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Children for Tomorrow (CFT)

Child Psychotherapy and Peace

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Children for Tomorrow Foundation

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Appropriate services for victims of non-fatal violence can prevent future fatalities

„consequences of violence are broader than death and injury and include serious harm to the physical and mental health and development of victims, particularly children.“

(WHO Guidelines to implementing the recommendations of the Worlds Report on Violence and Health, 2003, pg 63)



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Transmission of violence:
vertical, horizontal and transgenerational
biological, psychological, family, social

Trauma commonly causes varying physiological, psychological (emotional and cognitive) and spiritual effects in an individual or a group

- Physiological: hyperarousal, increases heart rate, headaches
- Psychological: fear, confusion, lack of concentration, grief, nightmares
- Spiritual: loss of meaning & direction, mistrust



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The Cycle of Victimhood and Violence

BMJ, Conflict Transformation Program, 2002

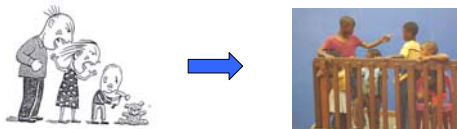


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“Much of the violence that plagues humanity is a direct or indirect result of unresolved trauma that is acted out in repeated unsuccessful attempts to re-establish a sense of empowerment.”

James Gilligan, Violence





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Specific Trauma events may become transformed or glorified in the retelling to subsequent generations and may be used to incite revenge and justify efforts to restore the honor or dignity of the victimized group.

(Volkan, 2000)


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The goal is to integrate the trauma experience into one's life or the group's life and regain a sense of safety and predictability this can contribute to a program of social justice .


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"Psychological restoration and healing can only occur through providing the space for survivors to feel heard and for [...] the traumatic event to be re-experienced in a safe environment" (Brandon Hamber)


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Need for skills in:

- > psycho-education
- > trauma first aid
- > trauma counseling
- > psychotherapy
- > psychiatric services








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Children for Tomorrow

a non-profit foundation
funded by Steffi Graf in 1998
focus on helping children and their families who are victims of war, persecution or organized crime



*"My idea in creating this foundation was to help underprivileged children and to open up new opportunities for their future."
(Steffi Graf)*


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♥ Children for Tomorrow Projekte


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Germany – Hamburg (1992)

- cooperation with Child&Adolescent Psychiatry at University Hamburg
- offering free child/adolescent psychiatric and psychotherapeutic services (outpatient/inpatient) to child refugees and their families
- in-cooperated child refugee cases in "practice oriented learning modules" of all medical students








Kosovo – Gjakova and Pristina (2000)

- In cooperation with University of Pristina:
 - Psychiatric treatment and counseling of traumatized children and their families
 - Master Program of Clinical Psychology (2 year fulltime with summer schools offered by CFT)
- Training of local mental health professionals in child and adolescent psychotherapy
- Offering psycho educative activities to children








South Africa – Cape Town (1998)

- Psychiatric treatment and counseling of traumatized children and their families in cooperation with University of Stellenbosch, University of Western Cape and local hospitals
- Training and supervision of primary, secondary psychology and tertiary care givers in child/family counseling or Child psychotherapy, Trauma first aid, compassion fatigue and parental guidance (6 hour workshops to one year trainings)
- Psycho education for children in deprived areas of Cape Town








Mozambique (1998) – Iran/Iraq (2005)

- Training the trainers: Physicians, psychologists
- Three year qualified training in child psychiatry and psychotherapy:
 - German curriculum with cultural adaptation
 - Every year summer and winter school with supervision, role play, teaching therapy










Eritrea (2006)

- Psychiatric treatment and counseling of traumatized children and their families from Eritrea and refugees
- Psycho education
- Training of primary care givers in trauma first aid with ongoing supervision






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