



ASeTTS
Assisting Torture
and Trauma Survivors

WHAT IS JUNGLE TRACKS?

Jungle Tracks is an educational program designed by psychologists and specialists of childhood trauma to address emotional issues for traumatised children. The program uses narrative techniques that work indirectly with children to explore their own emotional responses to resettlement, past trauma, anger, sadness, loss and grief, distressing dreams and flashbacks.



Except for "Sam and Sonia" (two young orphaned children) all other main characters in the stories are animals. The use of animal characters is a more gentle way to overcome resistance and barriers to seeking assistance through counselling.

Through the telling of five unique stories (over 8 x 1.5hour sessions) you encourage the listener to engage and to initiate a search process. The struggles and emotional challenges of the characters in the stories mirror real life issues of many survivors of trauma.

Jungle Tracks is delivered to groups of up to 10 children.

Outcomes for Students?

- to assist the listener to step out of the current frame of reference in which he or she has become stuck and re-examine possibilities;
- to instil confidence to develop skills to cope with and survive difficult life situations;
- to promote hope and empowerment;
- to be a catalyst for healing;
- to build resilience; and
- feeling a shared experience with others (i.e. not coping alone with their losses and problems).

Outcomes for Teachers?

The effects on children may take some time to notice. As with any counselling, creating a safe and secure environment is the first step, then past experiences can be raised. Debriefing and relaxation activities will hopefully ensure that the children can return to class without being adversely effected by the issues covered. The program aims to improve overall behaviors in class and social situations for the children, improve concentration capacity and assist with emotional development.

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BENEFITS OF JUNGLE TRACKS

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Who would benefit from this form of therapy?

Children experiencing the following would benefit:

- unresolved grief and loss;
- separation from loved ones;
- flashbacks and overall stress;
- anger issues and poor self-control;
- experiencing nightmares and/or distressing dreams;
- poor social skills;
- lack problem solving skills;
- lack self-esteem; and
- discrimination / lack of cultural competence.

Jungle Tracks is best suited to children from 5 to 16 years of age and who have a reasonable standard of English.

Timeframe

Usually runs as 8 weekly sessions lasting 1.5 hours per session.

For more information or to book a Jungle Tracks program contact Amanda Gillett
T: 9227 2700 E: reception@asetts.org.au

Cost for an 8 week program – \$1,693

For more information about ASeTTS Training go to: <http://training.asetts.org.au>

www.ASeTTS.org.au

