

Group Intervention for Traumatized Children: Teaching Recovery Techniques

Trainer/Facilitator: [Unni Marie Gulla Heltne¹](#)

Why attend? This workshop offers hands-on training for “Teaching Recovery Techniques”, a cognitive-behavioral-based intervention to support children affected by trauma.

Date & Time: From 2 to 4 December (03 days), from 09.00 – 16.00

Location: Hanoi, Vietnam

Audience: mental health practitioners, educators, social workers, parents, child development specialists, disaster response professionals, and students in relevant fields interested in trauma intervention techniques for children.

Learning Objectives²:

Participants will gain practical skills to:

1. Lead groups of traumatized children
2. Train new group leaders

Key topics:

- Teaching Recovery Techniques (TRT);
- Trauma, trauma response
- Groupwork with children
- Teaching relaxation
- Arousal reduction techniques
- Collaboration with parents and caregivers
- Supporting bereaved children
- Implementation and evaluation

Format: Lectures, exercises, and role-play activities.

¹ University of Bergen, Norway. <https://www4.uib.no/en/find-employees/Unni.Marie.Gulla.Heltne>

² FYI: Read the full syllabus and tentative schedule at https://drive.google.com/drive/folders/10URowM6INYIueOIXBkiJAhWqOwzYabzJ?usp=drive_link