# Contact

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multilingual translated materials

print and audio version



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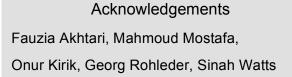
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**START** 

Stress-Traumasymptoms-**A**rousal-**R**egulation-**T**reatment



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