MAYA VAKFI: Mental Health and Psychosocial Support (MHPSS) Studies
Zeynep Yanıkl Can, Clinical Psychologist
Our therapeutic creative arts workshops serve as a psychosocial support modality utilising expressive art, music, and dance movement therapy methods while following the Skills for Psychological Recovery Model, an evidence based program developed by the U.S. National Child Traumatic Stress Network and the U.S. National Center for PTSD, with contributions from individuals involved in disaster research and response.

SPR has been incorporated in numerous post-disaster programs in the United States as well as internationally. However, Project Lift is the only program that offers the SPR model through the use of creative art therapy techniques.
Theme 1: Promoting Positive Skills

Theme 2: Identifying Feelings and Managing Reactions

Theme 3: Problem Solving Skills

Theme 4: Helpful Thinking

Theme 5: Building Healthy Social Connections
How we work?

For Children:
1. Group Sessions
2. Individual Therapy Sessions

For Parents / Caregivers:
1. Positive Parenting Training
2. Parent Counseling
Case example - Mahmoud -

**Age:** 8

**Nationality:** Iraqi

**Gender:** Male

**Current Location:** Fatih/İstanbul

**Date of Arrival to Turkey:** 2017

Goes to 2nd grade

Exposure to the war and loss of relatives and loved ones
Individual Therapy
Group Sessions

Title: Traffic Lights

Title: My Dreamcatcher

Title: My Body and Colors

Title: Friends and Forest
Briefly...

- Decrease of traumatic stress symptoms
- Acquired a secure attachment experience
- Increased understanding and expressing of their emotions
- Identify and express the problems better and bring adaptive solutions
- Instilling sense of hope
- Gained healthy social connection skills
Observations and Field Discoveries

- Difficulty of adaptation to different cities and cultures
- Prejudice for receiving psychological support
- Continuity problem
- Introduction to complex group dynamics and art for the first time
- Different cognitive development levels
- Problems encountered with parents / caregivers
- Child protection problems
TOGETHER FOR THE BETTER!