

training for Ukrainian family mediators, July & august 2022

background:

These days, Ukrainian family mediators are facing complex family situations and conflicts as a result of the continuing painful war.

The combination of people undergoing acute and chronic stress and family complex situations, requires mediators to adjust accordingly.

In the training, we will try to introduce basic knowledge and skills so that you could better meet the needs of individuals and families that seek your professional help.

The training will comprise of 4 meetings, 3 hours each (by Zoom) (1.5 hours – 10 minutes break – 1.5 hours) from 6:30PM – 9:40PM).

Unit 1:

Topic: What is Trauma? from ASR to ASD to PTSD – the nature of responses to acute stress.

Sub-topics:

- Psychological and physical responses to severe stress.
- post-traumatic responses: normal psychological responses to severe stress.
- from helplessness & passiveness into active effective functioning, Resilience and coping.

Unit 2:

Topic: How can we better understand and respond to individuals and families exposed to acute stress during the mediation process.

Sub-topics:

- The challenge Being a family mediator in war times.
- Basic theory and skills to understanding and responding to individuals and families under acute stress.

- Demonstration of how a conversation is done by simulating a case that resembles the kind of cases you meet.
- Simulations by members of the group and reflective discussion.
- Summary and discussion/questions.

Unit 3:

Topic: Family mediation in war time – theory and practice.

- Families under war - The way it affects family systems and family conflicts.
- Overview of the process of family mediation and Basic family mediation phases.
- Mediation with couples and families in conflicts during war time – techniques and skills.
- Demonstration of a first meeting with a family that resembles the kind of cases you meet.
- Simulations by members of the group and reflective discussion.
- Summary and discussion/questions.

Unit 4

Topic: Family mediation in war time – practice (continuation of unit 3), summary and closure of the entire training.

Sub-topics:

- Brief Overview of session 3.
- Simulations.
- Sharing and summary of the entire training.
- Closure