

Contact



Andrea Dixius & Prof. Dr. Eva Möhler

→ info@startyourway.de

www.startyourway.de



multilingual translated
materials

print and audio version

Authors



Andrea Dixius

Dipl. Psychologist,
Psycholog.
Psychotherapist,
DBT-Therapist,
DBT-A Trainer,
EMDR Therapist



Prof. Dr. med. Eva Möhler

MD, PhD, Consultant
for child- and
adolescent psychiatry
and psychotherapy

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Fauzia Akhtari, Mahmoud Mostafa,
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Andrea Dixius & Eva Möhler



START

Stress-Traumasymp-
toms-
Arousal-Regulation-Treatment

Therapy concept for first crisis
intervention and stabilization of highly
stressed children, adolescents and minor
refugees



START- Stress-Traumasymptoms- Arousal – Regulation –Treatment

START is a concept for first stabilization of children and adolescents and of minor refugees with severe emotional stress and post-traumatic stress experiences.

In five modules skills for stress regulation and for emotional stabilization are practiced either in group settings or single settings.

For the purpose of a low-threshold and culture integrative access, the START manual is written in easy language and translated multilingual. The exercises are backed by helpful pictures.

Multilingual audio versions support the practical implementation.

START achieves positive effects and finds great acceptance around children and adolescence, as existing experiences show.

START in an overview

Target group

- Children and adolescents
- Minor refugees

Basics

- 5 modules
- Group-/ Single setting
- Multilingual translated materials
- Supporting pictures
- Exercises as print and audio versions

Basic attitude

- validating
- culture integrative
- social integrative
- resource-based

START in an overview

Ambition

- Stress regulation
- Stabilization of emotional crises and severe, acute stress
- Strengthening of self-efficacy
- Promoting positive experiences
- Help with nightmares
- If necessary, preparation for and/ or combination with further psychotherapy
- Prevention & support of resilience

Audience

psychotherapists, physicians, clinics, social workers, school worker, teacher, children and adolescents welfare systems, psychosocial institutions