

Trauma Protocol for Street Children: A Short Cut through their Trauma Network

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Pandipieri Catholic Mission Kisumu Kenya

- ▶ Working in Pandipieri Mission 1980-1982.
Returned after 30 years. Work was still ongoing.
- ▶ Food, overnight stay, informal schooling.
- ▶ Return to their homes or receive education and training.
- ▶ Mission has much improved, HIV testing and prevention. Courses in health, hygiene and household care besides missionary work.




Kisumu Slums

- Kisumu: third biggest city in Kenya, 350,000 inhabitants and a slum area of about 200,000 inhabitants. Luo tribe, at Lake Victoria.
- HIV rate: 35%, highest in Kenya. 1/3 of HIV orphans of Kenya.
- Situation in the slum area became worse because of HIV.
- Hunger, burnt homes, being beaten, neglected, death of parents due to HIV.



Street Children: Parking Boys and Girls

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- Children suffer from multiple trauma, before they come to the mission to get shelter.
 - Attachment trauma and starvation are the main reasons to leave their homes.
 - On the streets: sniffing petrol, smoking Marijuana, stealing, being beaten or raped.
 - Carrying baskets from the market places to earn money.



Objective

- Proposal for trauma work with street children.
- During Easter Holidays 2015 (3weeks) I worked with 25 Street Children and focused on their attachment trauma at home

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Trauma Work with Street Children

- **Normal EMDR processing is not possible with Street Children, because**
 - Language problems
 - Cannot talk about inner processes
 - Time restrictions
- **Advantages EMDR Drawing Techniques**
 - Drawing is easier than speaking
 - Working in Groups is possible
 - All the children follow the same pace
 - Everybody is at the same point in trauma processing
 - Every child can work with his own subjects

Preparation

- ▶ Every child gets a piece of paper, draws 6 to 9 equal squares.
- ▶ Some wax crayons, a drum or both hands to clap on their knees.
- ▶ They sit round in a circle.
- ▶ Drawing one element of the trauma takes 5 to 10 minutes.





Special Restrictions



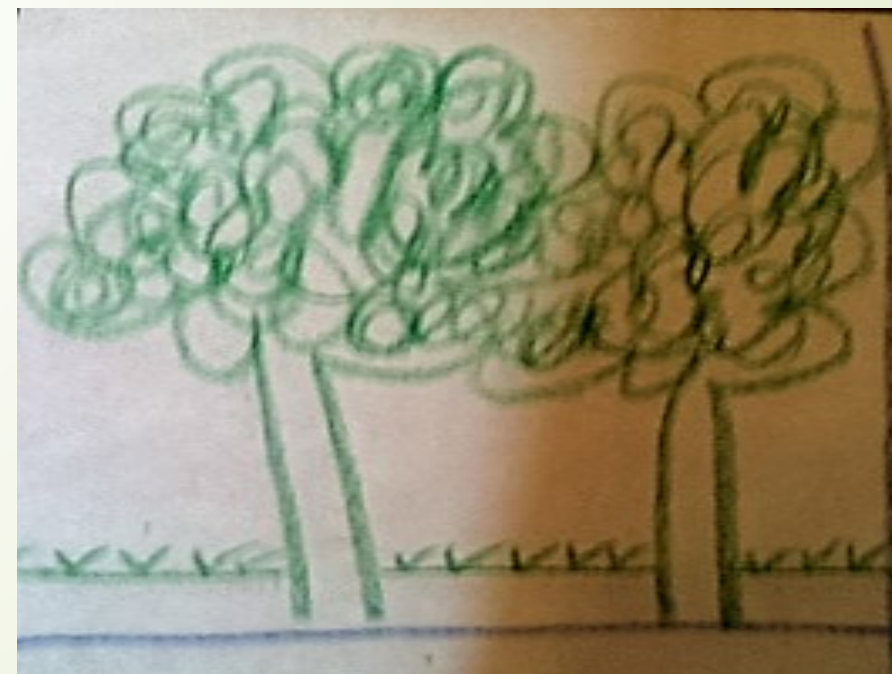
- Every child has his own trauma.
- Street Children were not able to draw their feelings or what happened next.
- Decided to have **core elements**.
- Allow us to reduce tension and help to regulate the emotions.
- **When tension is down, trauma is integrated.**

CORE ELEMENTS:

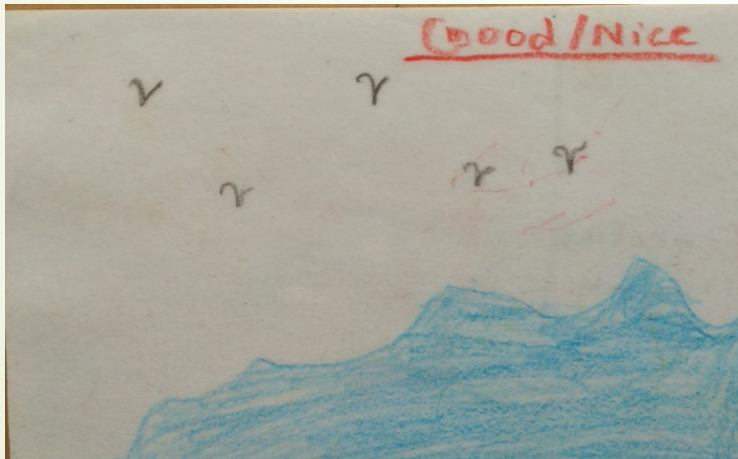
- **An inner helper**
- **The fire place**
- **The lion**
- **Hugging the broken child**
- **Release of guilt**
- **Body Scan**
- **Positive Future**

Safe Place

1. Fikirieni picha ya mahali pasuri.
2. Chesa ngoma kama hivi kama kengele kubwa sana.
3. Fanya hivio kwa dakika mbili mpaka picha ya mahali pasuri inatoka kichwani.
4. Mnasikia namna gani?
5. Wote wanachora picha ya mahali pasuri.
6. Kila mtoto atarudi kwa mahali pasuri kama filmu yake ni ambayo sana.



Safe Place Schedule



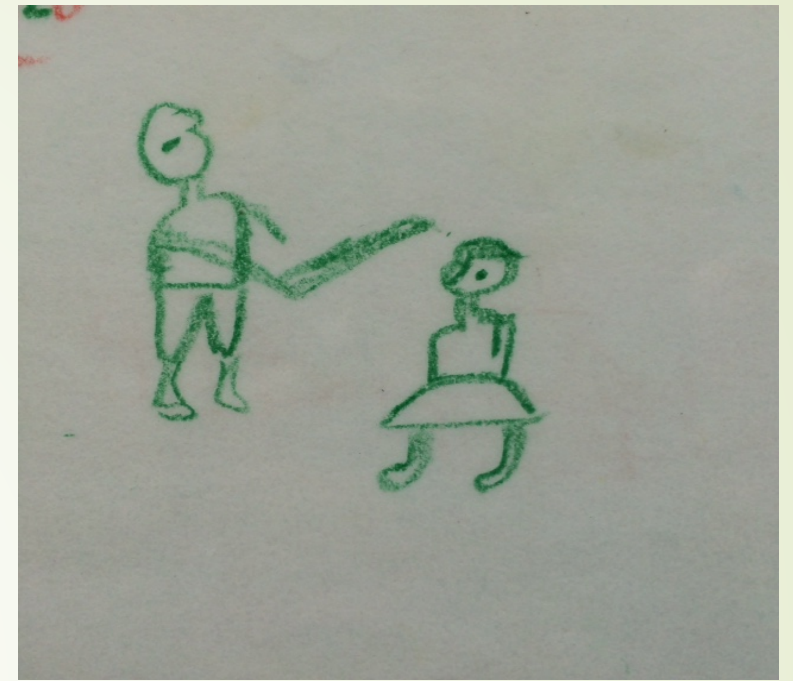
- Think of a wonderful, a safe place
- Beat the drum like a big bell or clap your hands on your lab

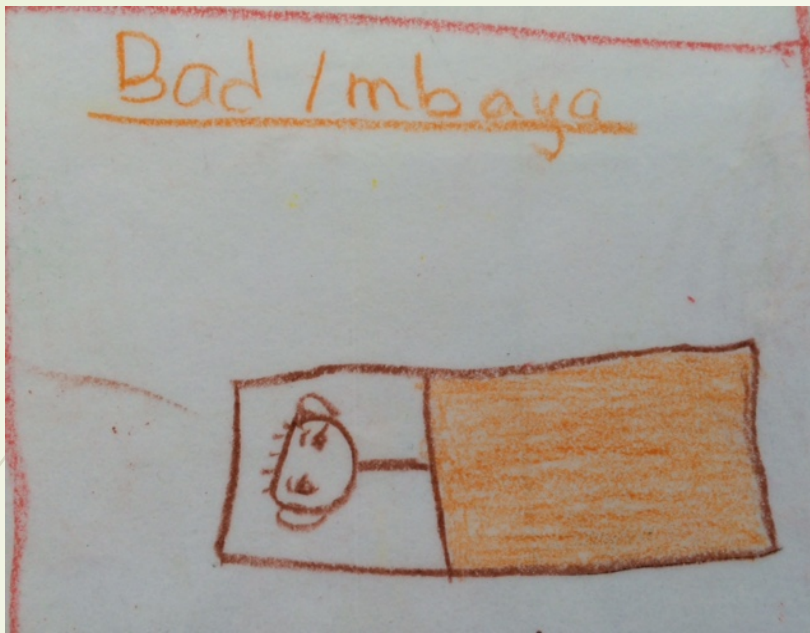
- Do it for two minutes until the picture of the nice place comes to your mind
- How do you feel when you see it

- Everybody draws his picture of his nice and safe place
- You can always go back to the safe place when your inner film becomes too bad

The Worst Scene

- Get good access to the trauma.
- Normally well remembered.
- Carries a lot of feelings.
- Drawing releases their inner tension.
- **ATTN: Parking Boys need specific instructions, otherwise they loose contact to the trauma.**





Worst Scene Schedule



- We start with the worst scene.
- Think of a very bad scene between you and your parents.

- What did you feel in your body?
- Clap your knee and let the film go on.

- Everybody draws his picture of the worst event in his life with his parents.

Resources / Inner Helper

- Combining the trauma with a real existing helper or with an inner helper.
- Strengthen the child.
- Enables him to deal with traumatic reactions.
- Gives a new view to the trauma, that he was not alone that time.



Inner Helper Schedule



- Who helped you to survive?

- It could have been a friend, an inner helper or an angel.

- Beat the drum / clap your legs.
- Draw the picture.

The Fireplace

- Quiet abreaction of anger.
- All negative events can be put into the fire.
- When events are multiple, e.g. abuse, you could put all cases into the fire.
- Main goal: reduce the tension.
- Release of aggression calms down the child.



Fireplace Schedule



- Think of a big fireplace
- Put everything what happened in the fire

- Clap your knees
- Draw the fireplace and watch everything burn down completely

- Clap your knees, resp. beat the drum
- Finish the picture with the fireplace

The Lion

- The lion is a helper to be more self-conscious.
- Confront himself with the aggressor and say what he couldn't say before.
- Puts the child in a superior position and makes him stronger.



Lion Schedule



- Tell your parents what you couldn't say the time you were there
- What was missing?

- Take a lion with you, if you want, or any other animal to support you

- Clap your knees / beat the drum
- Draw your picture

Caring

- Attachment trauma deals with being left alone after parents have done so much harm to the child.
- Who could better calm down a lonely street child than himself?
- Taking care of the lonely inner child releases tension.
- We can install an ideal loving mother, if necessary.
- Singing enhances the caring.



Caring Schedule



- Please give love to the boy or girl for all what they have done to her/him
- Clap your knees / beat the drum

- Sing together lala toto lala
- or heitschi bumm beitschi bumm bumm.

- Draw the picture

Release guilt

- Children feel guilty even when they haven't done anything wrong.
- The release of guilt has an enormous effect on coping with trauma.
- We release guilt and reduce the inner tension further.
- Sets the anchor to a different life.





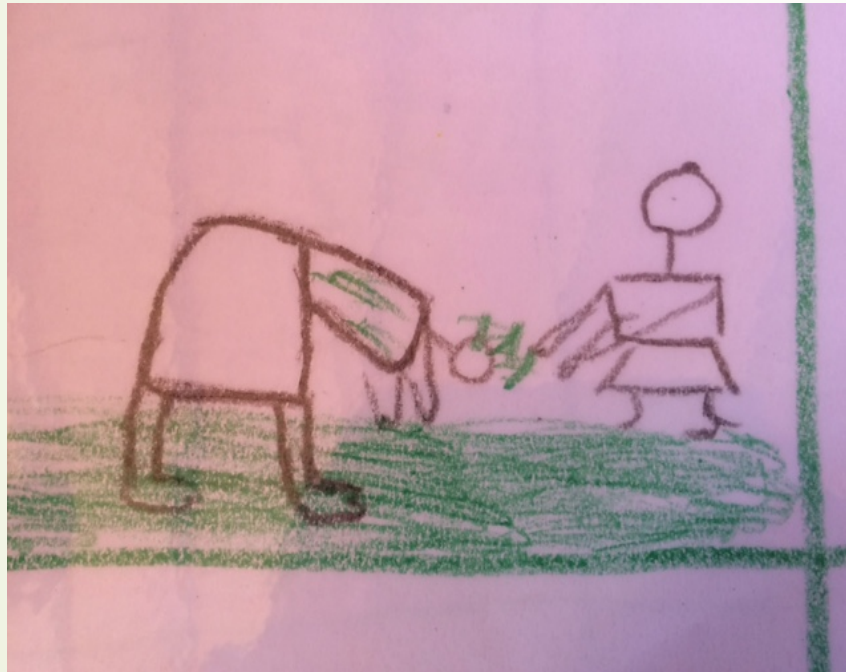
Guilt Schedule

- We go to a place where all your sins are forgiven, everything what happened in your life

- Open a golden door and go inside the place
- There things are happening, a golden light, a wind or a golden rain will fall down or you can wash yourself and clean all over

- Clap your knees
- Draw the picture with everything what happened behind that door

Release Guilt



Leftovers in the Body

- Check whether there are leftovers in the body.
- Take out all the tension related to a traumatic event.
- Sometimes there is tension in one part of the body.
- Breathing out is a way to enhance the release of inner tension.



Bodyscan Schedule



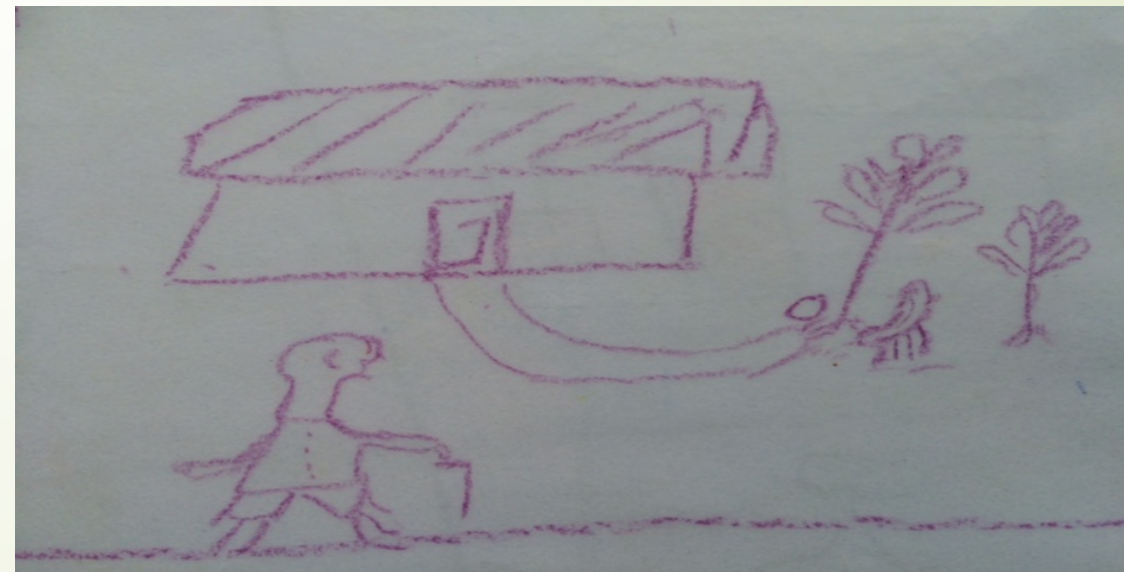
- Is there any leftover in your body?
- Take it and breathe it down

- We do this until every child feels well
- Beat the drum and clap your knees

- Draw a picture with everything you have done

New Life

- It gives their life a direction.
- It aims to the future and directs the energy.
- It is a positive orientation / cognition.
- It is possible that their future plans are not realistic enough to be fulfilled.



New Life Schedule



- Now you can start a new life
- What do you do?
- Beat the drum and draw the picture

- When you are grown up what do you do then?
- Clap your knees and draw the picture

- Sing together: jambo, jambo sana
- Watoto wetu hakuna matata



Conclusions

- Group work is possible
- Same pace, same ending
- Within few hours
- Tension goes down completely
- Improving at school and behavior
- Next: living on the streets or death of parents



Conclusions Core Elements

- Help to reduce tension quickly.
- Improve and shorten EMDR drawing protocols.
- Can be used in any other EMDR protocol as interweave or input from the therapist.
- Drawing protocol to be used with adults and esp. refugees.





Further work

- July 2016 next two weeks in Pandipieri
 - Target: their living on the streets
 - Death of an ancestor and
 - Rape
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- Training of health workers resp. social workers



References



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- ▶ Lansch, D.: **4 Felder Technik** mit Erwachsenen. Fallbericht. EMDRIA Rundbrief 7, S. 20-27 in **Germany** also for **dissociated adults**.
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