



# House of Hope - West-Africa: trauma and flight



## The project

- a project within the framework of the BMZ-programme “Perspektive Heimat”, supported by GIZ
- based on a train-the-trainer-programme (counsellor-cascade-system) for the qualification of locals in a
- narrative procedure to cope with traumata (Narrative Exposition Therapy, NET)
- developed and successfully applied in vulnerable countries (e. g. Ruanda und Kongo) by Prof. Dr. Thomas Elbert (University of Constance) and some of his colleagues

## The aim

- to show returnees possibilities how to cope with their traumatic experiences as refugees, how to overcome feelings of guilt and shame in behalf of their own failure and simultaneously
- sensitise the surroundings of returnees to the circumstances people in exile have to face
- the empowerment of young Senegalese (counsellors) by giving them the opportunity of self-managing a project in aid of their country, who therefore
- become pioneers in the area of psychologic healing
- a transfer of knowledge in both directions while facing each other at an eye level

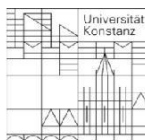
## Further information:

- <https://fka-ka.de/house-of-hope-trauma-und-flucht/>
- <https://www.facebook.com/pg/psychotherapie.gratuite/posts/>
- <https://www.house-of-hope-west-africa.de> (Blog)

**Donation account:** Freundeskreis Asyl  
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