



Resilience Aid for refugees and helpers

Renewing Confidence and Stability during Turbulent Times

The current need for psychosocial support for refugees far exceeds the services available. Additional options to traditional psychosocial services are urgently needed.

Our immediate response is a cost-effective, culturally appropriate and concise way to immediately stabilize people emotionally.

Resilience Aid, is a biological model based on the Somatic Experiencing® approach to stress and trauma resolution. It uses body and awareness exercises to help move quickly from panic to a more present, and resilient state. Simple exercises help maintain a clear mind and support wise, non-reactive decision-making while supporting general health and enabling the care of children and others in need. The exercises are easy to learn for all ages. Practicing Resilience Aid, even for short moments throughout the day, helps people to activate their own resources and strengthen their resilience.

We do not offer complete solutions, but a fast response to an enormous need to help refugees. Contact us to get more information or to book a Resilience Aid Seminar, also available online. Experiencing).

Elsbeth Horbaty

Worked for many years as a War Journalist and in Humanitarian Aid in various countries. She is an Intercultural Coach and Resilience Trainer for people in development cooperation settings. She is also trained in Organizational Development and Somatic Experiencing® Trauma Resolution.

www.horbaty.ch
+41 79 561 8775,
elsbeth@horbaty.ch
Winterthur, Switzerland

Hilary Witt

Hilary Witt is a Somatic Experiencing® Practitioner, a Mediator in the USA and Switzerland, trained also in Traditional Chinese Medicine. She has volunteer project development, management and training experience in the USA and Europe. She currently represents Switzerland in EASE (European Association for Somatic Experiencing).

hwitt@humanejourneys.com
+41 79 707 7240
Alpenstrasse 1, 6004 Luzern