PREVENTING SEXUAL AND GENDER-BASED VIOLENCE IN MIGRANT COMMUNITIES AND STRENGTHENING SUPPORT TO VICTIMS IN EU CITIES

« EQUAL(C)ITY »

MARIA PAOLA LANTI – ETNA – MD, PSYCHOANALYST

DOMENICO SCARINGI – SAPIENZA UNIVERSITY – PSYCHOLOGIST, MBRS TRAINER

BRUSSELS – 13 JANUARY 2020

This project is funded by the European Union’s Rights, Equality and Citizenship Programme (2014-2020).
**WP- 4**

Creation and testing of a SGBV toolbox and a training of frontline workers and volunteer legal guardians working with unaccompanied migrant children

Although the country is experiencing a **considerable decrease** in the presence of Unaccompanied Migrant Children, it still serves as a primary transit and destination country for many of them:

<table>
<thead>
<tr>
<th>Year</th>
<th>Arrivals to EU</th>
<th>UMC in Italy</th>
<th>%F</th>
<th>Countries of origin</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>186.768</td>
<td>18.508</td>
<td>7.0</td>
<td>Gambia 12.7</td>
<td>17y: 60.0%</td>
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<td></td>
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<td></td>
<td></td>
<td>Guinea 9.6</td>
<td>16y: 23.4%</td>
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<td>Egypt 8.9</td>
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<td></td>
<td></td>
<td></td>
<td>Albania 8.8</td>
<td></td>
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<tr>
<td>2018</td>
<td>144.166</td>
<td>11.339</td>
<td>7.3</td>
<td>Albania 13.7</td>
<td>17y: 59.9%</td>
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<td></td>
<td></td>
<td>Gambia 8.8</td>
<td>16y: 25.0%</td>
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<td>Egypt 8.5</td>
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<td>Guinea 7.6</td>
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<tr>
<td>2019</td>
<td>117.913</td>
<td>6.369</td>
<td>5.9</td>
<td>Albania 25.4</td>
<td>17y: 61.7%</td>
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<td></td>
<td></td>
<td>Pakistan 8.7</td>
<td>16y: 25.0%</td>
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<td>Egypt 8.5</td>
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<td>Banglad. 6.3</td>
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</table>
What do we do?

**Intervention on Frontline workers**
(80 legal guardians, 40 social workers and community workers, and 23 cultural mediators)

1.1. **SGBV training curriculum** (educational component, all partners)
March-April 2020

1.2. **Mindfulness-based training curriculum** (experiential component, Sapienza and ETNA)
April-July 2020

**Intervention on Unaccompanied Migrant Children**
(up to 70 UMC, corresponding to the total number of UMC in charge of City of Rome’s social services as of December 2019)

2.1. **Mindfulness-based training curriculum** (experiential component, Sapienza and ETNA)
September 2020-April 2021

2.2. **SGBV training curriculum** (educational component, all partners)
May-July 2021
ETNA- Analytical Ethnopsychology Project

• No profit Association, founded in 2008 by a group of jungian psychoanalysts.

• Psychological/psychotherapeutic support to migrant persons:
  • Adults,
  • 1\textsuperscript{st} and 2\textsuperscript{nd} generation minors and their families,
  • Asylum seekers and refugees,
  • Trafficked women, women victims of violence,
  • Unaccompanied minors,
  • Minors from international adoptions and their families.

• Supervision for workers in reception centers.

• Research activities in the field of migration.

• Training courses on analytical ethnopsychology for workers involved with migrants and for psychotherapists.

• Congress and conferences on Migration issues.

www.etnopsicologianalitica.com
info@etnopsicologianalitica.com
Our tasks and our methods

**Baseline:** Collect information on the psychic situation of the child, for enrolling in the Mindfulness process those who fit the inclusion/exclusion criteria.
- Self-administered questionnaire for the child’s educator
- Semi-structured interview using the GATE game©

**Follow-up:** 6 months after the first meeting, to verify the occurrence and the stability of changes in the psychic situation after the Mindfulness process
- Self-administered questionnaire for the child’s educator
- Semi-structured interview using the GATE game© - Review of the baseline game

**Psychotherapy:** for children in need

© Defence for Children International Italy – GATE project – Prevention of and Fight against Crime Programme (ISEC)
Sapienza University of Rome is one of the oldest Universities in the world and the largest University in Europe. Our Psychology Lab is based in the Psychology Department and it is involved in implementing mindfulness-based interventions and conducting experimental research on on mindfulness, attention, consciousness, emotion and psychological wellbeing.

**Creating and Testing a SGBV Toolbox and Training for Frontline Workers and Unaccompanied Migrant Children**

Classroom-based training and Mindfulness-based experiential training will be developed, implemented and tested for 80 legal guardians, 40 social workers and community workers, 23 cultural mediators and up to 70 UMC. The structure, content and modality of mindfulness-based interventions for Frontline Workers and UMC will be adapted to address the specific needs of the target population in each group.
What is Mindfulness?

• Mindfulness can be defined as a particular way of paying attention: intentionally, in the present moment, and non-judgmentally;
• Mindfulness can be trained and strong empirical evidence supports the benefits of mindfulness-based interventions for stress reduction, psychological wellbeing, attention, cognitive flexibility, emotion regulation, management of depression, anxiety and pain, as well as in terms of functional and structural neuroplasticity (Creswell 2016, Khoury et al. 2015, Sharma & Rush 2015.)

Components at the core of a Mindfulness-based Training

• Manualised Protocol, object of empirical validation;
• Nine sessions with participants, home practice, informal practice;
• Intensive training on meditation and self awareness practices;
• Group discussion (inquiry) with the trainer in a safe atmosphere;
• Psycho-education and discussion on coping strategies and stress response and other topics relevant for the specific group.
Goals of Our Trainings

- Training Frontline Workers to better identify and help UMC who are/have been/may be at risk of undergoing SGBV.
- Helping frontline workers to avoid burn out and better cope with emotions arising when facing cases of SGBV.
- Enhancing UMC capacity to better cope along their integration path.

Testing Our Trainings

Participants can take part in a non-invasive and non-mandatory pre-post testing of the intervention’s effectiveness. Testing will be based on standardised research measures and procedures widely used for assessing psychological wellbeing, without risks and expected side effects. These measures include:

- Experience Sampling Surveys
- Heart Rate Variability (an index relevant in depression, anxiety, chronic stress, trauma and regulated emotional responses)
- A series of psychological wellbeing questionnaires (with only a simple mindfulness questionnaire for the migrant children).