



SAVE THE DATE

Tending the Helper's Fire: A Staff Care TOT for Humanitarian Workers

DATES Wednesday – Friday, February 24 – 26, 2016

TIME 9 AM – 4.30 PM Daily

LOCATION The Smallville Hotel, Beirut

FEES \$200.00/p

This dynamic, participatory three day Train-the-Trainers workshop is open to humanitarian workers from I/NGO, NGO, and Government organizations. It is also open to individuals working with refugees in a humanitarian context.

This TOT will be a combination *informational overview* and *skill-building* workshop for those who will be endorsed by their organizations or institutions to *apply the training in their professional setting*. What this means practically is that workshop participants will have passion and capacity to promote, co-develop and co-create, and forge implementation of staff care programs, training, systems in their work sites. Ideal participants:

1. Have at least 3 years experience in humanitarian work;
2. Have training experience, and love to train and inspire others
3. Work as Program Directors, Coordinators, Managers, and/or as Psychosocial Counselors, Trainers, or in a similar profession;
4. Have strong communication and organizational skills;
5. Have an interest in self care and staff care;
6. Have the energy, commitment and support to make the necessary changes, which will vary organization-to-organization, to truly promote a professional environment of staff care.

Individuals interested in this area for professional reasons can also attend. This training is primarily for local staff in order to support local capacity expansion; expatriate staff is welcome. This training will be delivered in English.



Topics may include:

- the ethics of self care & staff care;
- the risks of empathy;
- understanding the impact of humanitarian work in complex humanitarian emergencies;
- understanding stress and trauma in cross-cultural contexts;
- understanding the underlying causes of stress, in order to better identify solutions;
- mindfulness and body-based self-care techniques;
- strategies for individual self care & organizational staff care;
- examples of positive peer support activity;
- communication & team-building;
- assessing for staff care programming;
- needs identified by the MHPSS Staff Care Assessment, and the needs of the participants and their organizations.

For more information contact the trainer, Amber E Gray:

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For registration and logistical details, contact Tarek Féghali:

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About the trainer:

Amber E. Gray, MPH, MA, LPCC, BC-DMT: Amber Gray has worked extensively in staff support since 2001. Considered one of the long term champions and pioneers of this work, she has been providing staff support counseling, organizational stress assessments, program design, development and management, training program design and implementation, and monitoring and evaluation, since 2000. Amber has extensive humanitarian experience as well as an established academic and research profile. Amber has worked in Lebanon since 2009 (it is one of her favorite places!) and has led many Training of Trainer programs for building capacity in staff support. She was the first Refugee Mental Health



Coordinator, for the state of New Mexico, in the US, and has worked as a clinician, clinical director, clinical advisor and program director in torture treatment since 1998. She is a regular speaker, teacher and author of papers, chapters and presentations on related topics such as staff support, refugee mental health, torture treatment (children and adults), well-being for humanitarian aid workers, and somatic and creative approaches to psycho-social programming, team building and social support.