



National Capacity Building Project: Technical Assistance of the Survivor of Torture Programs

Strengthening Afghan Families


Dr. Omar Reda
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The CENTER for VICTIMS of TORTURE




Harvard Program in Refugee Trauma




NATIONAL CONSORTIUM OF TORTURE TREATMENT PROGRAMS



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Overview

- This Virtual Town Meeting is brought to you today by the Office of Refugee Resettlement.
- The National Capacity Building Project is a project of the Center for Victims of Torture in partnership with Harvard Program in Refugee Trauma and the National Consortium of Torture Treatment Programs.




Disclaimer


We will be talking about trauma today. Trauma impacts all in different ways but it is something we have all had some experience with. The information, images, and discussions can be triggering or uncomfortable at times. Make sure you monitor and take care of yourself when and if you need to.




Dr. Omar Reda
Psychiatrist, Author, and Founder | Healing Trauma Institute



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NATIONAL
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for the
TREATMENT
of TORTURE
VICTIMS

Objectives

After attending this webinar, participants will be able to:

- Apply cultural sensitivity in the implementation of Healing Trauma Institute trauma-informed approaches.
- Demonstrate an introductory understanding of Healing Trauma Institute's 4 foundations (safety, connection, justice, and beauty)
- Identify the practical hands-on interactive tools for healing trauma

Healing: A Communal Affair

OMAR REDA, MD



Healing Trauma Institute (HTI)

WHAT IS IN YOUR TOOLKIT?

Scope of Practice

As a licensed professional, you are responsible for practicing within the scope of your area of expertise.

This session serves as a basic introduction to the diverse programs we offer under the umbrella of HTI (Healing Trauma Institute).

Feel free to reach out for more training, consultation, or supervision, if you decide to use any of the specific tools discussed today.

Remember to always offer care that is compassionate and competent, to first do no harm, and to take care of yourself.

Conflict of Interest Disclosures

I will discuss my organization (Healing Trauma Institute – HTI).

I will make references to books and curricula that I authored.

I hope to network, learn from, and possibly collaborate with you.




HTI was founded to bear witness

Started as Libya Al-Shefa in 2011.

Became Untangled in 2018 (family and community bonding, empowerment, and healing through the concept of LOVE).

And finally HTI was born in 2021 (built on a foundation of SCJB).




Along the way, different programs were born like:

The Dialogue Initiative: 3Ds (dignity, differences, dialogue).


The Wounded Healer (Caring for the Caregiver): tools like 4A, 4D, 4R.

Faith-based healing.





And eight books were authored:

- ▶ On the Shoulders of the Prophet.
- ▶ Liberated (Journey of Hope).
- ▶ The Impact of Violence and Armed Conflict on Children (Generation of ISIS).
- ▶ Untangled.
- ▶ The Wounded Healer.
- ▶ The Trauma Story of the Prophet.
- ▶ Silence is Betrayal.
- ▶ Guidance and Healing (604 tools from the Quran).




- ▶ Education.
- ▶ Training.
- ▶ Safe spaces.
- ▶ Resources.
- ▶ Services.





Activity 1

- ▶ A young boy brought to you by family for “severe anxiety”.
- ▶ A young girl with improvement of all “anxiety symptoms” except fidgeting.
- ▶ The story of Faris.



Activity 2

- ▶ I feel safe around my father.
- ▶ I am happy with my current relationship with my father.
- ▶ I love my father.
- ▶ I can be myself around my father.
- ▶ My father understands me.
- ▶ I feel that my father uses religion to control me.
- ▶ My father is willing to change in order to improve our relationship.
- ▶ I can talk to my father about anything.
- ▶ My father trusts me.
- ▶ I look up to my father as a role-model on how women are to be treated.

Activity 3

- ▶ Introduction.
- ▶ Identity.
- ▶ Immigration journey.
- ▶ Impact on family unit.
- ▶ Insights along the way.
- ▶ Invitation to celebrate.

How about

- ▶ WOW.
- ▶ The Space Between Us (identity, family, hospitality, self-care).



switchboard

Faith-based Healing among Afghan Muslims

Faith-based Healing is a Mental Health

Switchboard is a national nonprofit organization that provides free, confidential, and confidential support to people in crisis. We are currently providing support to people in crisis who are experiencing mental health challenges. We are currently providing support to people in crisis who are experiencing mental health challenges. We are currently providing support to people in crisis who are experiencing mental health challenges.
