



TREE OF LIFE

INTERVENTIONS FOR STAFF & COMMUNITIES

INFO

The following interventions are available from Tree of Life Trust, Zimbabwe, for your employees, or your communities, to facilitate Mental Health and Psychosocial Support.

Contact us @ info@tolzim.org

1

TRAUMA INFORMED CARE AND TRAUMA AWARENESS WORKSHOPS

- Two to three-day workshop
- Experiential and participatory learning
- Multisectoral and accessible to staff with no previous knowledge of trauma work
- Useful to organisations working in the development, health or humanitarian sectors
- Building capacities within the organisation through reflective processes, understanding individual and collective trauma, its impacts, and how to identify, refer and resist re-traumatisation in communities
- Emphasis is on respecting and considering the existing cultural and contextual environment.

2

SELF-CARE, VICARIOUS TRAUMA & BURNOUT MANAGEMENT WORKSHOPS:

- Two-day workshop
- Experiential and participatory learning
- Multisectoral and accessible to staff with no previous knowledge of trauma work
- Focus is on providing a combination of psychoeducation relating to trauma, its impacts on staff and how to manage this as an organisation. It also contains various therapeutic activities to support self-soothing and coping both personally and professionally
- Can be adjusted to contain either more knowledge base, or more therapeutic activities depending on the organisations need.

3

PSYCHOLOGICAL FIRST AID TRAINING

- Two-day workshop
- Experiential and participatory learning
- Multisectoral and accessible to staff with no previous knowledge of trauma work
- Focus is on building staff and organisational capacity in crisis response, based on the WHO Psychological First Aid principles.

4

COVID-19 PSYCHOSOCIAL SUPPORT AND AWARENESS

- Two-day workshop
- Experiential and participatory learning
- Multisectoral and accessible to staff with no previous knowledge of trauma work
- Focus is on providing up to date information, psychoeducation, awareness raising and support and coping mechanisms under COVID-19
- Common themes related to grief and loss, anxiety and support options.

5

AWARENESS RAISING AND/OR TECHNICAL THEMED WORKSHOPS

- These can be bespoke and adjusted to suit your organisational needs
- 2-3hr workshops, scheduled over time or as needed
- Can include experiential learning or more psychoeducation based on specific issues
- Focus can be on any of the above mentioned topics
- The content can be tailor-made to suit the needs of the group.

VISIT OUR WEBSITE FOR MORE

www.treeoflifetzimbabwe.org