



ASeTTS

**Assisting Torture
and Trauma Survivors**

Jungle Tracks

Group program for children and adolescents

Jungle Tracks is a story-telling approach that includes five short stories that mirror real life struggles related to the lives of children, adolescents and parents with a background of refugee trauma. The stories promote hope and empowerment and assist the reader/listener to process and reconcile their past experiences and ongoing difficulties in transition. Jungle Tracks maximises the eternal medium of storytelling to engage feelings and be a simultaneous non threatening conduit to reflection and healing.



Workshop Outline

This workshop is designed to equip participants with the appropriate knowledge and skills to run the Jungle Tracks program within an integrated therapeutic model. Participants will develop a further understanding of the impact of trauma – particularly the dynamic between the refugee experience, mental health and behavioural issues of children and adolescents. This workshop will create an increased awareness of the challenges of working effectively in this field and the importance of adopting creative and non-threatening interventions and therapeutic approaches.

At the completion of this workshop participants will be able to:

- Discuss the key issues and challenges when working effectively with refugee children and adolescents
- Develop an awareness and be able to reflect on how our life experiences may facilitate or limit our effectiveness as helpers in this field and the impact of trauma work
- Understand the major concepts and principles underlying Jungle Tracks and the storytelling approach
- Initiate and conduct the groups and or individual sessions using the approach
- Identify issues and contribute to the development of support and management plans impacting on children and adolescents.

**Please contact ASeTTS to book this full-day workshop for your organisation.
Workshop can be conducted at ASeTTS or at your premises.**

Cost: NGOs/Government, Universities: \$1500, Private Sector: \$2000
Jungle Tracks Kits (5 short stories and a facilitator guide) are required
at an additional cost of \$55 each per participant

Suitable for all those working with children and adolescent torture and trauma survivors.