



PROGRAMME

MHPSS-EN Forum, 2023, Malmö, Sweden Trauma-informed approaches and practices

Please note that photos and videos may be taken in connection with this event. Participants who do not agree to the MHPSS-EN use of photos and videos, in which they appear for visibility purposes, must inform a member of the MHPSS-EN steering committee.

Tuesday 17 October, 1 to 8:30 pm

Introduction to the concepts of trauma-informed approaches and practices

Venue: Scandic Hotel, S:t Jörgen, Stora Nygatan 35, Malmö 211 37

Participants in the MHPSS-EN Forum 2023 are cordially invited to lunch by the Swedish Red Cross on Tuesday 17 October at noon.

13:00 - 13:30	Opening and welcome address to the 23rd Forum in MHPSS-EN Anders Pedersen, Secretary general, Swedish Red Cross
13:30 - 14:15	Introduction to the 23rd Forum; background and aims of the Forum Sara Hedrenius, Swedish Red Cross and Carolien Pronk, Netherlands Red Cross Introduction of the MHPSS-EN steering committee members and participants
14:15 - 15:00	Introduction of trauma informed practice in the Swedish Red Cross treatment center Keynote speech Anette Carnemalm, Head of the Treatment Centre for Persons Affected by War and Torture, Swedish Red Cross, Malmö
15:00 - 15:20	Swedish fika break
15:20 - 16:00	Scientific overview of trauma-informed approaches Professor dr. Barbara Juen, Scientific advisor to the MHPSS-EN, clinical psychologist and emergency psychology specialist An overview of the development of trauma informed approaches and the current consensus on trauma informed practices and approaches. Why are trauma informed approaches necessary? What are the links to psychological first aid and basic psychosocial support?
16:00 - 16:30	Introducing the outcomes of a trauma-informed in MHPSS in emergencies training piloted in Ukraine Zara Elaine Sejberg, Global advisor MHPSS in Emergencies, Danish Red Cross
16:30 - 16:45	Registration for the workshop sessions Each participant can register for two workshops.

16:45 - 17:30 **Preparation for the international marketplace**

18:00 - 19:30 **Buffet dinner at the hotel**

19:30 - 20:30 **International marketplace at the hotel**

Wednesday 18 October 9 am to late pm
Mitigation of the effects of trauma
Advocacy & humanitarian diplomacy

9:00 - 9:20 **Main insights from the first day of the 2023 Forum**
Key results from the 2023 MHPSS survey
Buddy talk on the main insights to take back to the National Society
The results of the MHPSS survey as an introduction to the trauma informed practices

9:20 - 10:05 **Workshops: Trauma informed practices – practical experiences**

A. Classical grounding
Ea Suzanne Akasha, Technical advisor, IFRC PS Centre

B. Self-esteem shield exercise as a psychosocial intervention
Nigar Gadashova, MHPSS focal person, Azerbaijan Red Crescent Society

C. Dance/movement practices: the body as mediator
Andreia Horta, MHPSS focal person, Portuguese Red Cross

D. Memorializing and its practical implications
Shona Whitton, Technical advisor, IFRC PS Centre

E. Post-Migration Stressors over time during the treatment of PTSD
Lena Yohanes, Social worker and Mahmoud Shawish, Healthcare counselor, Swedish Red Cross
Treatment Centre for Persons Affected by War and Torture, Malmö

F. Finding balance within stress regulation through body awareness
Patricia Rocca, Physiotherapist, Swedish Red Cross Treatment Centre for Persons Affected by War and
Torture, Malmö

10:05 - 10:25 **Swedish fika break**

10:25 - 11:10 **Workshops: Trauma informed practices – practical experiences – second round of workshops**

11:10 - 11:40 **Group discussions of the trauma-informed practices to consolidate learnings from the workshops**

11.45 - 12.00 **Group photo**

12:00 - 13:00 **Lunch**

13:00 - 13:30 **Advocacy & humanitarian diplomacy**
The MHPSS resolution revisited

- 13:30 - 13:50 **Advocacy & humanitarian diplomacy**
Inspiration from the Migration Network Platform for European Red Cross Cooperation on Refugees, Asylum Seekers, and Migrants (PERCO)
 Maite Zamacona, Senior advisor Health and care, Swedish Cross, Malmö
- 13:50 - 14:30 **Strengthening MHPSS advocacy and humanitarian diplomacy. A fireside chat**
 Sarah Harrison, Lead of the technical advisors, IFRC PS Centre, Barbara Juen, Professor Innsbruck University, Austria. Moderator Sara Hedrenius, co-chair of MHPSS-EN
 Group reflections and questions for the fireside chat
- 14:30 - 14:50 **Swedish fika break**
- 14:50 - 15:30 **Future advocacy work within MHPSS-EN: What can we do from our NS - how do you get to participate in high level panels that get things moving?**
- 15:30 - 16:00 **Introduction to the social event**
- 16:00 **Social event**
 Please be there on Swedish timing – on time.
- 19:00 **Dinner at Grand Hotel** Grand Hotell, Monbijougatan 17, Malmö

Thursday 19 October, 9 am to noon

Trauma-informed practices in National Societies and regional updates

- 9:00 - 09:15 **Introduction to the day on trauma-informed practices in National Societies and updates from the region**
- 9:15 - 9:45 **Lessons learned after the 2023 earthquake response in Türkiye - including support for staff and volunteers working with people affected by trauma**
 Ayse Celik, Head of Psychosocial Services and Tugba Ceylan, PSS Sector Specialist, Turkish Red Crescent
- 9:45 - 10:00 **The Swedish Red Cross's web hub for mental health, dissemination of knowledge and involvement of the target groups**
 Jenny Lindström, Business developer, Swedish Red Cross
- 10:00 - 10:20 **Swedish fika break**
- 10:20 - 11:00 **Recent Ukraine Red Cross MHPSS responses**
 Kateryna Krykليا, PSS Chief Specialist, Ukrainian Red Cross Society
- 11:00 - 11:45 **Updates from the key partners: IFRC PS Centre, IFRC Regional office Europe, Red Cross EU office and MHPSS-EN Steering Committee**
- 11:45 - 12:00 Closure of the 23rd MHPSS-EN Forum