

## **GNLC Refugee Aid – "Ukraine Help" for displaced people with prospects of staying**

Information for clients and organizations

In view of the current situation of people fleeing Ukraine, the Society for Neurolinguistic Coaching GNLC has launched a project called "**Ukraine Help**". The association would like to provide these displaced people with prospects of staying in a German-speaking country with emotional support in coping with their new life situation. The offer is a stress management coaching for the processing of past experiences and the building of courage, confidence and determination for a future-affirming life plan. The offer serves the "empowerment", it is not psychotherapy and can neither replace psychotherapy nor necessary medical treatment. The wingwave-Coaching method used has proven itself over the past 20 years as a well-effective and, above all, anxiety-reducing anti-stress procedure for particularly stressful, externally acting experiences, corresponding research results are available – also for the topic "Anxiety reduction through coaching for children".

Together with a number of coaches trained in this method, who would like to volunteer in German-speaking countries, the non-profit association offers refugees free coaching. Either the refugee client speaks English or we try to organize a translator together. The effect of the coaching unfolds in any case through the targeted use of the native language of the respective client.

Topics of these coachings could be, for example:

- stressful or life-threatening experiences in the home country or during the flight
- Concern for people and incidents at home
- homesickness, pain of loss
- difficult situations when arriving in Germany, such as conditions in the camps
- difficult situations in human terms with authorities, officials, other refugees, etc.
- future issues: learning a new language, looking for work, children going to a new school, new neighborhood
- wishes and goals which clients would like to achieve

The applied method **wingwave** coaching was developed by the psychologists and licensed psychotherapists Cora Besser-Siegmund and Harry Siegmund and has already proven itself over several years. The method works in any language. Its effectiveness and lasting effect have been examined and proved in numerous studies, and **wingwave** is among the best researched coaching methods. One important element of the **wingwave** coaching method is the use of so-called REM phases (*Rapid Eye Movement*) which otherwise occur in the dreaming phases of our sleep - they are imitated, so-to-speak, in a waking state. In these phases in which the eyes move very rapidly, the events and information of the day are processed - both halves of the brain work together very intensively. Sometimes it may happen that a certain experience cannot be processed by the brain on its own in this dreaming sleep and it therefore "gets stuck" in the client's stress memory, blocking them time and again or restricting sources of strength such as confidence and creativity. This is where **wingwave** comes in: the REM phases are conjured up by "waving" in front of the client's eyes in a waking state in order to "catch up on" the information processing and to activate the interplay between the two halves of the brain.



The effect is not only a clearly noticeable reduction in stress but also the enhancement of emotional balance and creativity. The effect of the deliberately deployed "waking REM phases" can therefore be to make targeted use of the beneficial "clearing-up process" which otherwise happens at night. With many people, this method is a real help in recovering from stressful experiences and viewing the future with greater confidence.

In **wingwave** coaching, we use a very well-researched **muscle test** (myostatic test) to check exactly which experience could be triggering the stress – primarily on the basis of words and sentences in the native language, which the coach and the translator test together with the client. In this test, the subject holds their thumb and forefinger firmly together and the coach tries to break this ring. Studies have proved that muscle strength falls as soon as a person feels psychological stress. If the client now thinks about a stressful situation or a negative emotion, the ring can be easily opened - if the client thinks of something positive, they can hold the ring closed without any great effort when the coach pulls at it.



The coaching offered by the GNLC Refugee Aid includes one to two sessions of 50 minutes each. The client is always the one who determines what subjects are their main concern in order to re-establish a supportive inner balance to help them shape their future.

How to find the volunteer coaches:

1. You can be guided by the list of GNLC association members on this homepage
2. Go to the method page [www.wingwave.com](http://www.wingwave.com), click on the coach-Finder and enter the following search function
  - Search word: "Ukraine Help"
  - Enter the first two numbers of the relevant postal code under "Postcode"
  - Then click on "Search"
  - Now the contact details of the official **wingwave** Coaches will appear - if they are available in this area –