

***"Some wounds bleed from inside.."***

***2021-2022 Winter Program***

***For general information and registration***

***<https://www.worldhumanrelief.org/travma-programi/>***



INTERNATIONAL  
TRAUMASTUDIES  
PROGRAM

**INTERNATIONAL  
TRAUMA STUDIES  
CERTIFICATE  
PROGRAM**



## COLLABORATORS

INTERNATIONAL  
**TRAUMA** STUDIES  
PROGRAM



**İstanbul**  
**Bilgi Üniversitesi**

Under the Coordination of World Human Relief

with the collaboration of

International Trauma Studies Program (New York) and Istanbul Bilgi University Trauma and Disaster Mental Health

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## Message From the Director

Dear Participants,

Turkey's past and present is a fragile geography full of trauma, constantly producing violence and victimization. There are many trauma victims with uncovered wounds. For us to break the extremes that transmit hatred, hostility, and guilt from one generation to the next, we need strengthening to reconsider defeats and losses, mourn, repair, and heal.

But working with people who have suffered from trauma due to their nature and the effects it creates in different developmental periods requires qualified knowledge and skills.

On this occasion, this Certificate Program, which we have created in cooperation with the International Trauma Studies Program and Bilgi University, which has been operating in New

York since 1997, was established with a trauma-sensitive society and trauma experts who can work effectively with trauma.

Another aim of ours is to establish international Trauma Prevention and Rehabilitation Centers to gather social violence prevention, effective trauma programs, and professional resources under one roof.

I believe that the trauma experts, who will be trained by this certificate program, and the centers we establish will have very valuable roles in the basic forces such as recognizing, understanding, and explaining traumatic events/problems, as well as helping heal the wounds of the victims and honoring them.

I am very excited and happy that I will contribute to a fair and peaceful life in both our country and the world.

May our path be bright and peaceful.

Ayten Zara - Program Director



# ABOUT PROGRAM

## Program Justification:

Our country is a fragile geography that constantly produces trauma in the context of the cycle of violence. In Turkey, which is under serious earthquake risk, the threat of earthquake trauma has become permanent. Domestic and street violence against women and children has always been a serious problem. It has been reported that all kinds of violence against women and children have increased significantly in recent years.

The old political and ethnic massacres that were not dealt with properly are slowly entering our society's agenda again, causing serious socio-psychological shocks. The children and grandchildren of the murdered people are still living among us; this holds a tremendous possibility of them being re-traumatized. In their case, victimization is the boldest and most powerful feeling by which intergenerational traumas feed on. For that, groups that perceive themselves as victims tend to use violence to create new cycles of revenge in order to avoid being victims again. This cycle, in return, has started creating a collective perception of identity that 'fights' against the 'cruel' in which large masses share their feelings of helplessness, humiliation, and shame with each other, producing other traumas.

In brief, because Turkey's geography is brimmed with the past and today's traumas, it is supposed to be a refuge for trauma victims and manage to provide their ceaseless needs. Nonetheless, the resources are unfortunately insufficient for trauma victims. Living in peace and solidarity seems impossible while minorities and disadvantaged groups are still mistreated in our society, and their achievements are continuously undermined by the majority. This results in producing more and more new traumas, which also leads to risks reversing some of the progress made in Turkey.

To break the chain that transmits hatred, hostility, and guilt from one generation to the next, we need to learn how to heal, live, and eventually make peace within the self and others, simply by getting support from each other. To rehabilitate our individual and social identities, we need to re-examine defeats, losses, and mourning by taking strength from each other.

Trauma specialists, who will be trained by this certificate program, will have important and valuable contributions in the basic forces such as recognizing, understanding, and explaining traumatic events/problems, as well as helping heal the wounds of the victims and honoring them.

## Program Objectives:

1. This certificate program is designed for clinicians and non-clinicians to provide an education equipped with the latest knowledge of psychotraumatology in four modules within each other. One of the main objectives is to develop conscious and healthy approaches towards traumatic events and people who have experienced those traumatic events.
2. To train trauma specialists in Turkey among international standards and create teams that can respond effectively to worldwide humanitarian disasters.
3. *To establish the first International Trauma Prevention and Rehabilitation Center that offers training, treatment, and rehabilitation services of trauma specialists to our people. In this center, we aim to:*
  - a. *Develop programs to prevent violence affecting the mental health of the society and individuals,*
  - b. *Provide psychological counseling and treatment services to trauma victims and their families,*
  - c. *Develop and carry out national and international study and research partnerships,*
  - d. *Advise local organizations and leaders to protect the welfare of the society/ minorities in collective traumas,*
  - e. *Perform trauma-focused emergency interventions in mass, collective traumas.*

## MANAGEMENT TEAM

<b>Program Director</b>	Ayten Zara
<b>Program 2nd Director</b>	Jack Saul
<b>Program 3rd Director</b>	Tamer Aker
<b>Program Coordinator</b>	Berna Aygün
<b>Program Assistants</b>	Tuğçe Merve Aytaç & Sude Kılıç
<b>Program Communication Assistants</b>	Ezgi Yıldız & Kübra Dinç
<b>Program Secretary</b>	Beyza Köseoğlu & Ecem Uysal
<b>Program Education Format:</b> It will be held in an online platform supported by Bilgi University	

# INTRODUCING LEVELS

	LEVEL	PARTICIPANTS AND TERMS OF PARTICIPATION	SCHOLARSHIP CONDITIONS
<b>BASIC LEVEL</b>	<p>This level includes basic trauma education. The basic level trauma program consists of 11 Basic level workshops and 3 Clinical level workshops. It is a training program consisting of 42 hours in total, 3 hours per week.</p>	<p>120 participants</p> <p>Psychologists and graduate education, psychological counselors and graduate education, social workers, NGO workers who encounter trauma, work, live or want to learn about trauma can participate in the basic level program.</p> <p><b>Certificate:</b> Participation in all workshops is required.</p>	<p>Scholarship opportunities will not be offered for the basic level.</p>
<b>CLINICAL LEVEL</b>	<p>This level includes skill training for clinicians working with traumatized individuals. Intensified trauma program: it consists of 2 Basic module workshops and 17 Clinical level workshops. It is a 57-hour program in total, consisting of 3-hour workshops for 17 weeks. In addition to this, 12-hour supervision/case presentation sessions consisting of 4 sessions will be held.</p>	<p>50 participants + 10 scholarship participants</p> <p>Specialist clinical psychologists, specialist psychological counselors, psychiatrists, psychotherapists, psychiatry assistants (at least 2 years), psychiatry nursing graduate graduates can participate in the Advanced Level program.</p> <p><b>Certificate:</b> Participation in all workshops is required.</p>	<p>Scholarship participants will be given 50% scholarship. While determining the participants who will be provided with scholarship opportunities; Priority will be given to those who work actively in rural areas and within the NGO.</p> <p>Scholarship participants will be given 50% scholarship. Our scholarship participants are expected to take responsibility for 72 hours of free trauma counseling for traumatized children, adults and families within WHR.</p>
<b>INTERNATIONAL MODULE</b>	<p>It consists of 1 basic module and 4 clinical module workshops. Each workshop is 3 hours; It is a 15-hour program in total. The language of instruction will be English, open to native speakers or speakers of English. In addition, simultaneous interpretation will be offered for our participants who do not prefer to listen to English.</p>	<p>No quota has been determined. This level is open to participants working in or interested in international trauma.</p> <p><b>Certificate of participation:</b> At the end of the program, participants will be given a digital participation certificate indicating the total hours they have attended.</p>	<p>Scholarship opportunities will not be offered for the international level.</p>
<b>SOCIAL LEVEL</b>	<p>It consists of 8 basic module workshops. Each workshop is a total of 24 hours, with 3 hours.</p>	<p>15 participants</p> <p>Workshops at this level are open to participants who work in the field of trauma or are curious about it.</p> <p><b>Certificate of participation:</b> At the end of the program, participants will be given a digital participation certificate indicating the total hours they have attended.</p>	<p>Scholarship opportunities will not be offered for the social level.</p>
<b>NOTE</b>	<p>The language of instruction in the sessions will be Turkish and English. For our participants who do not prefer to listen to English, simultaneous interpretation will be offered in sessions where the medium of instruction is English.</p>		

## PARTICIPANTS AND REQUIREMENTS

**1. Basic Level Certificate Program Quota::** 120 participants

(Psychologists and those in graduate education, psychological counselors and those in graduate education, social workers, NGO workers)

**2. Clinical Level Certificate Program Quota:** 50 participant + 10 Scholarship participant (Clinical psychologists, psychiatrists, specialist psychological counselors, psychiatric nurses, psychotherapists)

**3. International Level Module:** No quota has been determined. The language of instruction is English. Simultaneous English-Turkish translation option will be offered for participants who do not speak English and wish to participate.

(Open to anyone, including English-speaking international employees who work and want to work in the field of trauma.)

**4. Social Level Module:** 15 Participants (open to anyone working in the field of trauma and interested in this subject.)

**5. Scholarship Participants:** Scholarship applications will be accepted for the clinical level; no scholarship opportunities will be offered for the basic level. While determining the participants who will be provided with scholarship opportunities; Priority will be given to those who work actively in rural areas and within the NGO. Scholarship participants will be given 50% scholarship.

Our scholarship participants are expected to take responsibility for 72 hours of free trauma counseling for traumatized children, adults and families within WHR.

**6. Certificate:** Participants must attend the sessions fully in order to receive a certificate. International and social level module participants will receive a certificate of participation stating the workshop time they attended.

# PROGRAM CONTENT AND DATES

## Basic Level

Date	Workshop	Academician
21.09.2021	Understanding Trauma: Experience Differences in Trauma and Effects of Trauma Across the Developmental Spectrum	Dr. Mia Medina <b>(Social Level)</b>
28.09.2021	Biopsychosocial Intervention and Social/Psychological Dimensions of Trauma  Psychological First Aid in Crises and Traumas	Dr. Özge Kantaş  Dr. Serkan Özgün <b>(Social Level)</b>
02.10.2021	Crisis Management and Psychological Resilience in Schools	Dr. Ezgi Denizel Güven <b>(Social Level)</b>
12.10.2021	Recognize and Understand Childhood Traumatic Events, Their Impact on Their Psyche and How to Help	Assoc. Prof. Sumru Bilge Johnson <b>(International Level)</b>
19.10.2021	Coping with Traumas: Self-Help and Post-Traumatic Growth	Dr. Serap Altekin <b>(Social Level)</b>
26.10.2021	Cultural and Collective Memory: Intergenerational Transfer of Trauma	Dr. Çiğdem Yumbul <b>(Trauma Social Level and Clinical Level Joint)</b>
02.11.2021	Peace Lessons: Spiritual Processes in Peace-building	Assoc. Prof. Dr. Ayten Zara <b>(Social Level)</b>
09.11.2021	Effects of Collective Traumas on Children and Family, Psychosocial Intervention Approach	Assoc. Prof. Ilgın Gökler Danışman <b>(Clinical Level Joint)</b>
16.11.2021	Trauma of Sexual Abuse: Understanding, Preventing and Coping	Assoc. Prof. Dr. Ayten Zara <b>(Social Level)</b>  Dr. Hivren Özkol
23.11.2021	Discrimination and Insidious Trauma: Working with Homophobia	Prof. Dr. Şahika Yüksel
30.11.2021	Pain Isn't Past When It Hurts: Healing from Trauma and Forgiveness	Assoc. Prof. Dr. Ayten Zara <b>(Social Level)</b>



# CLINICAL LEVEL

Date	Workshop	Academician
23.09.2021	1. Legal and Ethical Factors in Trauma Studies	Prof. Dr. Ufuk Sezgin
30.09.2021	2. Neurobiological Approach to Trauma	Prof. Dr. Özlem Karairmak <b>(Basic Level Joint)</b>
07.10.2021	3. Psychodynamic Approach to Spiritual Trauma	Prof. Dr. Cem Kaptanoğlu
14.10.2021	4. Working with the Trauma of Sexual Violence	Assoc. Prof. Ayten Zara
21.10.2021	5. Approach to Forensic Cases	Prof. Dr. Gökhan Oral
28.10.2021	6. Domestic Violence Traumas	Prof. Dr. Şahika Yüksel Prof. Dr. Ufuk Sezgin
04.11.2021	7. Healing from the Get-Go: Putting Positive Neuroplasticity into Clinical Action	Dr. Diana Fosha <b>(International Level)</b>
11.11.2021	8. Approach to Trauma in Children and Adolescents	Prof. Dr. Işık Karakaya
18.11.2021	9. Working with Crises and Acute Situations	Assoc. Prof. Ayten Zara
25.11.2021	10. Working with Natural Disasters	Assoc. Prof. Sedat Işıklı
02.12.2021	11. Working with Collective/Mass Traumas	Dr. Jack Saul <b>(International Level)</b>
09.12.2021	12. Working with War, Migration and Traumatic Losses	Prof. Dr. Renos Papadepolus <b>(International Level)</b>
16.12.2021	13. Community Mental Health and Psychosocial Support Services	Dr. Nancy Baron <b>(Basic Level Joint)</b> <b>(International Level)</b>
23.12.2021	14. Basic Principles of Mental Health and Psychosocial Intervention in Refugees	Assoc. Prof. Ersin Uygun <b>(Basic Level Joint)</b>
30.12.2021	15. Coping with Dissociative Symptoms While Working on Trauma	Prof. Dr. Önder Kavakçı
06.01.2022	16. Post Traumatic Control-Focused Behavior Therapy and Its Principles	Prof. Dr. Tamer Aker
13.01.2022	17. Discrimination and Insidious Trauma: Working with Homophobia	Prof. Dr. Şahika Yüksel
15.01.2022	18. Supervision/Case Discussion	Assoc. Prof. Ayten Zara

		Prof. Dr. Tamer Aker
<b>15.01.2022</b>	19. Supervision/Case Discussion	Prof. Dr. Gökhan Oral Yavuz Erten
<b>16.01.2022</b>	20. Supervision/Case Discussion	Prof. Dr. Şahika Yüksel Prof. Dr. Ufuk Sezgin
<b>16.01.2022</b>	21. Supervision/Case Discussion	Assoc.Prof. Ersin Uygun Prof. Dr. Önder Kavakçı

# INTERNATIONAL MODULE

Date	Session No. and Workshop Name	Academician
12.10.2021	4. (BL) Ways to Understand and Recognize Childhood Traumatic Events and Their Impact on the Child's Mental State and How to Help	Assoc. Prof. Sumru Bilge Johnson
04.11.2021	7. (CL) Healing from the Beginning: Integration of Positive Neuroplasticity into the Clinical Trial	Dr. Diana Fosha
02.12.2021	11. (CL) Working with Collective/Mass Traumas	Dr. Jack Saul
09.12.2021	12. (CL) Working with War, Immigration and Traumatic Losses	Prof. Dr. Renos Papadepolus
16.12.2021	13. (CL) Community Mental Health and Psychosocial Support Services	Dr. Nancy Baron

## SOCIAL LEVEL

Date	Session Nu. and Workshop Name	Academician
21.09.2021	1.Understanding Trauma: Experience Differences in Traumaand Effects of Trauma Across the Developmental Spectrum	Dr. Mia Medina
28.09.2021	2. BiopsychosocialIntervention and Social/Psychological Dimensions of Trauma Psychological First Aid in Crises andTraumas	Dr. Özge Kantaş Dr. Serkan Özgün
05.10.2021	3. Crisis Management and Psychological Resilience in Schools	Dr. Ezgi Denizel Güven
19.10.2021	5. Coping with Traumas: Self-Helpand Post-Traumatic Growth	Dr. Serap Altekin
26.10.2021	6. Cultural and Collective Memory: Intergenerational Transfer of Trauma	Dr. Çiğdem Yumbul
02.11.2021	7. Peace Lessons: SpiritualProcesses in Peacebuilding	Assoc. Prof. Ayten Zara
16.11.2021	9. Trauma of Sexual Abuse: Understanding, Preventing and Coping	Assoc. Prof. Ayten Zara Dr. Hivren Özkol Cop
30.11.2021	11. Pain Isn't Past When It Hurts:Healing from Trauma and Forgiveness	Assoc. Prof. Ayten Zara

# PRICING

## Basic Level

**Duration:** 11 Basic Levels (11 weeks X 3 hours) + 3 Clinical Levels (3 weeks X 3 Hours): 42 hours  
**Capacity:** 120 Participants  
**Workshop fee:** 450 TL  
**Certificate fee:** 350 TL X 11= 3850 + 3 (2nd, 13th and 14th Workshops) X 450 TL = **5200 TL**  
International Workshop: 50 USD

**Duration:** 11 Basic Levels (11 weeks X 3 hours) + 3 Clinical Levels (3 weeks X 3 Hours): 42 hours  
**Capacity:** 120 Participants  
**Workshop fee:** 450 TL  
**Certificate fee:** 350 TL X 11= 3850 + 3 (2nd, 13th and 14th Workshops) X 450 TL = **5200 TL**  
International Workshop: 50 USD

## Clinical Level

**Duration:** 17 Clinical Level (17 weeks X 3 hours) + 2 Basic Level (2 weeks X 3 hours): 57 hours  
**Capacity:** 50 + 10 Scholarship participants  
**Workshop fee:** 600 TL  
**Certificate fee:** 450 TL X 17= 7650 + 2 (6th and 9th Workshops) X 350= 8350 TL + 4 SV X 450 = **10150 TL**

(If there are Basic Level Workshops you want to attend, add the fee above this amount.) International Workshop: 75 USD

**Duration:** 17 Clinical Level (17 weeks X 3 hours) + 2 Basic Level (2 weeks X 3 hours): 57 hours  
**Capacity:** 50 + 10 Scholarship participants  
**Workshop fee:** 600 TL  
**Certificate fee:** 450 TL X 17= 7650 + 2 (6th and 9th Workshops) X 350= 8350 TL + 4 SV X 450 = **10150 TL**

(If there are Basic Level Workshops you want to attend, add the fee above this amount.) International Workshop: 75 USD

## International Module

**Duration:** 1 Clinical Level (1 Week X 3 hours) + 4 Basic Level (4 weeks X 3 hours): 15 hours  
**Capacity:** No quota has been determined.  
**Workshop fee:** USD 50 (Basic Level) / USD 75 (Clinical Level)  
**Certificate:** A digital participation certificate will be given indicating the total hours attended.

**Duration:** 1 Clinical Level (1 Week X 3 hours) + 4 Basic Level (4 weeks X 3 hours): 15 hours  
**Capacity:** No quota has been determined.  
**Workshop fee:** USD 50 (Basic Level) / USD 75 (Clinical Level)  
**Certificate:** A digital participation certificate will be given indicating the total hours attended.

## Social Module

**Duration:** 8 Basic Level (8 Weeks X 3 Hours): 24 hours  
**Capacity:** 15 participants  
**Workshop fee:** 450 TL  
**Certificate:** A digital participation certificate will be given indicating the total hours attended.  
**Note:** In case of registration for all workshops included in the trauma social level module, each workshop fee is calculated over 350 TL. 350 X 8 basic level workshop= **2800 TL**

**Duration:** 8 Basic Level (8 Weeks X 3 Hours): 24 hours  
**Capacity:** 15 participants  
**Workshop fee:** 450 TL  
**Certificate:** A digital participation certificate will be given indicating the total hours attended.  
**Note:** In case of registration for all workshops included in the trauma social level module, each workshop fee is calculated over 350 TL. 350 X 8 basic level workshop= **2800 TL**



## SCHOLARSHIP OPPORTUNITY AND REQUIREMENTS\*

MODULE	QUOTA	REQUIREMENTS	RESPONSIBILITY
Clinical Level	10 Participant	Priority will be given to those who work actively in NGO or work in rural areas.	Scholarship participants will be given 50% scholarship. Our scholarship participants are expected to take responsibility for 72 hours of free trauma counseling for traumatized children, adults, and families within WHR.

*\*Scholarship opportunities will not be provided for modules other than clinical level.*

# GENERAL PROGRAM MAP

CL: Clinical Level

BL: Basic Level

Level/Module	Participant Requirements	*Language of Education	Quota	Scholarship Quota	Scholarship Requirements	Total Hours	Total Number of Workshops	Price of a Workshop	**Certificate Price / Attending all workshops
<b>Basic Level Certificate Program</b>	Psychologists and graduate education, psychological counselors and graduate education, social workers, NGO workers...	Turkish & English*	120 participants	Scholarship participants will not be accepted.	--	42 hours	11 BL+ 3 CL	450 TL	5200 TL
<b>Clinical Level Certificate Program</b>	Specialist clinical psychologists, specialist psychological counselors, psychiatrists, psychotherapists, psychiatry assistants (at least 2 years), psychiatry nursing graduate...	Turkish & English*	50 + 10 (scholarship)= 60 participants	10 participants	Active NGO workers/rural area workers will have priority	57 hours	17 CL+ 2 BL	600 TL	10150 TL
<b>International Level Module</b>	The language of instruction will be English, open to native speakers or speakers of English.	English*	No Quota.	Scholarship participants will not be accepted.	--	15 hours	1 BL+ 4 CL	BL: 50 USD CL: 75 USD	350 USD
<b>Sociel Level Module</b>	open to participants who work in the field of trauma or are curious about it	Turkish & English*	15 participants	Scholarship participants will not be accepted.	--	24 hours	8 BL	450 TL	2800 TL***

\*Simultaneous translation will be provided in English workshops.

\*\*A certificate of attendance stating the time attended will be given in the International and Social Level

\*\*\*In case of registration for all workshops included in the trauma social level module, each workshop fee is calculated by 350 TL.