



# EmotionAid® Online Training

## *For Emotional First Aid and Self-Regulation*

**Zoom training on 17, 19, 22, 24, and 26 November 2020 (each module of 3 hours)  
with follow-up supervisions on 15 December 2020, 12 January and 2 February 2021**

- **Prevent fear, burnout, stress, and trauma**
- **Increase individual and collective resilience**
- **Attain simple and efficient self-regulation**
- **Offer immediate Emotional First Aid treatment to a group or a person facing intense stress, fear or trauma**
- **Learn effective interventions for crisis in the event of attacks or natural disasters**

**These topics and more will be covered during the training.**

### **What is EmotionAid®?**

EmotionAid® training, designed by the International Trauma Healing Institute Israel (ITI), is built on basic elements of the Somatic Experiencing (SE®) method as well as additional techniques and learning content. These scientifically proven elements have been regularly applied and tested in war zones, unsafe areas, emergencies, or in a professional context with a high level of stress. EmotionAid® is equally useful in less acute daily situations, as a toolbox for stress management, its accumulation and prevention.

ITI is currently managing a research project in partnership with a local university hospital to obtain objective data on the efficacy of EmotionAid® in acute stress management of Covid-19 medical staff.

We believe that the world needs more knowledge about trauma. By teaching – and then applying - quick and efficient self-regulation methods as early as possible after an incident, we can prevent trauma.

As opposed to current and available therapies, EmotionAid®:

- Can be used by professionals and non-professionals alike
- Can be used on oneself, autonomously
- Can be used to help others
- Allows regulation of the autonomous nervous system and management of physiological sources of stress
- Is simple to use
- Can be used anytime, anywhere
- Is quick to learn

## As an SE® practitioner, you will:

- Learn a highly efficient emotional first aid and self-regulation technique for yourself and your patients / clients.
- Implement efficient and fast de-escalation in groups with a high level of activation, triggered by an intensely stressful event, in order to avoid further increase of fear and panic in the group.
- Pass this self-regulation method and emotional first aid on to others, so that this knowledge is transmitted to a broad population, especially people who are poised at the front line and exposed to intense stress on a daily basis, such as: firefighters, emergency room doctors, first responders, teachers and other professional groups confronted with stress.

The specific tools that you will receive have been specially designed for the needs of SE® practitioners.

## Training leader

**Cathy Lawi**, PhD, SEP, PCC, Executive Director, ITI Israel



After graduating with honors from the doctorate program in the Geneva School of Pharmacy, Cathy managed drug development projects for international corporations, and then founded and managed a bio-med company – up until the day she experienced SE®.

Once she understood the power of SE® to heal and prevent trauma, she decided to dedicate her life to promoting its benefits in Israel and beyond.

The current EmotionAid® protocol is the results of years of field work with hundreds of participants in all sectors of the population to make those healing tools available to all.

Cathy teaches EmotionAid® and trains EmotionAid® facilitators all over the world.

## Senior assistant

**Anne Matiatos** SEP, Occupational Therapist BSc, Craniosacral therapist, Coach



Guiding patients from powerlessness to the ability to act is the main focus of Anne's current work, from the time she worked in the Interdisciplinary Pain Program and in the Intensive Care Units in early rehabilitation at the University Hospital of Zurich.

Anne uses the EmotionAid® technique when working with children and adolescents with intellectual disabilities, attention and developmental problems, as well as with chronic pain and burnout patients in her private practice.

This technique has enhanced her trainings for parents and teachers on de-escalation and stress regulation. She is committed to contributing to the advancement of EmotionAid® in Europe.

**Nicole Collomb** SEP, Kinesiologist, Coach, Mediator and Sound therapist



Since her time as a corporate lawyer in the financial sector, Nicole has advised and mindfully accompanied people from all walks of life. In her work as a trauma therapist and kinesiologist, her main focus is to assist the human being to reconnect with body, mind and soul and thereby to regain health, fundamental faith and joy of life.

Working with children, parents and teachers is particularly important to her in order to create a better understanding for today's needs of children and to set the ground for more harmonious relationships in a demanding world.

In EmotionAid<sup>®</sup> she has found the perfect tool for her life's work and it is with great enthusiasm that she shares her experience in trainings.

## Target group

This upcoming further training is reserved for SE<sup>®</sup> practitioners and all SE<sup>®</sup> students who have completed their first year of training.

The training will take place online in English. A recording of the online training is provided to the course participants for repeated viewing. It is therefore suitable for all English-speaking SE<sup>®</sup> practitioners.

We are very grateful for the distribution of this training announcement to potentially eligible people in your country.

## Dates and training times

The training is divided into 5 three-hour modules and 3 follow-up group supervisions to support the integration of the material. After completing the entire training, you will be certified as an EmotionAid<sup>®</sup> Facilitator.

Following you will find the training dates and times:

Module 1:	Tuesday, November 17, 2020,	17:00 – 20:00 swiss time
Module 2:	Thursday, November 19, 2020,	17:00 – 20:00 swiss time
Module 3:	Sunday, November 22, 2020,	13:00 – 16:00 swiss time
Module 4:	Tuesday, November 24, 2020,	17:00 – 20:00 swiss time
Module 5:	Thursday, November 26, 2020,	17:00 – 20:00 swiss time
Supervision 1:	Tuesday, December 15, 2020,	17:00 – 20:00 swiss time
Supervision 2:	Tuesday, January 12, 2020,	17:00 – 20:00 swiss time
Supervision 3:	Tuesday, February 2, 2021,	17:00 – 20:00 swiss time



## Training Material

The training (theory and practice) is held in English. All training materials can be viewed digitally in English. Free use of the 5-steps flyer and the EmotionAid® logo are included in the training price and will be provided in your mother tongue by the end of the course.

It is possible to purchase a license for the use and printing of further EmotionAid® documents (manual, flyer, wristband, business cards, etc.) for your own EmotionAid® training activities.

## Costs

CHF 640.00 minus a 30% Covid19 discount results in CHF 450.00 or 415 euro. The deposit link will be sent upon registration. This price includes the supervisors.

## Registration and questions

If you have any questions, please contact Anne Matiatos, tel. +41 79 625 77 01 or e-mail [anne.matiatos@evs-hin.ch](mailto:anne.matiatos@evs-hin.ch). Please fill out the registration form by clicking the link below. Places are limited in order to have enough time for course participants to practice the material presented.

[https://docs.google.com/forms/d/e/1FAIpQLSeAQRLqyykLs2eSfWDIXDuGknh54BzMXLh\\_8UJ8nNl36N4apw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeAQRLqyykLs2eSfWDIXDuGknh54BzMXLh_8UJ8nNl36N4apw/viewform?usp=sf_link)

## EmotionAid® in Europe

Due to Covid 19, the first online training took place in April 2020, followed by another in July. We see this as an opportunity to spread the toolkit of EmotionAid® to cope with the uncertain situation which we are experiencing in our professional and private lives. We are looking forward to making these tools available to as many people as possible, so that people realize that there are effective and easily accessible methods for coping with emotional stress. Here you can read firsthand experiences that I have received in the last weeks.

*«With EmotionAid® I have been given a very effective tool to support people in self-regulating high levels of stress. It is fascinating how quickly clients can calm their nervous system with these uncomplicated exercises. I am convinced that many, many people need this, whether they work in helping professions or are simply exposed to high stress and strain. The didactic concept of the training and the materials are really helpful. Also, the loving warmth, enthusiasm, and conviction of the course leaders created a wonderful learning atmosphere. Thank you very much for everything!»* Nina Schabel-Pittracher, SEP, systemic coach

*«It's super easy, you don't need a lot of preparation, it gives you a wonderful break and refresh Mind and Heart. The structure is so clear and useful.»* Jovita Siller, occupational therapist

## Cancellation Terms

In case of a cancellation up to 14 days before the start of the training, an administration fee of 50 CHF or 46 Euro will be charged. In the case of a cancellation less than 7 days before the start of the first module, the entire cost of the training will be charged. This also applies in case of illness. If a substitute can be found, these costs do not apply. In case of an insufficient number of registrations, the ITI preserves the right to cancel the training.