



# Support for families in traumatic experiences: Evidence based trauma stabilisation programme (EBTS)

**REIJO KAUPPILA (FINNISH PSYCHODRAMA INSTITUTE FINLAND)**  
PSYCHODRAMA TRAINER TEP, MASTER OF ADULT EDUCATION

**MILENA MUTAFCHIEVA (BULGARIA)**  
**STEFAN FLEGELSKAMP (GERMANY)**





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- Background of EBTS
- EBTS-Programme and EBTS-Training
- Effectiveness of EBTS-Programme – the research
- Questions



# EBTS-PROGRAMME AND EBTS-TRAINING

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## PEER-REVIEWED ARTICLE (IN ENGLISH):

Mutafchieva, M., Flegelskamp, S., & Kauppila, R. (2023). Evidence-Based-Trauma-Stabilisation Project: Innovative approach for work with refugee, asylum seeking, and immigrant families. Zeitschrift für Psychodrama und Soziometrie, 22(Suppl 2), 227-244. <https://doi.org/10.1007/s11620-023-00751-7>

# EBTS – Programme and Training



The EBTS supports stabilisation of families with traumatic experiences, for example in wars and natural disorders, status of asylum seeking, refugee, etc. The EBTS widens competencies of professionals, who work with these families, too

- EBTS-Programme for families.
- EBTS-Training for professionals.

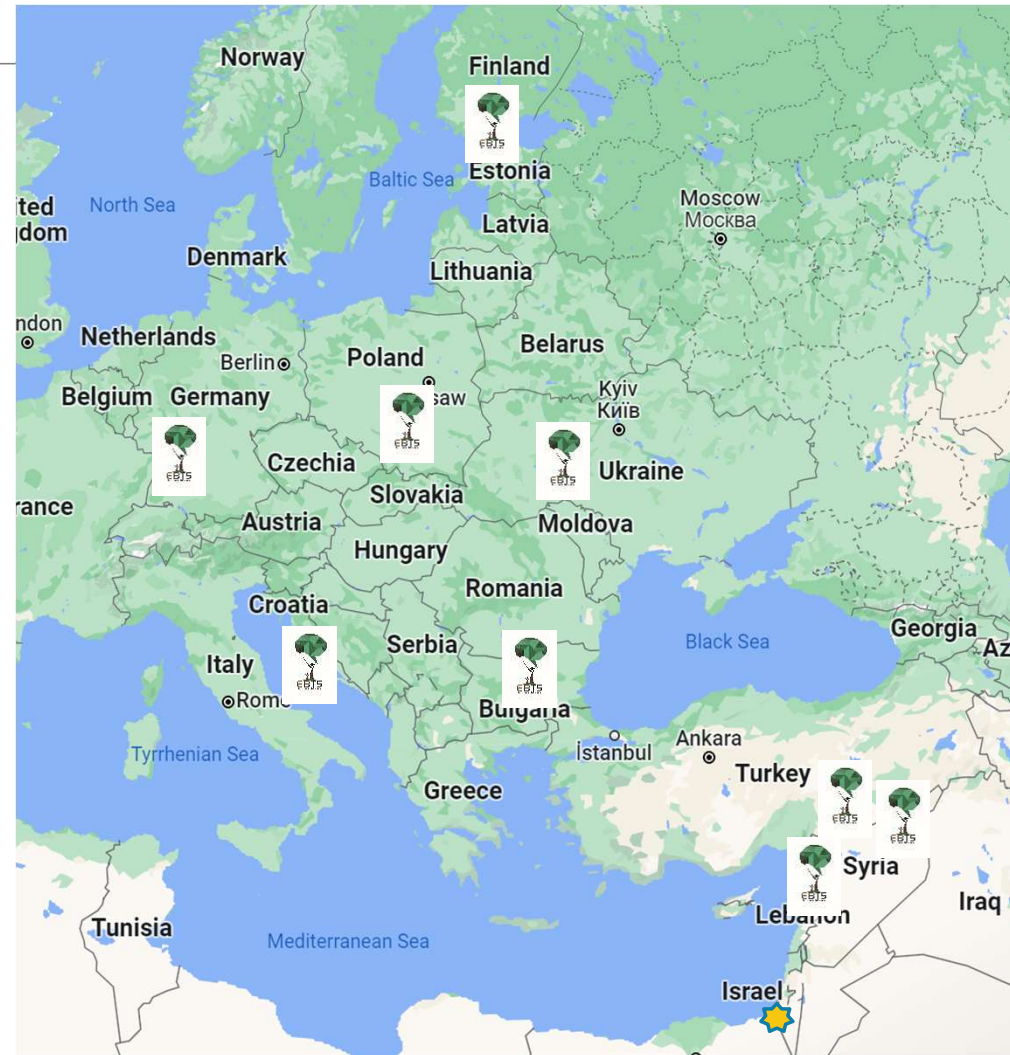
Both training and programme are based on trauma theories, creative action methods of psycho- and sociodrama and sociometry, and using playing in stabilisation.

EBTS-project (Evidence Based Trauma Stabilisation) 2017-2019 in Bulgaria, Finland and Germany.

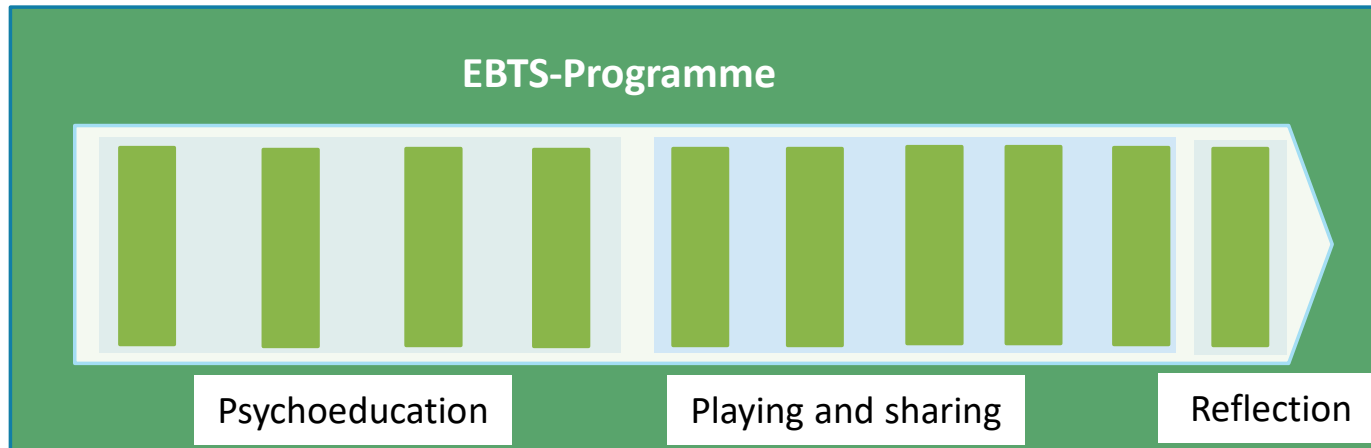
- EBTS for asylum seeking, refugee and immigrant families.
- Co-funded by Erasmus+ Adult Education in EU.



# EBTS-Leaders



# EBTS-Programme – Process and contents



10 sessions (about 60 minutes each) in 4-8 weeks

- 4 Psychoeducation sessions
- 5 Playing and sharing-sessions – the Bear Valley
- 1 Reflection and closure session

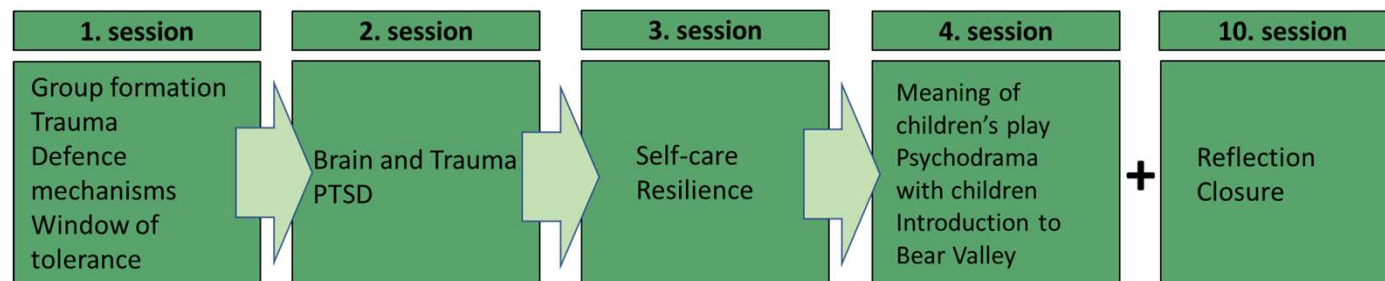
## • The sessions will

- enable the children and the parents to experience a safe bond to each other.
- demonstrate stabilisation techniques for self-calming.
- be simple, child-friendly and usable for everyday situations.
- be appropriate for larger and half-open groups
- make use of ritualised and standardised procedures.

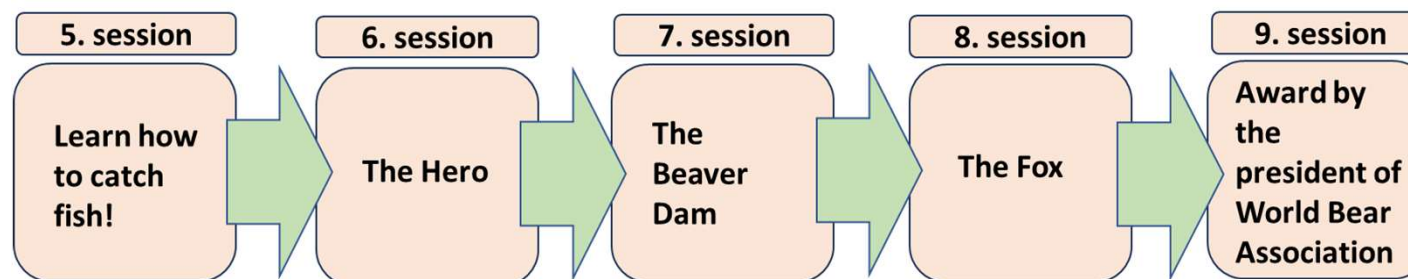
# EBTS-Programme Structure

EBTS-Programme (5-9 weeks):

- 4+1 Psychoeducation sessions for parents



- 5 Playing sessions for children and parents







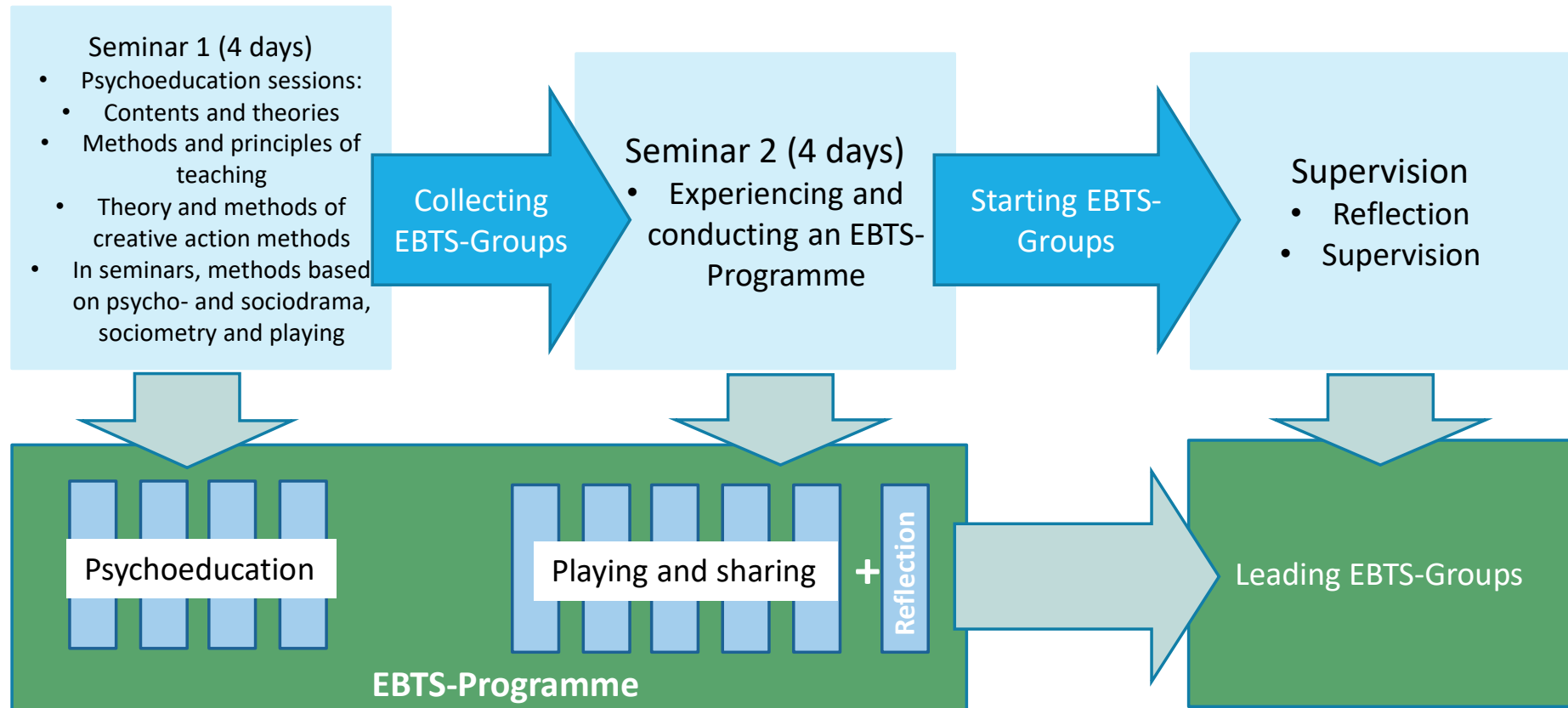
# Participants

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- Families with traumatic experiences, e.g. wars, natural disasters.
- One parent-child-pair from each family.
- 4-6 pairs in one group.
- Children between 4-12 years (symbolic playing).
- EBTS-Programme can be implemented:
  - When the living conditions are stable enough.
  - For both 1 family and a group.



# Structure and contents of EBTS-Training



# IMPACT EVALUATION OF EVIDENCE BASED TRAUMA STABILISATION PROGRAMME

ASSIST. PROF. KRISTINA GOTSEVA-BALGARANOVA, PHD

ASSIST. PROF. IVO POPIVANOV, PHD

ASSOC. PROF. MILENA MUTAFCHIEVA, PHD

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PEER-REVIEWED ARTICLE (IN ENGLISH):

Gotseva-Balgaranova, K., Popivanov, I. D., & Mutafchieva, M. (2020). Impact evaluation of the evidence-based trauma stabilisation programme for refugee, asylum seeking and immigrant families. Zeitschrift für Psychodrama und Soziometrie, 19(Suppl 1), 147-160. <https://doi.org/10.1007/s11620-020-00568-8>



# Goals of the Study

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## Impact Evaluation of Trauma Stabilisation Programme (EBTS-Programme)

- Socio-Demographic Data;
- Assessment of PTSD symptoms and level of depression in adults
- Assessment of PTSD symptoms and level of depression in children from two sources
  - Self-assessment of children
  - Assessment from the caregiver
- Comparison with Control Group (refugee pairs who did not participate in the programme)

**Hypothesis:** Symptoms of PTSD and depression will decrease following programme implementation.

# Conclusions



***It seems that EBTS-Programme has an effect!***

## Significant decrease

- In children
  - PTSD Intrusion (self-report)
  - PTSD Arousal (parent-report)
  - Depression (parent-report)
  - Dissociation (parent-report)
- In parents
  - response level - attitude to share problems concerning their children



## Peer-reviewed article (in English):

- Gotseva-Balgaranova, K., Popivanov, I.D. & Mutafchieva, M. Impact evaluation of the evidence-based trauma stabilisation programme for refugee, asylum seeking and immigrant families. *Zeitschrift für Psychodrama und Soziometrie* 19, 147–160 (2020). <https://doi.org/10.1007/s11620-020-00568-8>

# Thank you!

## Contact information

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- Reijo Kauppila: [reijo.kauppila@psykodraamakoulutus.fi](mailto:reijo.kauppila@psykodraamakoulutus.fi)
- Milena Mutafchieva: [mmutafchieva@nbu.bg](mailto:mmutafchieva@nbu.bg)
- Stefan Flegelskamp: [s-flegelskamp@t-online.de](mailto:s-flegelskamp@t-online.de)

