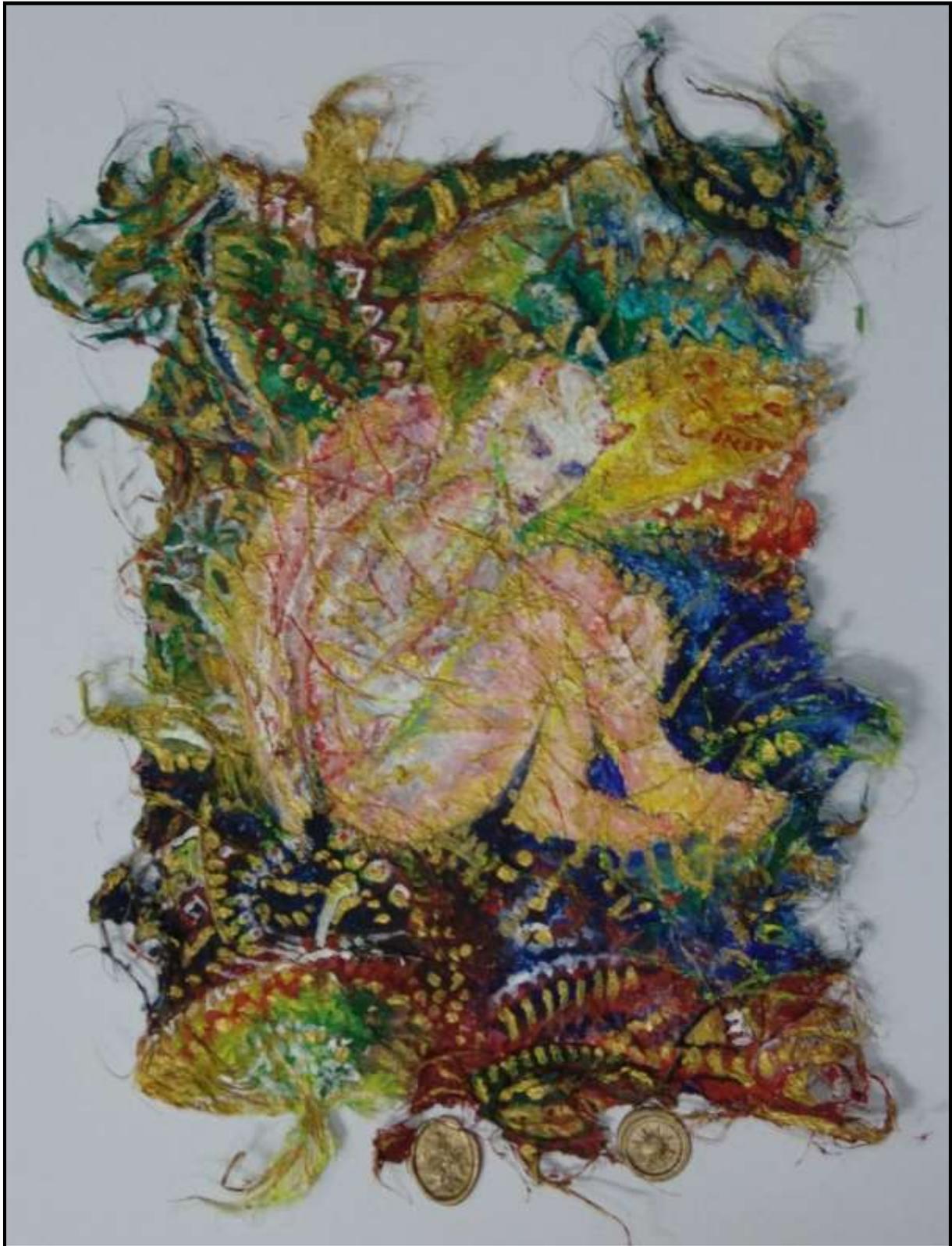


# A SELF-HEALING PROJECT FOR WOMEN IN KURDISTAN



Painting by the Kurdish artist Niaz Bayati

## **BACKGROUND AND PURPOSE**

This project aims at starting a self healing process for the women in Kurdistan.

We know from research that the consequences of living in stressful conditions, like in Kurdistan after genesis, wars and decades of suppression, can cause chronic muscular tension and pain, depression, problems with concentration, sleeplessness, anxiety, nightmares and experiences of being haunted by horrific memories – just to mention a few.

Mothers become so affected that they ultimately cannot adequately take care of their children. This can result in neglect, deprivation, and transference of the mother's symptoms to the children, which again can have severe consequences for the children in the future.

The women are often the ones that take responsibility for the home and the children, and their focus is to make sure that the basic necessities of life are taken care of. So they have to be able to function, which causes that they cannot succumb to personal feelings, for example to grief or anxiety, as these emotions have to be suppressed.

Therefore it is imperative, not only for the women, but for society as a whole that these females are taught emotional self support, the ability to articulate and alleviate their pain, seek comfort in their community and share their experiences.



Anfall funeral ceremoni

## STRESS – AND TRAUMA MANAGEMENT

We would like to introduce a revolutionary program that effectively deals with the consequences of severe and overwhelming stress and trauma, as mentioned above. If not dealt with, such experiences will have serious consequences both physically and psychologically, and will threaten the wellbeing – not only of the individual, but also of much larger groups of people who have been exposed to such events.

**Our aim** is to give you tools that are both powerful, and easy to learn. The program is based on the fact that when it comes to dealing with horrible events, “talking about” is not sufficient, and have very little effect. Indeed, in some cases “talking about” can even be counterproductive.

The body has to be involved in the process. This is a point of view that has a long history of supporting research within the field of traumatology (stress – and trauma-recovery-research).



Funeral in Shamshamall

The participants will be taught strategies for gaining and maintaining healthy lifestyles. Specifically we will introduce a variety of easy-to-learn physical exercises – a self-help program that has proven to be extremely efficient in dealing with stress and trauma recovery, after all kinds of traumatic events i.e. sexual abuse, violence, severe illness

or other types of tough life challenges. Regular use of these exercises can enhance self-regulation, thus leading to overall physical and psychological wellbeing. These exercises draw on findings from the body-oriented psychotherapeutic approaches of Wilhelm Reich, Alexander Lowen, Stanislav Grof, Peter Levine and David Berceci, to mention a few – past and present. It is based on the knowledge that the organism, given the right circumstances, has the ability to heal itself. How this process unfolds belongs to the beauty and the magic of life.



Funeral in Shamshamall

Overall this program will contribute to the wellbeing of the individual – as well as to the population in general.

## **PILOT PROJECT**

In order to introduce this program in Kurdistan, we suggest that we could start up a pilot project, which then could jump-start a huge self-healing process for the Kurdish people.

We could begin with four introductory workshops that could lead to involve more and more women, which then could give us a solid ground to work further from. Parallel to this we would offer a training to 30 of the committed women who then - at a later time- will be able to teach the method and facilitate workshops.

During the training we will be able to offer bigger and bigger workshops, since we have an increasingly larger group of trained assistants with us.

After having trained and certified a certain amount of women, they will be able to accelerate the process, and spread the program all over the country. Our role would then be to supervise the project, and keep the facilitators updated. Some of this could also happen via Skype.

With this proposal we could have five visits to Kurdistan; give a thorough training to at least 70 women; and teach the self-healing program to at more than 2.000 women.

This will have an unbelievable effect.

## **ACTION PLAN**

**Our intension is to make two parallel courses:**

### **1) One-day workshops.**

This workshop enables the participants to continue practicing the exercises themselves at home, and in smaller peer groups. Sometimes with a little support over Skype and later from a trained practitioner - and thus the self healing-process is started. The introductory workshop takes 6-8 hours.

Firstly we can work with groups of 30 persons in the beginning – and later on – as we have trainees, we can have much larger groups.

### **2) Trainingprogram.**

This process is an education that initially enables the participants to work individually and later on to run groups by themselves.

The training could run parallel to the one-day workshops, which enables the participants to work as assistants in these groups as part of the training.

## The structure of the first training looks as follows:

### 1-day introduction workshop (1. visit)

From the first 4 introduction workshops, the most dedicated 30 – 40 participants, those who - afterwards - continue practicing the exercises regularly, will be the ones who would then be ready to start the training.

### 3-days workshop + assistant at a 1-day workshop in between (2. visit)

After 3 months we will return for the 2nd part of the training. In the period between our two visits, the trainees should do the exercises for a minimum of 3-4 times a week, and meet 3-6 times in small groups with fellow students.

### 3 ½-days workshop + assistant at 1 day -workshops in between, and 1 supervision-day (3. visit)

After 3 months we will return for the 3rd part of the training, and in the period in between our visits, the trainees will continue practicing and studying in small groups with fellow students.

### 3 ½ -days workshop + assistant at a 1-day workshop in between, and a certification day (4. visit)

In order to support the students, and to answer theoretical questions, we would in between our visits, offer 2 -4 Skype meetings with the small groups.

At the end of this process, we would have a big celebration day for all who have been involved in the training and in the workshops!



Workshop in  
The Women's  
Union of  
Kurdistan-  
Zhinan



## ACTION PLAN

EVENTS							Total no.
<b>1st visit</b> 4 introductory workshops		Intro workshop 1 (30)	Intro workshop 2(30)	Intro workshop3 (30)	Intro workshop 4 (30)		120participants
<b>2<sup>nd</sup> visit</b> Start of first training group: A + 3 introductory workshops		1. day of the training A (30)	2. day of the training A (30) (2 clients) + intro workshop (60)	3.day of the training A(30)	(3 clients) + 2 intro workshop (90 x 2)		30 A trainees 240 participants
<b>3rd visit</b> First training group continued Start of second training group + 3 introductory workshops	1. day of the training A (30)	2. day of the training A (30) 1.day of the training B (40)	3. day of the training A (30) (3 clients) 2.day of the training B (40) (2 clients) + intro workshop (170)	4.day of the training A (30) 3.day of the training B (40)	(4 clients + 1 B trainee (120)) (3 clients (120)) + 2 intro workshop (240 x 2)		30 A trainees 40 B trainees 650 participants
<b>4th visit</b> First training group continued Second training group continued + 3 introductory workshops	1. day of the training A (30)	2. day of the training A (30) 1. day of the training B (40)	3. day of the training A (30) (3 clients) 2.day of the training B (40) (2 clients) + intro workshop (170)	4. day of the training A (30) (3 clients) <b>Certification of training A (30)</b> 3.day of the training B (40)	(4 clients + 1 B trainee (120)) (3 clients (120)) + 2 intro workshop (240 x 2)		30 A trainees certified! 40 B trainees 650 participants
<b>5th visit</b> Second training B group continued + 3 introductory workshops	1. day of the training B (40)	2. day of the training B (40)	3.day of the training B (40) (4 clients) + 10 certified A's (5 extra clients pr. A) + intro workshop (210)	4. day of the training B (40) <b>Certification of training B (40)</b>	70 certified (5 clients each (350)) + 2 intro workshop (350 x 2) + 1 big <b>celebration</b> workshop with 1.000 participants + 70 assistants		40 B trainees certified! 900 participants 1.000—2.000

## EVALUATION

In order to evaluate the process, and to know the effect of the tools we offer, we will kindly ask the participants to fill out some questionnaires. Thereby we would have documentation which could be used for further research.

After the above mentioned program (over a period of approx. 1 ½ year) we could have an evaluation day with the involved authorities .

## VISION

Continuing this process, Kurdistan would little by little have enough trainers to reach out to every corner of the country.

As this project turns out successfully, and the evaluation shows that the method could be applied to the Kurdish culture, it would be obvious to start the same healing process for all Kurdish people.

Starting a self-healing pilot-project for women in a population that has been severely suppressed, Kurdistan would stand out internationally, as a pioneering country offering tension - and stress-recovery to the entire population, and would be an inspiration to the rest of the world.

Finally - we could end up having a yearly 'shaking day', celebrating the healing and empowerment of the Kurdish people.



Meeting with Hero Khan , First Lafdy of Irak about the project



Meeting with Aram Ahmed Muhammad, the Minister of Martyrs & Anfal Affairs about the project

Meeting with Kafia Khan, leader of The Women's Union of Kurdistan-Zhinan about the project



## MEDIA

This is an exciting and extraordinary way of taking care of your people. Therefore it is important to document the process by connecting television and film from the beginning to the end both locally, nationally and internationally.

We know a Danish female journalist, who would be interested in reporting this project. Furthermore it is important to have the local TV as well, because the information about the project would reach out and make people curious and animate them to participate.

We propose to start up the project in the Autumn 2012, and aim at finishing Spring / Summer 2014.



**This requires that you take care of (following is not included in the budget):**

- \* A translator English-Kurdish for all working days
- \* Summary and evaluation of questionnaire
- \* A venue with room for 30 people - and more people later – walls to stand up against are essential
- \* A venue with room for 30 and more later people – walls to stand up against are essential
- \* 30 mats / 30 blankets
- \* Tissues and plastic bags and some towels
- \* Pillows
- \* Projector
- \* Stereo and CD player
- \* Plenty of water, fruit and nuts
- \* Paper, pen and crayons (for people who can't read)
- \* Lunch – or should they bring it themselves?
- \* Music or some entertainment so it would be even more attractive and fun to participate in, and give a sense of connectedness during the process. An idea could be, to have some fun events happening for the kids under school age, during the workshops with the mothers. In that way, we might attract and motivate more mothers to come.
- \* All that is needed to a big celebration day: transport for people to join, food to everybody and a beautiful venue.
- \* We would need to have a taxi available from the airport and to all the different workshops we are giving - maybe to go to other places, too.
- \* Furthermore it is important for the trainers of the program to be introduced to the history and genocide of the Kurdish people, in order to get a better understanding of the depths of suffering. For instance visiting and talking with people from Anfall-villages, visiting the Halabja Museum and the Amia Soraka Museum, participate in an Anfall-funeral ceremony. This part would be preferable that you take care of, too, thanks.

**We need to have access to an internetconnection and a printer.**



Traumareleasing drawn by the Mexican artist Kiki

## **BIOGRAPHY**



**Colette Galschiot Markus**, born 1949. Graduated as a Gestalt therapist from the Gestalt Institute of Scandinavia (GIS) in 1992. Certified Coach from Manning Inspire in 2007. Postgraduate training in body-oriented therapy self-help method, especially designed to work with stress, traumas and tensions. Worked in social psychiatry for 8 years. Has for many years worked with The Dacapo Theatre – a counseling organization which through interactive theater is dealing with dilemmas in work-

places at all levels. Has her own clinical practice in Odense, where she offers individual therapy, couples therapy and coaching. Works with team building and coaching in companies, publically as well as privately. Has for many years given workshops locally and internationally. Currently she is running a project with Susanne Andrés in Mexico, giving workshops in the trauma- and tension method for both private persons and professionals. She is member of the Danish Psychotherapist Organization (MPF). This organization has strict moral, ethical and professionals guidelines, which she follows.



**Susanne Andrés**, born in 1960. Graduated in 1994 as a gestalt therapist from Psychotherapeutic Centre, and from the Gestalt Institute of Scandinavia in 1996. Became a certified facilitator in Holotropic Breathwork in 1997. PD in psychology from the Danish University of Education (2002). Since 1997, a staff-member of the Grof Transpersonal Training (GTT) at several training modules and events internationally. Specialized in trauma-treatment and stress-management, and certified as a Level III TRE-trainer (2008). From 1986, own clinical practice as a body-oriented psychotherapist.

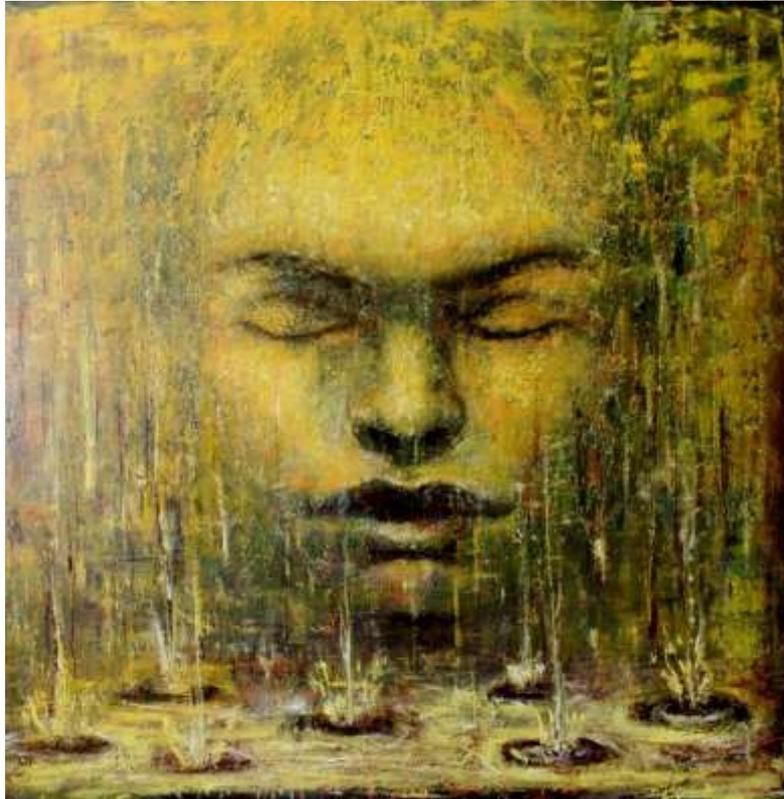
Since 1996, worked internationally as a teacher, trainer and supervisor in body-oriented psychotherapy, leadership development, group dynamics, team building, supervision, Holotropic Breathwork, stress- & trauma management (TRE), transpersonal psychology and bioenergetics. Since 1997 the administrative director, senior teacher and supervisor at the Psychotherapeutic Center, which is an international treatment- and training facility for psychotherapy and coaching. Member of the Danish Psychotherapist Organization (MPF).

### **Medical and psychiatric back-up:**



**Ole Ry**, MD, born 1946, and living in Denmark. Medical doctor (1973). Specialized in psychiatry (1981). Graduated as a gestalt therapist from The Gestalt Institute of Scandinavia (1981). Certified facilitator in Holotropic Breathwork (1993). Has been a member of the Grof Transpersonal Training (GTT) staff at several training modules and events internationally. Has a long clinical background in psychiatry/ psychotherapy/ counseling. In 1987 founded Psychotherapeutic Center, a treatment and training facility in the northern part of Denmark. External Lecturer at Aalborg University, Dept. of Music Therapy, 1987 – 1993. Senior trainer, supervisor

and examiner at The Gestalt Institute of Scandinavia. Psychiatric Consultant for Falck Healthcare and for the State Administration of North Jutland. Has worked internationally for many years. Author of numerous articles on psychotherapy and co-author of a few book



The Mexican painter Alberto Aragon's description of a releasing process

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