

Integrated security




The training was more focused on how to take care of self, how to strengthen oneself and how to strengthen women's movement, assessing the challenges and risks and identifying the mitigating process and further strategy to deal with those challenges. Besides this, the training was focused on developing skills on meditation. Capacity to do situation analysis and stress management skill development.

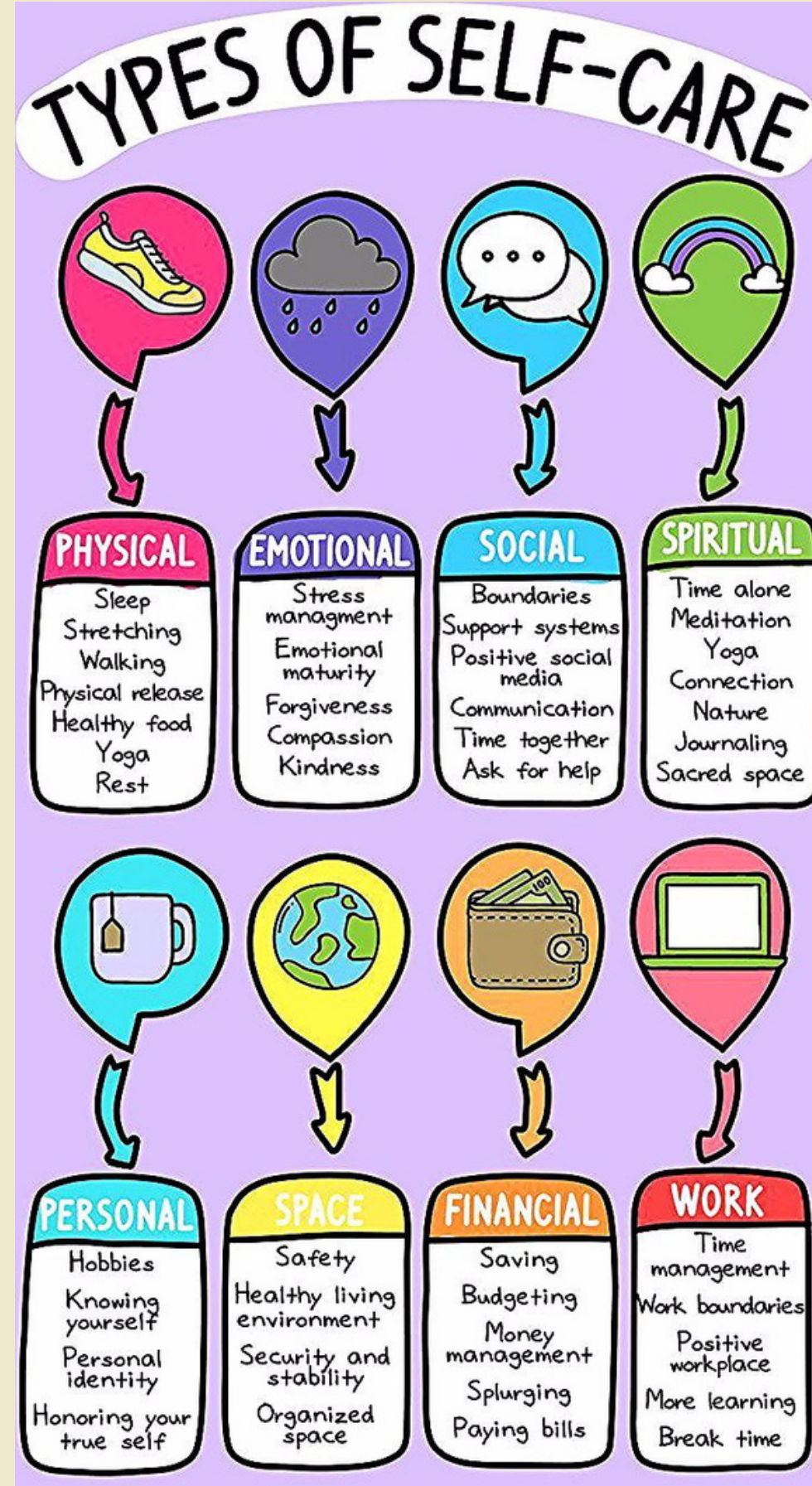
Objectives:

- Self-analysis, taking care of self and facilitate to develop stress management skills.
- To strengthen an individual physically, emotionally, socially and spiritually to lead a healthy lifestyle.



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CARING FOR ONESELF AND OTHERS

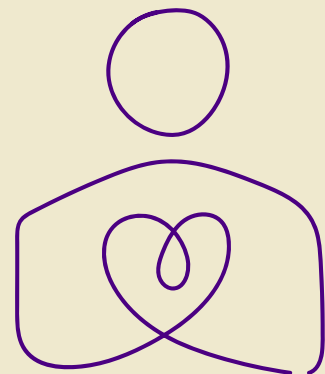


CARING FOR ONESELF AND OTHERS

Caring for self and others is a skill to help an individual feel more “balanced” and achieve a sense of “wellness.” This skill involves taking intentional steps to take care of our physical, mental, and emotional health. Self-care practices are important for all. It has greater importance to those who are at the front line working for others and other rights/ caregivers. There are greater chances of them to be anxious when their works are not getting recognition or their continuous efforts are not making any significant changes. There are greater chances of them to fall back and give up. Tarangini seeks to address the need of self-care in an individual's life through various approaches.

Approaches:

1. Psychosocial counseling
2. Trauma informed care
3. Integrated security



Psychosocial counseling

Psychosocial health is the well-being of an individual in both psychological and social aspect of life. This is often associated to the approach of self-care. People throughout the world practice psychosocial counseling so as to help people enhance their coping mechanism thereby supporting them to come out of adverse and inimical situation by fortifying them to take decisions for themselves.

Tarangini provides six months psychosocial counseling training specially targeting to the women working in community.

Objectives:

- To supply competent Psychosocial Counselors equipped with knowledge, skills and attitude necessary for psychosocial counseling so as to fulfill the need of such human resources in the community.
- To highlight the significance of psychosocial counseling in an individual's life in the community.
- To enhance the existing counseling techniques of women activists.
- To incorporate women's perspective in psychosocial counseling.

Training process:

The training is divided into three blocks with field visits in between followed by continuous supervision from the organization.

Block	Time period
First	15 days
Field visit	2 months
Second	10 days
Field visit	2 months
Third	10 days
Field visit	1 month

Trauma informed care

Trauma Informed Care (TIC) is an approach which involves understanding, recognizing and responding to the effects of all forms of trauma, and gives priority to individual's safety, choice and control. It is a strength based approach which believes in acknowledging the individual going through trauma, maintaining their safety, building a trustful and compassionate environment with the individual and work in collaboration in order to cope and come out of the traumatic experience.

Objectives:

- Use a trauma informed lens to reframe challenging emotions and behaviors as “adaptive” responses to trauma.
- Understand the concept of re-traumatization and recognize approaches to minimizing this
- Discuss approaches to integrating TIC into every institution and its significance