



Facts about Health and Human Rights Info (HHRI):
HHRI na database for free information in English and Spanish language on di effects of human rights violations onto mental health matta in context of of disaster, conflict and war. Di database contain list of many publications wey deh talk about psychological interventions both for individual and community level and lists of organization working in di field.

Di manual na one of HHRI resources wey we done pilot for five different countries. Di team members na: Nora Sveaass (responsible for di project), Katinka Salvesen, Annika With, Helen Christie, Doris Drews, Solveig Dahl, Katrina Josefin Larsoson and Elisabeth Ng Langdal.
Na Plain Sense edit and finish the manual.

Norwegian Ministry of Foriegn Affairs and Project Mental Health Manual fund the development of the manual. But na HHRI get di view points inside the GBV manual and e no necessarily represent di policies of di Norwegian Ministry of Foriegn Affairs and Project Mental Health.

Di 2nd edition of di GBV manual dey available for English, Spanish, Arabic, Portuguese and Russian and persin fit download am for:

Our manual website www.hhri.org

If you want free hard copy of di manual email us at post@hhri.org and tell us why you dey interested to get di manaul.

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Mental health and gender-based violence

Di manual to helep survivors of sexual violence inside conflict areas



Working with survivors of GBV

Gender based violence, (GBV) like rape and other types of sexual violence, deh give survivors plenti wahala, e fit cause serious problem for deir mental health

Di Topics we wey deh discuss inside di manual na:

- Wetin Psychological trauma
- How traumatic events deh affect mental health
- Di sign of serious distress and hiw to check am
- How to deal wit nightmares
- How to create safe spaces wey fit permit supportive dialogue and contact
- Diferent diferent type of ways to take helep survivor manage trauma reactions
- Other relevant topics untop psychosocial care for survivors

De manual get three parts:

- **Points of Departure** - main ideas, themes and content
- **Training** - na over three days training. We go provide exercises and guidance for trainers and participants, plus learning points as e relate to trauma, and how to stabilise and support survivors of trauma
- **Relevant resources** - along with more reading, brief presentation of theory, and links.

Wetin di training contain:

- **Grounding exercises:** how to use grounding exercises helep survivors wey fear done paralyze deir bodi or dem done loss their energy
- **Exercises:** inside plenary go follow, with clear techniques and tools
- **Role Play:** exercises and skills for participants to make dem learn together
- **Key Points:** to remember deh inside (e.g. "di tori show say..."). Plus, wetin to put for mind during di training or meeting a survivor
- **Teaching instruction:** na on teaching advise for di trainer to facilitate during deir training
- **The Metaphor:** we dey use di Butterfly Woman during training as simple example of sexual trauma victim tori wey everi-bodi fit understand and learn from. Di reason na to show indirect way of working with trauma survivors. Di main tori be say, di butterfly woman describes di changes wey traumatised person fit face, like di sudden wey person life fit scatter scatter sharply, whether na di behavior, reactions and feelings. Everi bodi deh react to trauma different different, but di use of di stori-stori fit bring out common, general or frequent types of responses.

Di focus of the manual

Who dem develop di training for na for helpers wey dey provide assistance and support to women wey survive gender-based violence (GBV) and sexual trauma either for disasters, conflicts and emergency situations, and e come be say access to health professionals with psychologist or psychiatrist dey scare or e no deh at all at all.

Different ways to use the Manual: Di manual no be therapy manual oh, but na manual wey suggest many many ways and techniques to address psychological needs of GBV survivors. E fit use am as supplement take deepen understanding of health workers wey already get experience for GBV matta. Di koko be say dem design di manual to take train helpers, strengthen understanding of trauma, and many many practical ways to assist deh inside. E also contain beta tool for helpers wey deh train other helpers or group of helpers wey need self-study materials. Reading, studying, discussions and exercises na different methods we dey use to practicalize and apply di manual with groups.

Wetin di manual explains: di psychological meaning of trauma and how traumatic events affect mental health. Di signs of severe stress. How helper fit assess and understand di signs? How a helper fit reach survivor shaperly after she just experience something dreadful and violent? How she fit deal with distress and create safe spaces to open road for supportive dialogues? Which kind of contact fit helep survivors recover and heal? How to prepare and handle report di violations, survivors' rights and safety?

Human Rights and Respect na key values: di manual show how to understand and use human rights assist di suffer suffer survivor dey face and find many many ways to respond to deir needs in a respectful and helpful way. How helpers must get willingness to help and listen and allow survivors take charge of deir own tori tori, and how to respect dier self-determination, wey be important values to shape how to approach survivors. How to manage closeness and distance, give positive support, and how to tolerate silence from survivors. Di manual also contain elements of theory but di koko na di practical training techniques to directly assist survivors. We hope say e fit provide helpers with many many ways and tools to assist GBV survivors rebuild dier lives and regain deir sense of dignity.