

## Preface:

### „Information for the usage of this CD“

With this CD for traumatised people we want to support affected individuals, as well as relatives and therapists/experts. In a comprehensible way we want to explain the coherences between the traumatic event and its` psychological effects and we want to give first assistance by performing some imagination exercises.

In the first part an affected (fictitious) couple talks about its experiences and discomfort. A voice of a therapist gives information and hints concerning the coping with the typical traumatic symptoms.

In the second part the effects of imagination will be described and various exercises where the listeners can take part will be instructed.

People do react with various symptoms to traumatic events. These symptoms can be basically divided in two reverse impulses: the avoidance- and abnegation-symptoms and the intrusive and flashback symptoms. Judith Herman often sees these two as contrarily tendencies in dialectical relations. „The conflict between the wish of disowning frightful experiences and of talking about them is the central dialectic of the trauma.“ (Hermann, 1993).

One narrates without really narrating. Also ourselves could not evade this dialectic of the trauma. We discussed: should Ayşe and Mahmut talk or remain silent? Should the traumatised people while listening to this CD be spared or be confronted? Will it be convulsive or stabilizing for the listeners?

On the one hand the traumatized refugees should recognize (identify) themselves with their experiences and have the feeling that something which was made for them came into existence.

It should strengthen their thought that improvement is possible. On the other hand they should not be afflicted and reminded of the experienced horror.

We try to find a balance and to talk about the experiences of the couple only in the beginning,

after that we only want to deal with the symptoms and their self-help possibilities.

From our experiences so far we want to give the following recommendations to therapists who pass this CD on or use it in their therapy themselves:

- First listen to the CD yourself to make sure and to evaluate if the CD is suitable for your client.
- Do not just pass the CD on to your clients, but always listen together for a little while, observe and ask for the client's response. What does it provoke in the client him-/herself? Can the client reproduce and understand the contents?
- The first experiences with the imagination exercises should be done in the therapy itself with you as the instructor, before the client will proceed at home with the support of the CD.
- You can also pass the CD on to relatives of the traumatized, if they have information needs.
- You can introduce the exercises in single-settings, as well as in therapeutic group work.
- For some clients the „safe-place“ can be influenced by a feeling of loss (lost home/relatives etc.)
- The description of the couple in the beginning (Take 2) can release, depending on the client, either identification or the feeling of being understood, but it can also have a trauma reactivating and frightening effect.
- Allude to your client that he can find information about dealing with flashbacks at Take 10. But you should talk about the incitation given there with your client in the therapy.

We are looking forward to your suggestions, reviews and progress reports, concerning the CD.

Good luck!

Cinur Ghaderi and the PSZ-Team