#### 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

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.

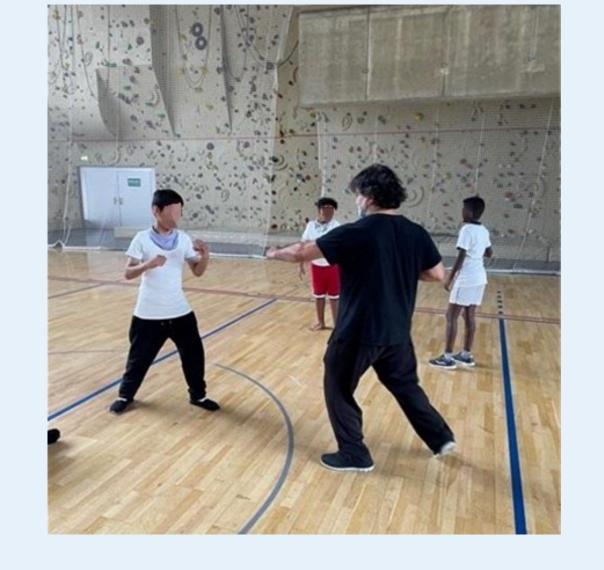
#### Setting

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, manmade trauma, group therapy, karate-do, self-defence





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