



## Trauma-Relief, Resilience and Empowerment IAHV's Program Offer to Integrative Peace

The International Association for Human Values (IAHV) is a non-profit, United Nations-aliated organization with consultative status at ECOSOC (UN). Founded in 1997 by Sri Sri Ravi Shankar and other global humanitarian leaders in Geneva, Switzerland, its mission is to build a sustainable and inclusive peace by promoting the development of human values in both the individual and societies on a global scale.

IAHV is **one of the pioneering organisations** globally implementing an **integrated psychosocial peacebuilding** approach, effectively transforming wellbeing, mindsets, behavior and attitudes of individuals and communities affected or involved in conflict and violence.

IAHV has successfully implemented **large-scale trauma relief and psychosocial support programs as part of peace missions, such as in Kosovo, Lebanon, Iraq and Kashmir, with partners such as UN, European Union and Red Cross.**

Addressing the link between trauma relief, resilience and sustainable peacebuilding, IAHV implements breathing-based interventions globally, with **measurable, effective and scalable outcomes.**

### Strengths of IAHV Programming

- **Evidence-based:** Research suggests our approach – a breathing-based stress reduction program (SK&P®) – results in a 60-90% reduction rate in scores across indices for PTSD, major clinical depression, and generalized anxiety disorder. ([www.iahv-research.org](http://www.iahv-research.org))
- **Self-empowering:** rather than fostering humanitarian dependency and creating long-term resource dilemmas, participants learn tools to manage their own stress and improve their wellbeing
- **Sustainable:** IAHV trained participants are able to sustain integrative improvements with continued practice and skills application
- **Cost-effective:** small operational costs compared to medical costs or psychological treatment
- **Scalable:** rather than individual therapy, IAHV programs can be offered to large groups

**For Whom?** All people affected by war in Ukraine, whether in Ukraine, Russia, Europe, as well as tailored programs for humanitarian, refugee and peacebuilding personnel



### **The Healing, Resilience and Empowerment (HRE) Workshop**

The HRE workshop is a low threshold workshop to address psycho-social consequences of conflict and violence, releasing acute and basic stress and fears, improving sleep and providing relief. The HRE workshop is a basic IAHV intervention program that can reach a large number of individuals while still effecting strong personal benefits.

*Course duration: 1-3 hrs.      No. of participants: up to 100 per group      Online & Offline*

### **Healing – Resilience – Empowerment for Peacebuilding**

In any human crisis the experience of loss, destruction, violence and flight can have detrimental consequences for one’s mental, emotional, physical and existential well being. In worst cases this can lead to suicide, destructive behavior, burn-out, PTSD, depression or illness, while in less severe cases individuals demonstrate the inability to function, decreased motivation and agency, and increased risk of somatic illness and substance abuse.

In these contexts it is crucial to offer the best relief possible to address acute psychological and psycho-somatic needs, and also to prevent and reduce long-term consequences, with the goal of encouraging a peaceful and enabled citizenry during and after violent outbreaks.

Providing affordable and accessible trauma- and stress-relief tools to large populations and small groups, IAHV’s programs produce measurable results, including rapidly and significantly reducing the symptoms of PTS, depression and anxiety, and improving the quality of life for individuals and communities.

#### **Where our HRE workshops and programs have been offered:**

Hundreds of refugee camps in Europe and Middle East, hundreds of prisons around the world, vulnerable communities in South Africa, for Health Care Workers in the Covid-19 pandemic, for Afghans post-Taliban take over, in Lebanon post Beirut blast, in Iraq since 2003, after terrorist attacks, natural disasters (floods in Indonesia, earthquake in Turkey, fires in Australia and Portugal), and many more...

Our human-centered approach lends itself to working across sectors and populations, including international organizations (UN, EU, World Bank), governments, managers and CEO's, social and community workers, women’s groups, religious leaders, refugees, victims of violence, youth, terrorists and rebels, prisoners and children, bridging religious, ethnic and social divides. Together with our sister organization, the Art of Living Foundation, our programs have reached over 400 million people in 150 countries.

Website: [www.iahv-peace.org](http://www.iahv-peace.org) | [www.iahv-peace.org/Ukraine](http://www.iahv-peace.org/Ukraine) Contact: [info@iahv-peace.org](mailto:info@iahv-peace.org)

#### **Testimonials from HRE Participants from Ukraine, 2022**

*"It's not easy to leave a whole life behind...now I do the workshop routine every day, I'm calmer, I even sleep."*

*"We had so much stress and anxiety, a lot to process. This workshop helped us to feel peace and serenity."*

*"I was very tired. Now my body feels different, especially my mind feels more relaxed"*