

Breakthrough in First Aid for stress and trauma

War, violence and sexual assault are traumatizing experiences. Survivors can wake up in cold sweat at night years later in a safe environment with recurring flashbacks, nightmares, heartbeat and anxiety. Now there is a simple solution that has already helped 60.000 survivors of the genocide in Rwanda, Congo, South-Sudan, Afghanistan, Chad and Sierra Leone.

Post-traumatic stress is when the body and nervous system are reacting as if the traumatic event is happening again, and the effects are both emotional and physical, such as insecurity, loss of hope, self medication, depression, chronic pain and apathy. These symptoms can lead to social reclusion or even worse, suicide.

Resolving these emotional reactions has been considered difficult, even close to impossible, and medication has mainly held symptoms at bay - but now there is a First Aid and relaxation technique that can be used to resolve these autonomous reactions permanently and surprisingly fast.

“The Trauma Tapping Technique (TTT) is designed to be simple enough for a child to learn in less than 30 minutes, and doesn’t require verbal interaction or “digging into details.” At the same time it is powerful enough to astound professional therapists. For us it has been a breakthrough for promoting peace in post-conflict areas because we have been able to spread it fast, at low cost, and through “peer to peer” multiplication in refugee camps, prisons and communities.”

says Gunilla Hamne from the Peaceful Heart Network, which has spread this First Aid technique to over 60.000 survivors of the genocide in Rwanda and Congo, South-Sudan, Afghanistan, Chad, Sierra Leone and other zones of conflict and post-conflict since 2006.

In *Resolving Yesterday* **Gunilla Hamne** and **Ulf Sandström** explain the mechanisms and techniques in a simple and straightforward way that anybody can understand. In spite of the heavy theme it is an inspiring book full of hope, with beautiful photos, survivor testimonials, practical tips and exactly how their experiences can be of use in your work and daily life for symptoms of emotional stress, and trauma.

Contact, interviews & press images

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