



Schulpsychologischer Dienst

Trauma group therapy for war traumatised children and adolescents with karate-do

Background

Traumatised children and adolescents who have fled to Switzerland represent a high-risk group from the point of view of health and education on several levels (somatic, psychological, psychosomatic and psychosocial). There is a clear need for psychotherapeutic interventions here, which go beyond purely verbal conversation therapy and provide for a holistic concept.

Objective

According to the proven concept of the Social Paediatric Centre of the Cantonal Hospital Winterthur (Mantel & Kohli, 2022; Footballgrouptherapy), the children work with methods of psychotherapy and self-Defence on their emotion regulation and impulse control. Through psychoeducation and self-reflection, an awareness of their biography and a careful handling of traumatisation as well as a strengthening of self-confidence are to be achieved.

Method

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Setting

Embedding in the School Psychological Service of the City of Zürich and the back office: Teachers register children with the school psychologist specialist head of trauma (lic. phil. Catherine Paterson). Specialist management coordinates allocation to the group together with a secretary. Transport is also organised. Costs are covered by the school of the City of Zurich. Space is provided by the school.

Result

Our group has been running for a good two years now and we have been able to achieve good results with the children: in behaviour, in self-reflection (sharing) and in recognising and expressing feelings. This autumn we could start with a group of children from Ukraine with the same program. Keywords: traumatisation, migration, man-made trauma, group therapy, karate-do, self-defence



Presenting Author:
Mrs Mirjam Straub Ortiz Montenegro (Psychotherapist MSc)

Studies of Psychology and Ethnology at the University of Zürich, Switzerland.
Psychotherapist FSP with a training in Integrative Psychotherapy (Fritz Pearls Institute) with Prof. Hilarion Petzold.
CAS in Paediatric Psychotraumatology with Prof. Landolt completed at the University of Zurich.
Field experience and research with traumatised children



Co-Author:
Mr Patricio Ortiz Montenegro (Karate-do teacher, 3.Dan)

