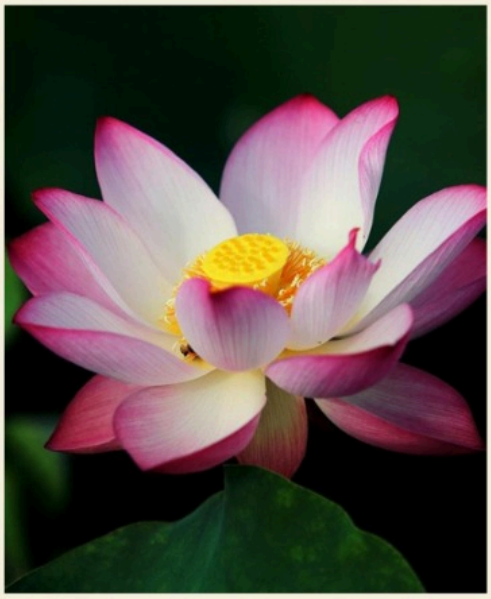


RESILIENCE AID FACILITATOR TRAINING

SUPPORTING RESILIENCE AND SELF-REGULATION IN CHALLENGING TIMES

A training for Somatic Experiencing (SE™) Practitioners who wish to facilitate group and community psychosocial support in humanitarian, and post-disaster settings.

Built on years of experience supporting resilience in challenging environments for collective trauma prevention.

ABOUT THE TRAINING

The Resilience Aid program is a structured six-week course designed to strengthen self-regulation, resilience, peer support, and emotional well-being in communities facing adversity.
This facilitator training equips Somatic Experiencing Practitioners with the knowledge, skills, and materials needed to facilitate the Resilience Aid program safely and effectively in diverse contexts.

YOU WILL LEARN HOW TO

- Facilitate the six-week Resilience Aid course
- Teach practical self-regulation and resilience skills
- Create safety and connection within groups
- Support participants experiencing stress, uncertainty, grief, or overwhelm
- Adapt the program to different cultural and community settings
- Use evaluation tools and participant materials

Registration QR Code

PARTICIPANTS RECEIVE

- Facilitator Manual
- Complete PowerPoint Presentations
- Session Guides and Exercises
- Evaluation Templates
- Opportunities for Practice and Feedback
- Certificate of Completion

COURSE FEE: 290 EUR

DEVELOPED AND TAUGHT BY

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Resilience Trainer,
Intercultural coach
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Six consecutive Mondays in 2027

Dates:
- **January 18th and 25th**
- **February 1st, 8th, 15th and 22nd**

Time:
- **Switzerland: 6:00–8:00 PM (CET)**
- **New York: 12:00–2:00 PM (EST)**

DURATION: 6 WEEKLY SESSIONS OF 2 HOURS EACH (12 HOURS TOTAL)