

VOL. 4 | SEPTEMBER 2021

# TRAFFIR NEWSLETTER

TRauma Awareness For First Responders (TRAFFIR) - KA2 Erasmus+ partnership project to support professionals on developing the key competencies in dealing with emergency first respond situations.



## OUR MEDIA

### Resumption of offline activities!

Due to coronavirus pandemic, for very long time, TRAFFIR Team couldn't run any face-to-face activities and had to focus on online events. Fortunately, during last few months this situation changed and we could organize 2 transnational meetings. We hope this Autumn is not going to be so challenging as it was last year.

[www.traffir.eu](http://www.traffir.eu)

Project's website where you can find information about the project, it's partners, valuable resources or contact us.

[www.facebook.com/TRAFFIR](https://www.facebook.com/TRAFFIR)

We also encourage you to visit the project's Facebook profile where all updates and interesting information related to the topic of the project appear.



## PROJECT MEETINGS

After a long break our Project Team had the opportunity to finally meet face-to-face again. During last months we had two TPMs (Transnational Project Meetings), both in a hybrid form.

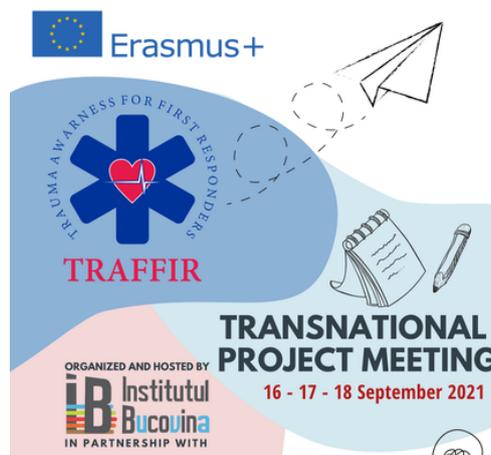
Thanks to these meetings we had the opportunity to exchange experiences from our activities, share knowledge and expertise, develop new ideas and support each other.

### Sofia, Bulgaria, 26-28th May

It was our second face-to-face TPM within the project. This mobility was successfully organised and hosted by our Bulgarian partner Nikanor. Three of the partners joined online.

### Łódź, Poland, 16-18th July

The third TPM took place in Poland. Partners from Spain, Romania and Bulgaria participated during three days in the activities prepared by the host. The partners from UK and Northern Ireland joined the meeting online.



And now on 16-18th September we are meeting in a complete formula in Suceava, Romania!

## WEBINARS

Our last 4 online events were implemented between March and June, on 17th March, 21st April, 19th May and last, sixth webinar on 30th June. Among others topics covered included:

- the role of the first responders in crisis intervention in PTSD,
- improving resilience to cope with difficult situations,
- experiential self-regulation in trauma therapy,
- mindfulness-based psychotherapy approaches.

### Materials

All materials used in the webinars can be found here: <http://traffir.eu/webinars>.

Recordings from webinars are also available on our Facebook.



### Project "TRAFFIR: Trauma Awareness For First Responders" is co-funded by the Erasmus+ Programme of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained herein.



# INFORMATION ABOUT THE **TRAFFIR PROJECT**

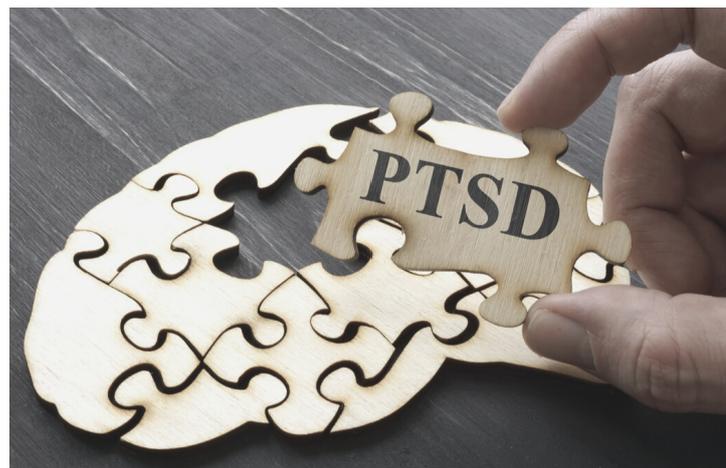
TRauma Awareness For First Responders (TRAFFIR) - addressing identified skills gaps in critical incident stress and trauma intervention



## OVERVIEW

### Context & Background:

Any form of crisis (trauma) incident stress management requires a suite of intervention tools in order to minimise the risk of PTSD (Post Traumatic Stress Disorder) amongst first responders. Whilst the researches about that are 20 years old, there is still no whole systems' provision for educators in this field.



By the end of the project we will have created:

- Comparative Analysis
- Training Protocols, Materials and Guidelines
- Train The Trainers Programme Toolkit

#### Aims:

To develop a whole systems approach to improve key competences in dealing with emergency first response situations in order to mitigate the impact of repeated or singular exposure to a critical stress incident.

## Objectives

TRAFFIR will address gaps in trauma interventions with a robustly evaluated development of a training programme flexible enough to be delivered in 5 different countries with learning outcomes and mapped to the descriptors of level 3 European Qualifications Framework (EQF) for other organisations in other countries to adapt for local use.

## Activities

Two attendees from each partner will participate in 6 transnational meetings with a purpose to plan, implement pilot delivery, evaluate and review a fit for purpose the TRAFFIR toolkit.

Each partner will host a learning/transnational meeting and also send 4 staff to a short term staff training event to pilot the toolkit then cascade to others upon their return to their own organization.

## Results & Impact

Partners have identified six key workshops, that



combined, will create a systems approach to address current skills gaps. We will work with stakeholders to populate the modules with appropriate content and learning outcomes. We will develop an on-line training programme to address skills gaps which will be freely available to the sector in partner languages. TRAFFIR will be presented at local multiplier event conferences and available on the project website.

## Participants:

- Devon Mind (UK): Mental Health Charity's Plymouth Recovery College and Training Division;
- Kilcooley Women's Centre (UK): working with 14 communities in Bangor region of Northern Ireland;
- Fundacja Instytut Re-Integracji Społecznej (PL): provides first aid courses schools and works with the Police Department in Lodz, Poland;
- Bucovina Institute Association (RO): experienced psychotherapists but no first responder training as none exists in Romania;
- DOMSpain (ES): training and consulting organisation that works closely with the Police and Fire Departments in Reus;
- NIKANOR Ltd (BG): Educational Centre works with volunteers training them how to act in critical situations.

