

SYRIAN REFUGEES IN
LEBANON, TRAUMA BUSTER
TECHNIQUE, TBT

Smiles & Hope



Replacing pain (Alam) weeds with Hope (Amal) seeds in Syrian refugees hearts.

Third trip to Lebanon in 2015

Thanks to a large chain of solidarity in Switzerland, Lebanon and Australia, I went back to Lebanon to continue the TBT workshops initiated last summer.

What is TBT? Trauma Buster Technique is a combination of EFT (Emotional Freedom Technique) and NLP (Neuro linguistic Programmation), TBT was developed by Rehana Webster and can be used in groups, in one on one sessions, or for self help. It is very easy to learn. It was successfully used in different parts of the world to radically reduce and/or eliminate symptoms of Post Traumatic Stress. www.traumabustertechnique.com

Thanks to Reem's network in Beirut, I met Nimat Bizri, an amazing woman who's running an NGO responsible of 6 schools in Beqaa Valley, Lebanon, more than 2000 children and 200 teachers.

www.thesocialsupportociety.org/projects.asp

After an hour drive from Beirut, Nimat, her friend Amina and I arrived in the Beqaa Valley. The school I gave the workshop in is located in the village of Ghaza. 22 persons, teachers and assistants attended the two-day workshop; all of them were Syrians except the school's principal who was Lebanese. I was amazed by this wonderful team, fully dedicated to their students, giving them education and love.

My main goal was to teach them how to use TBT to get rid of their traumas and to learn how to help their

students experience inner peace as well.

After giving some general information about the body and mind and how a trauma is printed in the mind, I explained all the different steps of TBT; doing demos with different men and women working on auditory and visual traumas. On the second day, the group worked in pairs under my supervision. All the traumas were related to war except one that was related to lizard phobia.

Mama Nimat' schools

Children	2000
Ages	6-14
Teachers	200
Schools	6

*"In the name of Allah, help me!
In the name of Jesus, help me!
In the name of the Virgin, help me!"*

This is the sentence a man was repeating before giving his last breath lying down by Leila's doorstep. She was hiding at home and couldn't be of any help as a sniper was posted in front of her house. Since then, this auditory trauma kept running in her mind, affecting her daily life and provoking a violent pain in her body. We worked on this auditory trauma using TBT and Leila could relive the event without feeling nor experiencing any pain in her body. We managed to change how that experience was structured in her brain working on how the recalled memory

School kids in camps during the workshop with Najda Now. December 2015



3,8 million refugees from Syria (95%) are in just 5 countries: Turkey, Lebanon, Jordan, Iraq and Egypt. More than 50% of these refugees are children who have lost everything.

Help Syria

More than 50% of Syria's population is currently displaced. Syrian refugees in Lebanon receive just 13,50 USD per month or less than half a dollar a day for food assistance in a country where the cost of living is quite high. More than 80% of Syrian refugees are living below the local poverty line. The UN humanitarian appeal for Syrian refugees is just 40% funded.

Women and Children

Based on WHO reports, 76% of the Syrian refugees in Lebanon are women and children.

Education

Based on UNHCR reports, 400,000 Syrian Children between the ages of 5-17 are registered in Lebanon and only 30% of them are receiving proper education. The rest stays at home or are put at work.

Mental Health

Lack of food, proper hygiene and lack of medical care are not the only problems for Syrian refugees in Lebanon. They also suffer from depression, anxiety and stress, due not only to their displacement and war traumas, but to their precarious existence. Mental health is

A two-day workshop with Najda Now teachers

I was introduced to Najda Now by Serene and Sima, two active Syrian young women highly dedicated to help the Syrian children in Lebanon.

I met Abed Al Aidy who took me to the Dalhamieh a small village in the Beqaa Valley, Lebanon, where there are many thousands of Syrians living in informal settlements without any access to education. Najda Now built a primary school with ten classrooms, one library, one computer lab and a playground.

Working with this group of 15 young teachers was so gratifying. Despite their young age, they were all committed to help the children in the camps preparing a better future with education. They were not really expecting me to get them dig into their own traumas and clean the painful symptoms.

After few hesitations and resistance to uncover the hidden inner monsters, they showed an amazing creativity. The first demo was done with Saber; an auditory trauma related to bombings and helicopter sounds. Saber wasn't very comfortable recalling and verbalizing his trauma, the group spontaneously accepted to create the atmosphere of war. They started acting: screaming for help, adding sound effects like bursting balloons or slamming doors. Saber and I were working on his auditory trauma while turning our backs to the group; they were synchronized with the process and following my visual discrete indications. It took about 20 minutes to help Saber getting relieved from that trauma. He relived it again, in front of his colleagues, totally disassociated from it and physically relaxed.

"Naif and his wife are no more than two charred skeletons "

A new shared trauma that these young teachers were suffering from: their friend's "home", a plastic tent, was burned few days ago in Beqaa. Naif and his wife 2 Syrian refugees were the victims of a sad and horrible crime. Amine who lives next to them, went to help vainly getting them out of the flames, he was reliving the event with lots of details. The worst moment was when he saw the 2 skeletons and not being able to recognize who was who. While working with Amine, the rest of the group was tapping on themselves. The more we went through the steps of the TBT, the better they were. Amine ended up totally relieved and felt empowered enough to use TBT with others. Aziz accepted to share his trauma with all of us. I mentored Amine while working with Aziz, "his client". Both of them were satisfied and amazed how TBT is easy and efficient.

On the second day, they worked in a peer group, which helped them getting more familiar with TBT.

"Helping each other on emotional issues using TBT created a trust foundation between us. We feel like we are stronger and we can handle our traumas and help the kids not only for instruction, but also to build a stronger self-esteem and prepare a better tomorrow for Syria"
Lana, teacher at Najda Now



With my deepest gratitude to: the Mardam Bey Family who funded my trips to Lebanon and that family where I was welcomed with love. And, of course, all those who allowed me to share this very modest drop of water in our hearts and make a better present moment to prepare

PEACE IN SYRIA.

Rania's story

Rania is a social worker involved in women activities in Sabra camp. She was deeply struggling with a trauma related to her brother who was beheaded. I worked with her in June and saw her several times since then. She expressed her life now in this sentence: "TBT gave back their happy and energetic mom to my children! I still remember my brother without being affected at all! I am positive and looking ahead to a great future for my kids and for Syria" Rania

Salim's story

Salim is a teenager in Sabra camp who lost his father and his leg the same day in Syria. He suffered both physically and emotionally. No leg, no school and no father. After a TBT session in June, he managed to overcome his trauma symptoms and hope seeds started growing in him. This is where a Syrian-Swiss family made his dream come true. They payed for his school and transportation. He's more than happy.

TBT Activities in Lebanon

"I feel like I am finally existing as a real human being, I can be bring my positive contribution to this world. I now have an ambition, a reason to live for. I am alive! I am so grateful". Salim

42 persons were given an introduction to TBT, 10 got private healing sessions in early June 2015. This work was done thanks to Mobaderoon

www.mobaderoon.org, a network promoting peaceful coexistence through dialogue and understanding. We are collaborating closely with them to offer TBT workshops to different people from different NGOs

July-August

A two-day workshop formula, one day to learn the technique and another day to practice it. Here are the NGOs I worked with:

26 teachers and social workers:
www.multiaidprograms.org

12 psychologists, coaches and social workers from Al Irshad in Beirut,

28 young peace builders from Mobaderoon.

4 media professionals from BBC Media Action.

12 teachers and social workers from Bokra Ahla in Sabra Camp.

10 women at Syrian Anamel. Different sessions were given to children, women and men whose traumas were too heavy to be shared in public.

December

Due to winter conditions and snow, only 2 workshops were given in Beqaa Valley. One with 22 persons from <http://www.thesocialsupportociety.org/projects.asp> and another one with 15 persons from www.najda-now.net

All those who attended TBT workshops experienced trauma relief and learned how to use it for themselves and with others.

"The beauty of TBT is in its simplicity! It's incredibly easy and amazingly powerful! I couldn't imagine how it could remove those inner rooted pains so quickly until I tried it on me! It should be used in every school, to teach kids how to overcome every pain and get stronger" Ashraf



Rehana Webster founded and developed TBT, a fast easy and efficient tool that helps trauma victims recover and lead a more functional and satisfying life again. She has had massive experience working with the Correctional System in New Zealand; has trained over 200 medical people in Pakistan to help their patients with TBT. She delivers workshops worldwide and is involved in different humanitarian activities.

TBT workshops in Beirut with Rehana Webster April 2016

With a very generous heart and a deep knowledge, Rehana is offering her expertise to those who are ready to get involved in changing lives positively and sharing this TBT with refugees mainly. She is coming to Beirut in April for two workshops. Her training will benefit anyone dealing with trauma, including; psychologists, psychiatrists, medical doctors, nurses, counselors, teachers, front line helpers refugee camps or in war or disaster zones.

Education...That basic human right for all children

Education and psychological support are two main challenging issues impacting Syrian refugees in Lebanon.

Beyond the benefits of instruction, schooling offers a major sense of security and hope for refugee children; it opens minds and makes different horizons possible for a better tomorrow. School is where children are reintroduced to normal life and routine, after the destabilizing and insecure conditions of war.

Despite all the outstanding efforts done by the NGOs involved in Education that I visited with Nemat Mardam Bey, thousands of children are still not schooled. We all can change their lives for the better. Together we can build peace

worldwide, through a global commitment to make the right to quality education a reality for all refugee children and youth.

How can you help?

Helping the Syrians is investing in a peaceful future for all of us in this global world.

Syrian girls and boys in the camps are vulnerable and absolutely need your support to build a better future with education and a strong self esteem. Helping them is giving love, bringing happiness and joy back in their lives.

- With **50 USD**, you pay a girl's sanitary pads for one year, ensuring that she stays in school
- With **400 USD**, you allow a kid to go to school for one year.
- Any other support is welcome as they need **EVERYTHING!**

"Education is the most powerful weapon we can use to change the world"

Nelson Mandela

