



## PROFESSIONAL BACKGROUND

- > Several years experience as a trainer and 15 years as a consultant and trainer in international cooperation. Notably, since 2003, at medica mondiale e.V. headquarters as well in the field in Afghanistan, North Irak/Kurdistan and Liberia.
- > Offering certification programs, in collaboration with the German Midwife Association (DHV): "Culture and Trauma Sensitive Attitudes in Prenatal Care"
- > Conferences and various publications
- > Individual and team consulting and coaching
- > Body-centered trauma counseling and therapy

PLEASE CONTACT ME FOR ASSISTANCE IN IDENTIFYING YOUR ORGANIZATIONAL NEEDS. IT IS MY PLEASURE TO TAYLOR MY OFFER TO YOUR ORGANIZATIONAL CONTEXT.

> [www.beratung-mariazemp.de](http://www.beratung-mariazemp.de)

## MARIA ZEMP

**Body-centered Psychotherapist (ECP)  
Coach (ISP)**

**Trauma Counsellor**

Münstereifeler Straße 9-13

53879 Euskirchen

Fon: 02251 86 62 74

[info@beratung-mariazemp.de](mailto:info@beratung-mariazemp.de)

[www.beratung-mariazemp.de](http://www.beratung-mariazemp.de)

Scan the QR-Code and visit the website 



The pictures in this flyer belong to the artist project:  
ERST WENN ICH MIR SELBST IN DIE AUGEN  
SCHAUEN KANN, BIN ICH IN DER LAGE ZU SEHEN  
WIE ANDERE SIND. (2013-15 | Ruanda)

Photography und Layout: [www.rendel-freude.de/en](http://www.rendel-freude.de/en)

# MARIA ZEMP

TRAININGS – INFORMED AND SENSITIV

## SAFELY

 dealing with the  
Impacts of Violence and Trauma



## TRAININGS & CONSULTATIONS

### TRAUMA: SOCIO-POLITICAL CAUSES

- > War, exile, displacement
- > Sexual and gender-based violence
- > Violence against children
- > ... and other causes

### TRAUMA AND STRESS

#### INTRODUCTION

- > Trauma, what does it mean?
- > How can I detect the impacts of stress and trauma reactions?
- > How do traumatic experiences affect a person's life?
- > How to maintain (professional) relationships and communication?
- > How do stress and trauma affect families, colleagues, work teams, organizations and communities?
- > What is intergenerational trauma and its effects?

#### ATTITUDES AND TOOLS

- > Safety for both traumatized people and their supporters
- > Preventing and stopping traumatic stress reactions
- > Self-reliance, respect and agency
- > Focusing on strengths
- > Strengthening connections and acknowledging injustice
- > Respecting mutual boundaries, using relevant referral procedures and networks

### TRANSCULTURAL COMPETENCIES

- > Analysis of stereotypes and power imbalances in gender relations
- > Building relationships based on mutual respect and safe & mindful communication

### STAFF SELFCARE AND SUPPORT

- > Awareness, prevention and reduction of excessive demands and workload
- > Preventing secondary trauma and burn out

### MINDFUL ORGANIZATIONAL CULTURE®

- > Taking vulnerability into account and supporting resilience-building processes
- > Applying the principles of stress and trauma sensitivity within organizations and teams

The trainings are based on the concept of "Stress-and trauma-sensitive attitudes". This concept was developed by Maria Zemp together with medica mondiale e.V. and the German Midwifery Association (DHV).

The core competencies is the ability to apply and integrate all lessons learnt in dealing with violence and trauma in crisis-zones in national and international contexts. The low-threshold approach is used with all professions regardless of prior training in Psychology.

### DEBRIEFING AND COACHING

- > For teams or individuals, via Skype, in situ or in my office.

## FOR WHOM? HOW? WHERE?

### TARGET AUDIENCE

- > Health service providers (SRHR) working in the field of sexual gender based violence (SGBV)
- > Social and psychosocial counsellors intervening in SGBV and social reintegration
- > Feminist organizations and their multi-disciplinary teams
- > Civil society activists
- > Human Resource professionals, managers and executive personnel in organizations that offer employee support programs
- > Artists and cultural workers facing a transcultural context in crisis zones

All courses are adapted to the needs and the specific context of the target groups. The trainings are practice-oriented and include a range of methods. In each activity the wellbeing of participants is central.

### ACTIVITIES

- > Advanced training, in-house workshops, information sessions, conferences, organizational retreats

### INTERNATIONAL COOPERATION

All services and trainings can be provided internationally in English.

