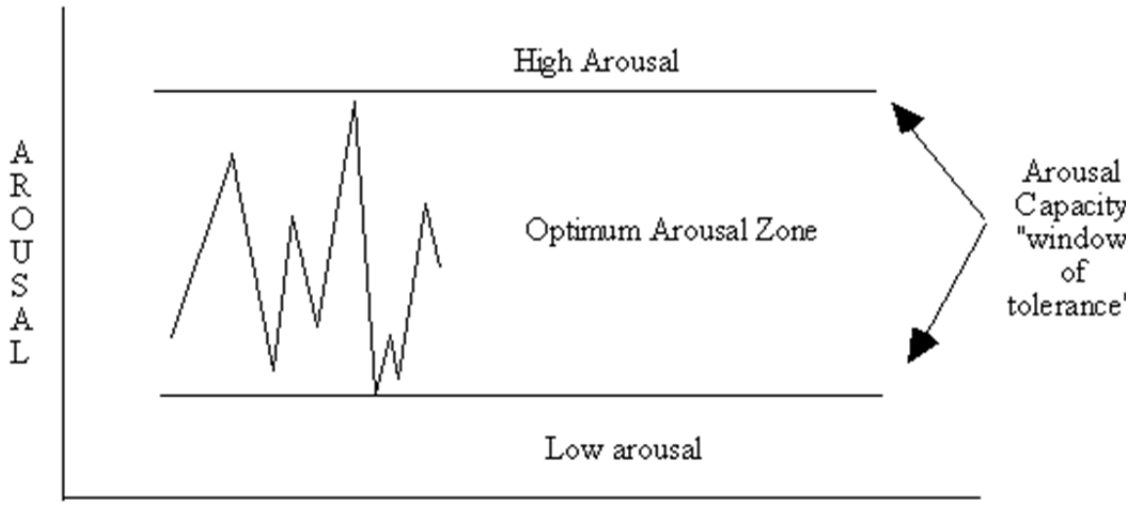
Bonjour, je m'appelle _____, et je vous téléphone de l'hôpital Bellevue, du Programme pour les Survivants de la Torture. Je téléphone pour vous inviter à participer dans un groupe pour les personnes qui ont servécu des experiences traumatiques. Si vous avez le temps maintenant, je voudrais vous décrire un peu ce groupe.

Le groupe est gratuit. Il est un groupe auquel tous les nouveaux clients participent. Le groupe se tiendra pour huit séances, une fois par semaine. Au cours de ces huit séances, nous parlerons des informations importantes sur la vie aux Etats-Unis, y compris les informations légales/juridiques, d'éducation, sociales, et ainsi de suite. Nous discuterons également l'impact de la traume sur les personnes.

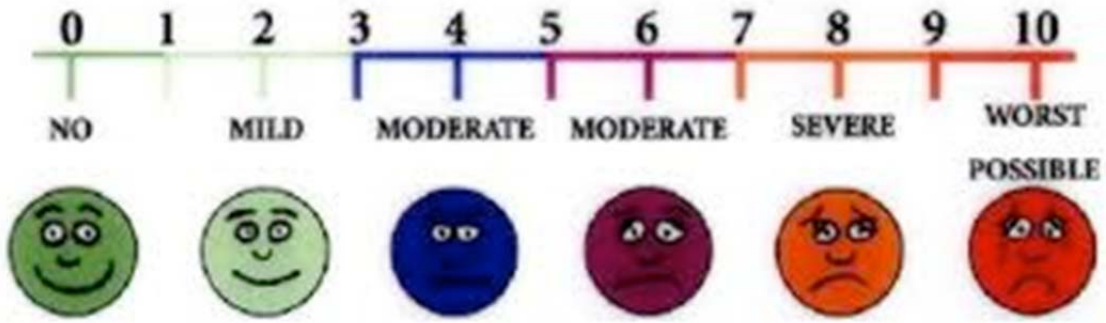
Le groupe va se réunir le lundi de 15H00 jusqu'à 16H30. La première réunion aura lieu le 10 avril. Est-ce que vous penser que le groupe peut vous intéresser? Est-ce que vous penser que vous pourrez y participer?

Clients who confirm attendance	MR#	Country	Medicaid Status	Session 1	Session 2	Session 3	Session 4	DB Assign Tab updated?	DB Plan tab updated?	Follow-up Recommendation

Annexe 2: Window of Tolerance



Annexe 3: Subjective Unit of DIstress Scale (SUDS)



Annexe 4: (Vent) Entraînment respiratoire

Suivez ces pas afin d'arriver à une respiration plus calme and lente lorsque vous ressentez de l'anxiété. Le plus vous pratiquez cela, le mieux vous arriverez à maîtriser l'exercise.

PREMIER PAS:

- Respirer par l'estomac: asseyez-vous droit sur une chaise confortable. Placez votre main sure vore estomac et respirez. Si vous ne sentez pas votre main se soulever et se rabaisser avec le gonflement et dégonflement de votre estomac, cela signifie que vous êtes en train de respirer par la poitrine. Inspirez et expirez quelques fois, jusce qu'à ce que vous sentez votre main se soulever et se rabaisser sur votre estomac.

DEUXIÈME PAS:

- Inspirez/expirez: essayez maintenant d'inspirer à travers votre nez at d'expirer à travers votre bouche. Essayez cela plusieurs fois et prennez votre temps jusce qu'à ce que cela vienne naturellement. Maintenez votre main sur votre estomac, de facon à continuer à respirer par l'estomac.

TROISIÈME PAS:

- Rythme: lorsque vous respirez confortablement de cette facon, faites attention à votre rythme. Essayez de suivre ce rythme:
    - Inspirez en comptant jusqu'à 4
    - Retenez votre souffle à 4
    - Expirez en comptant jusqu'à 4
    - Faitez une pause à 4 avant de recommencer

QUATRIÈME PAS:

- Réplique verbale: enfin, pensez à un mot ou à une image qui vous servira de réplique verbale/visuelle lorsque vous expirez. En vous entraînant, ce mot/image deviendra un facteur de relaxation pour vous. Choisissez donc un mot/image simple, tel que „calme", „relaxation" and dites-vous cela lorsque vous expirez.

ENTRAINEZ-VOUS SOUVENT À FAIRE CES QUATRE PAS, SURTOUT LORSQUE VOUS VOUS SENTEZ ANXIEUX ET VOUS VERREZ QUE VOTRE RESPIRATION S'AMMÉLIORERA.

Annexe 5: Journal d'exercices de respiration contrôlée

Répétez 2 fois par jour, pour 10 minutes à chaque fois, l'exercice de respiration que nous avons apprise lors de notre séance d'aujourd'hui. Apportez ce journal avec vous à notre prochaine séance

Jour: _____

Heure 1: Avant _____ Après_____

Heure 2: Avant_____ Après _____

Jour: _____

Heure 1: Avant _____ Après_____

Heure 2: Avant_____ Après _____

Jour: _____

Heure 1: Avant _____ Après_____

Heure 2: Avant_____ Après _____

Jour: _____

Heure 1: Avant _____ Après_____

Heure 2: Avant_____ Après _____

Jour: _____

Heure 1: Avant _____ Après_____

Heure 2: Avant_____ Après _____

Jour: _____

Heure 1: Avant _____ Après_____

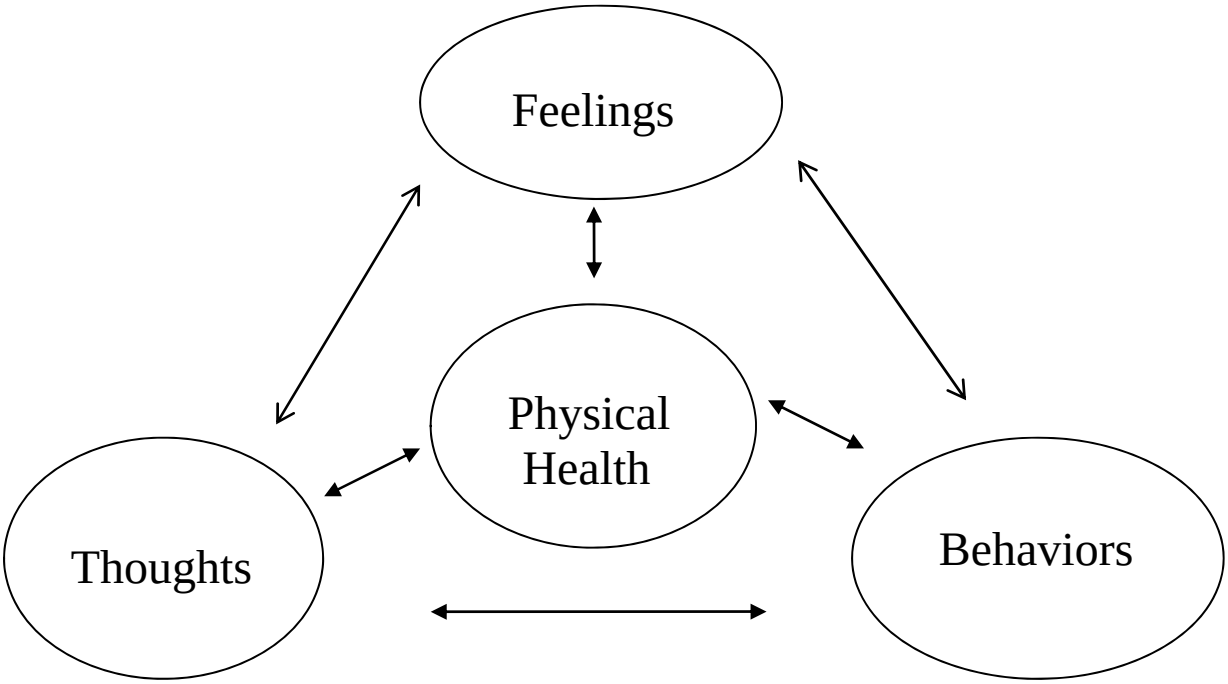
Heure 2: Avant_____ Après _____

Jour: _____

Heure 1: Avant _____ Après_____

Heure 2: Avant_____ Après _____

Appendix 6: Thoughts, Feelings, Behaviors and Physical Health Handout



Appendix 7: Assessing Your Thoughts/Feelings Handout

Day/Time	What am I feeling? (Name the feeling)	How much am I feeling this? 0-10 (10 is the highest intensity)	What are my thoughts?	Rate how helpful these thoughts are to me right now—are they making me feel worse or better	Alternative thoughts—Is there another way I could think about this right now? What can I think instead that will help me feel better?
Example: Sunday 4 pm	Sad and lonely	8	I'll never feel better. My life won't work out here	Worse Worse	I am going through a rough time, but I'm also getting help. Maybe the help that I'm getting will make things feel better.

Annexe 8: Relaxation Musculaire Progressive (RMP)

Barlow et Cerny (1988), Ost (1987), et Clark (1989)

RMP est une technique pour contrer les réactions physiologiques à l'anxiété. Par example, cela peut vous aider lorsque votre coeur bat vite, lorsque vous mains suent ou lorsque vous avez du mal à vous endormir le soir. En aprennant la relaxation, vous serez capable de mieux contrôler vos réactions corporelles. Comme toute technique, la relaxation demande de l'entraînement pour être maîtrisée. L'objectif ici est de vous donner une méthode rapide et autonome de contrôler votre anxiété où que vous soyez.

Relaxation des quatre groupes musculaires

Il vous sera demandé de commencer par contracter et relacher plusieurs groupes de muscles. L'objectif est de vous aider à prendre conscience de la différence entre contraction et relâchement. Nous allons d'abord voir l'exercice en entier et puis nous nous entraînerons sur les 4 groupes de muscles différents.

1. **Bras entiers**: légèrement tendus, coudes fléchis, poings serrés et poussés vers l'arrière
2. **Poitrine et dos**: inspirer de l'air dans les poumons et retenir le souffle en comptant jusqu'à 10.
3. **Épaules et cou**: épaules légèrement voûtées, tête renversée vers l'arrière
4. **Visage**: plisser les yeux, froncer le visage en direction du bout du nez.

Relaxation des 12 groupes musculaires

Il vous sera demandé de contracter et relacher ces différents groupes de muscles. . L'objectif est de vous aider à prendre conscience de la différence entre contraction et relâchement. Nous allons d'abord voir l'exercice en entier et puis nous nous entraînerons sur 12 muscles différents.

1. **Avant-bras**: serrer les poings en les poussant vers le haut
2. **Bras**: contracter les bras le long du corps
3. **Mollets**: tendre les mollets en pointant les pieds vers le haut
4. **Cuisses**: serrer les cuisses l'une contre l'autre
5. **Ventre**: pousser le ventre vers l'intérieur, vers la colonne vertébrale
6. **Poitrine et dos**: inspirer par les poumons et retenir le souffle en comptant jusqu'à 10
7. **Épaules**: soulever les épaules vers les oreilles
8. **Arrière du cou**: renverser la tête vers l'arrière
9. **Lèvres**: serrer les lèvres, mais sans serrer les dents
10. **Yeux**: plisser les yeux en les maintenant fermés
11. **Sourcils**: plisser les sourcils
12. **Haut du front et cuir chevelu**: soulever les sourcils.

Annexe 9: Entraînement en techniques de relaxation

Répétez au moins 2 fois par jour la method de relaxation que nous avons apprise en séance aujourd'hui. Notez à chaque fois que vous faites la repetition, le jour et l'heure où vous l'aviez réalisée. Notez également le point auquel vous vous sentiez tendu(e) avant de faire l'exercise, et celui auquel vous vous sentiez décontracté(e) après l'avoir réalisée. Basez vos observations sur une échelle allant de 1 à 10, 10 correspondant au degré de tension le plus élevé possible, et 1 signifiant l'état le plus décontracté dans lequel que vous auriez pu vous trouver. Apportez cete feuille avec vous à notre prochaine séance.

Jour: _____

Heure 1: _____ Avant: _____ Après: _____

Heure 2: _____ Avant: _____ Après: _____

Jour: _____

Heure 1: _____ Avant: _____ Après: _____

Heure 2: _____ Avant: _____ Après: _____

Jour: _____

Heure 1: _____ Avant: _____ Après: _____

Heure 2: _____ Avant: _____ Après: _____

Jour: _____

Heure 1: _____ Avant: _____ Après: _____

Heure 2: _____ Avant: _____ Après: _____

Jour: _____

Heure 1: _____ Avant: _____ Après: _____

Heure 2: _____ Avant: _____ Après: _____

Jour: _____

Heure 1: _____ Avant: _____ Après: _____

Heure 2: _____ Avant: _____ Après: _____

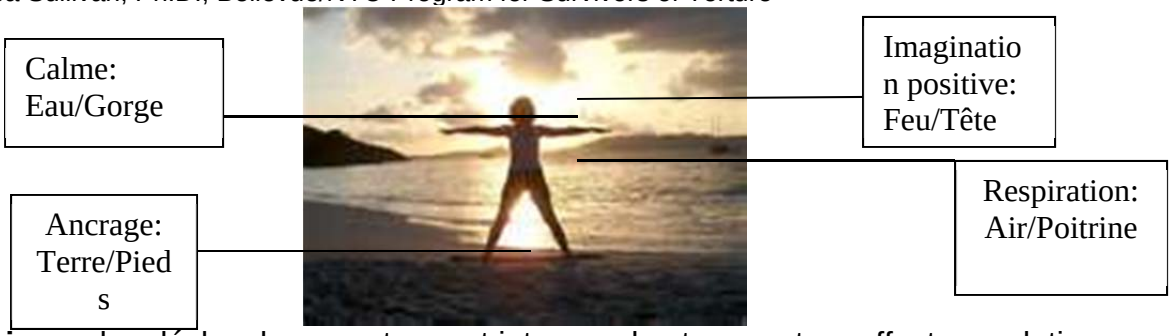
Jour: _____

Heure 1: _____ Avant: _____ Après: _____

Heure 2: _____ Avant: _____ Après: _____

Annexe 10: 4 éléments pour la réduction du stress: Terre, Air, Eau, Feu[5]

Melba Sullivan, Ph.D., Bellevue/NYU Program for Survivors of Torture



Logique: les déclencheurs externs et internes du stress ont un effect cumulative au cours de la journée. On arrive à mieux gérer le stress, si l'on arrive à le maintenir circonscrit à l'intérieur de notre "fenêtre de tolerance".

Plan: Portez le bracelet des 4 éléments (bande en silicone colorée) autour de votre poignet et aussitôt que vous le remarquez, lisez rapidement afin d'évaluer votre niveau de stress. Faites les 4 exercices d'auto-contrôle.

Objectif: Réduire votre niveau de stress à hauteur de 1 ou 2 à chaque fois et faire cela à plusieurs moments sur des niveaux initiaux de stress differents. En empêchant que les reactions de stress s'accumulent, vous arriverez à vous maintenir dans votre "fenêtre de tolerance".

Terre: ANCRAGE, SÉCURITÉ dans le MOMENT PRÉSENT…

Prenez une minute ou deux pour "atérrir"… pour être là maintenant.
Placez les deux pieds sur terre, sentez la chaise qui supporte le poids de votre corps.
Regardez la salle autour de vous et prenez note mentalement de 3 choses. Que voyez-vous? Qu'entendez-vous? Que sentez-vous?

Air: RESPIRATION pour se RECENTRER

Alors que vous continuez à sentir la SÉCURITÉ de votre pieds bien ancrés sur TERRE, vous utiliserez votre respiration pour vous RECENTRER. (Par example: inspirez par le nez et expirez par la bouche. Remarquez l'air frais qui entre par votre nez et l'air chaud qui sort par votre bouche. Si votre attention se dissipe, reconcentrez-vous sur l'air frais qui entre par votre nez et l'air chaud qui sort par votre bouche).

Eau: changement CALME ET CONTRÔLÉ par la RELAXATION

Maintenant que vous vous sentez en sécurité, ancré sur terre et recentré, vous augmenterez votre capacité à vous sentir calme, en contrôle et relaxé.
Avez-vous de la salive dans votre bouche? Produisez davantage de salive. Quand vous êtes anxieux ou stressé, votre bouche se sèche parce qu'une partie de la réaction de stress (système nerveux sympathique) est l'interruption du système digestif. Quand vous produisez de la salive, vous remettez le système digestif en marche (système nerveux para-sympathique) et vous déclanchez la

[5] Adapted from Shapiro, E. (9.11.2010). *The Recent-Traumatic Episode Protocol (R-TEP): A Comprehensive approach for early EMDR intervention (EEI).* HAP Presentation, Hicksville, NY.

relaxation. C'est la raison pour laquelle, l'on offre souvent de l'eau, du thé ou du chewing gum après une experience difficile.
Lorsque vous produisez de la salive, votre esprit peut contrôler vos pensées et votre corps de facon optimale. (donnez à votre client quelque chose qui l'aide à produire de la salive: un peu de chewing gum, de l'eau, sucrerie etc.)

Feu: ILLUMINEZ le chemin de votre IMAGINATION et ESPOIR

Vous êtes ancré dans le moment present, concentré and en contrôle de vos pensées et de votre corps, vous allez maintenant explorer le pouvoir regénérateur de l'espérance, votre imagination, en créant des IMAGES SÛRES de vous-même. Cela peut être fait par le biais des pas suivants:

Espoir *Pensez à ce à quoi vous êtes reconnaissant*

Chantez ou fredonnez une chanson qui vous calme

Mise au point compacte (sensorielle, émotionelle et somatique) [6]*:*
Rappellez-vous un moment (imaginez-vous dans le future) dans lequel vous vous êtes senti bien avec vous-même… un temps, une situation, dans lesquels vous vous êtes senti vraiment bien et entier. Cela peut être un souvenir vieux ou recent. Cela peut être un souvenir de plusieurs moments. Qu'est-ce qui est la première chose qui vous vient à la tête?
Choîsissez une image de ce souvenir et concentrez-vous sur cela. Remarquez ce que vous voyez… entendez… sentez… donnez libre cours à vos emotions et à votre mémoire and soyez là. Examinez votre corps de la tête aux pieds et remarquez toute sensation. Où sentez-vous quelque chose sur votre corps? À quelle intensité? Quelle est sa forme? Quelle sensation (picotement, chaud, froid, tiède, desserré, ouvert, aéré, etc.) avez-vous là? [7]

Crééz (ou revisitez) un Panneau d'Images: *sélectionnez des images parmi ces revues ou dessinez des images par vous-même. Les images reflectent qui vous êtes and ce que vous souhaiteriez voir dans votre vie d'ici 5 (10, 15, 20) ans. Parlez-moi de votre Panneau d'Images.*

Parlez/écrivez une lettre à votre "moi" futur[8]**:** *imaginez-vous 2 ou 3 ans dans le futur. Que serez-vous en train de faire? Que ressentirez-vous par rapport à vous-même? Que posséderez-vous matériellement? Que ferez-vous pour vous amuser?*

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[6]Adapté de Laub, B. (9.11.2010). *The Recent-Traumatic Episode Protocol (R-TEP): A Comprehensive approach for early EMDR intervention (EEI).* HAP Presentation, Hicksville, NY.

[7] Adapté de Levine, P. (2005). *Healing Trauma.* Boulder, CO: Sounds True, Inc.

[8]Adapté de Fraenkel, P. (in press). Groupes multifamiliaux pour familles sans domicile fixe (Multiple family discussion groups for families that are homeless). In S. Cook et A. Almosnino (Eds.),*Thérapies Multifamiliales, des groupes comme agents thérapeutiques.* (*Multiple family therapy: Groups as therapeutic agents*).