

Session	Time ca	Objectives	Methodology	Materials
Introductions and expectations	10-12	<ul style="list-style-type: none"> - Words of welcoming Get to know other participants - Identify workshop expectations and contributions - Agree on workshop objectives and group norms - Assess existing knowledge of workshop topics - Introducing the Human Rights perspective 	Lecture and Participatory exercise	(Flip chart paper, markers) Bring notepad/paper, and pens for yourself
Lunch	12-13			
Role as helpers	13-14	- What are the characteristics of a good helper?	Lecture, discussion Q&A	
Exploring key topics and related concepts	14-15.30	What is trauma	Lecture, discussion Q&A	Flip chart
Short break	15.30-15.45			
Introducing Butterfly woman Trauma	15.45-17	To get to know the story of the Butterfly Woman and how to use metaphor. To clarify the nature and expression of trauma.	Lecture	
Dinner	19			

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Continue with Introducing Butterfly woman Trauma	09-11	The Butterfly Woman and the turning point	Lecture and Participatory exercise	Paper and pen for taking notes, Flipchart paper, markers
Break/ snacks	11-11.15			
Exercising the healing story	11.15-12.30	Retelling the story by using metaphor	Participatory exercise	
Lunch	12.30- 13.30			
Triggers and flashbacks	13.30-14.30	Teaching stabilizing skills	Participatory exercise	Flip chart paper, markers,
Triggered memories	14.30-15.30	Understanding triggers Introducing and practicing recovery skills	Participatory exercise	
Break	15.30-15.45			
Recovery skills	15.45-17	Practice recovery skills in pairs Introduce stabilizing for tomorrow	Participatory exercise	

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Recovery skills and stabilizing	09-11	Practice recovery skills in pairs	Participatory exercise	
Break/snacks	11-11.15			
Stabilizing	11.15- 12.30	Practice and repeating stabilization techniques	Participatory exercise	Flip chart paper, markers,
Lunch	12.30-13.30			
Protecting the survivor in reporting	13.30- 14	To agree some best practice rules when a survivor decides to report	Participatory exercise	
Ending the story	14-15	The Butterfly Woman returns into society	Lecture	
Break	15-15.15			
Using lessons learned Answering questionnaire	15.15-16.30	What can we bring back? Evaluate the manual and training	Discussion	
Closing session	16.30-17.30	Diplomas		
Dinner	19			