

GNLC Refugee Aid for displaced people with the prospect of staying

Information for clients and organisations

In view of the current refugee situation, the Society for Neurolinguistic Coaching (GNLC) has initiated a project called "**GNLC Refugee Aid**". The association would like to provide emotional support to displaced people with the prospect of staying in a German-speaking country in managing their new situation in life. The offer consists of stress management coaching for processing past experiences and building courage, confidence and resolve for an affirmative life plan. The offer serves the goal of empowerment, it is not psychotherapy and cannot replace either psychotherapy or any medical treatment that may be needed. The method used, **wingwave** coaching, has proved itself in the last 15 years as an effective anti-stress method which above all reduces fear in the case of especially onerous external experiences, and this is borne out by the research results.

Together with a series of coaches trained in the method who are keen to volunteer in the German-speaking area, the charitable association is offering refugees free coaching. Either the refugee client will speak English or we will together try to organise an interpreter. The effect of the coaching definitely finds full expression in the targeted use of the mother tongue of the particular client.

The following are examples of the issues that could be the subject of coaching:

- stressful or life-threatening experiences in the home country or during flight
- worrying about people and incidents in their home country
- homesickness, pain of loss
- difficult situations on their arrival 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, a new neighbourhood
- wishes and goals which clients would like to achieve

The method used, **wingwave** coaching, was developed by qualified psychologists and registered psychotherapists, Cora Besser-Siegmund and Harry Siegmund, and has proved itself over many 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.

With **wingwave** coaching we use a very well researched **muscle test** (myostatic test) to test exactly which experience could be triggering the stress - primarily on the basis of words and statements in the mother tongue which the coach and interpreter 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 comprises 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.

Here is how to find volunteer coaches:

1. You can be guided by the list of GNLC association members on this homepage
2. Go to the method website, www.wingwave.com, click on the coach finder and enter the following search function
 - Search term: GNLC refugee aid
 - For "postcode" enter the first two digits of the relevant postcode
 - Then click "Search"
 - If there are any coaches in this area, the contact details of the volunteer wingwave coaches will now appear.