

Dear Colleagues Therapists, EAGT members,

As you know Europe and especially Greece, Italy and Spain are facing a big problem with hosting refugees and migrants. Last week the Human Rights and Social Responsibility Committee has received a call for support from volunteers of two NGOs working on the island of Lesbos (more about Lesbos in the video:

https://drive.google.com/file/d/1LKb12JcVV2zds_R0bbE7qo1dbBMKIP2q/view

You might know that the biggest and worst refugee camp Moria was burned last week. Currently because of the Covid-19 pandemic the situation is extremely challenging and field volunteers are working in really difficult conditions. The HR&SR Committee has already started online support for people working on the ground.

We might need more volunteer therapists to join us.

Most of the volunteers are dealing every day with very difficult cases. They are working very long hours and they need experienced support. Most important of our online support is to protect volunteers from burnout and secondary traumatization. This letter is a call to you. Those who would like to be involved in online support of the volunteers please declare your availability and send your contact details (including languages you can work in) to:

EAGT Human Rights & Social Responsibility Committee

- project coordinator Eduardo Salvador, esalvador1@yahoo.com and

- cc to Joanna Kato, joanna.kato@eagt.org

A brief summary how we work with online support. The number of sessions primarily offered is 5. In case more sessions are needed, therapist might explore and decide individually, according to workload and individual possibilities.

International experience, GPO experience, trauma work and experience working with volunteers are helpful. So are of course Gestalt relational approach and our roots.

Therapists involved in the online support might meet online in a group for support and sharing the experience (peer supervision). We would recommend keeping some notes e.g. a few lines on your experience, some details that can be helpful to others like number of sessions, main themes or aspects, language, start and end, other/suggestions.

In order to know what the effect of our effort is we suggest also some monitoring. Please inform the contact persons of our committee Eduardo Salvador, esalvador1@yahoo.com and in cc Joanna Kato, joanna.kato@eagt.org that you were contacted by a volunteer and afterwards about the nature of the demand for support, number of contacts and effect on volunteers' wellbeing.

We highly appreciate your availability and we let you know too that depending on a series of factors including: the number of requests, the number of available therapists, language adequacy, and the readiness of therapist to take more than one case or other preferences, we foresee that we will be able to connect volunteer and therapist. These factors will probably be involved in the speed by which we are able to contact you or not contact you.

“The trick for those who want to be agents of social change is to find the change side in many people, from many walks of life and all social classes, and to bind together in common purpose all who want to move forward a new world of equality”. (Ph. Lichtenberg)

Thank you for your support.

HR&SR Committee

Joanna Kato, Chair

Eduardo Salvador, project coordinator