Fragestellung: Welchen Einfluss können Sport- und Spielaktivitäten auf die soziale und ethnische Integration sowie die Traumaüberwindung haben?

Forschungsschwerpunkte:
• Sport
• Gender
• Trauma
• Ethnische Integration
Proposed agenda

• Who is SAD...?
• What do we do...?

• A Creative Exercise
• Project in Bam/Iran

• The Rubikon-Process
Who is SAD...
Swiss Academy for Development

Biel-Bienne / Switzerland
Who we are...

- Swiss-based foundation established in 1991
- Non-governmental, non-profit organisation dedicated to applied social research
- Politically independent institution
- Bridge between development research and practice
- Think tank for governmental agencies, other NGOs, federations, and private sector
- Context-specific, multidisciplinary and solution-focused approach
WHAT DO WE DO...
Interventions and Research

in SPORT and...

Health

TRAUMA / RESILIENCE

GENDER

SOCIAL INCLUSION

PEACE-BUILDING/RECONCILIATION
SPORT & Gender Equity
SPORT & Trauma
SPORT, Peace and Reconciliation
International Platform on Sport and Development

www.sportanddev.org
NEW - Become a Sport and Development Team Player!

12 Sep 2003 | News

The "Team Player" concept has been adapted to the new version of the International Platform on Sport and Development. By signing up, you'll be able to make your own contribution to the platform and to share your impressions with other users. Here are three good reasons to sign up as a Sport and Development Team Player.

Read more
Sport and Peace-building

The role of sport in peace-building is one of the most hotly-debated areas in Sport & Development. Find out more on the main areas of contention, including: definitions of 'peace' and the role of sport in (re)building relationships; sport & peace-building at the grassroots and nation-state level; and the use of sport for the reintegration of child soldiers.

The purpose of the section on Sport & Peace-building is to provide an overview of the main topics and concerns in this area. At no point should this section be considered to be exhaustive in its coverage of all areas and information relating to Sport & Peace-building, but that it rather seeks to provide a gateway for interested parties to access and be directed towards further in-depth sources of information.

Defining Peace and Relationship-building

The use of the terms 'peace' and 'peace-building' are often highly contentious. Find out more about the role sport can play in these processes by widening the definition of 'peace' to include other concepts...
International Platform on Sport and Development

Multi-stakeholder initiative
Information hub on sport & dev

- „Validated“ data
  - thematic introductions to sport & ...
  - publications as downloads
  - featured sport

- Toolkit

- Community Section
  - Team Player profiles
  - organisational profiles
  - project profiles

- Links to other relevant S & D sites

- News and Views
Photo Gallery

On this page you’ll find the latest photos uploaded from the Second International Sport in Post-Disaster Intervention Seminar.

Day 1: Identifying Expectations for the Seminar

Day 1 - Saturday, November 1, 2008
PART 2

Creative Exercise:

Model what you love most
PART 3

THE BAM PROJECT
Post Disaster Intervention in Bam, Iran after the devastating Earthquake of 2003
PART 4

The Rubikon-Process
Heckhausen & Gollwitzer (1990)
TIMING of Post-Disaster Interventions

The Ehrenheich scale (2001)

<table>
<thead>
<tr>
<th>PHASE 1</th>
<th>PHASE 2</th>
<th>PHASE 3</th>
<th>PHASE 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rescue Phase</td>
<td>Inventory Phase</td>
<td>Disillusionment Phase</td>
<td>Reconstruction Phase</td>
</tr>
<tr>
<td>First week</td>
<td>Second week to fourth month</td>
<td>Fourth month to two years</td>
<td>More than two years</td>
</tr>
</tbody>
</table>
PURPOSE of our interventions...

To Support local society at large and children in particular to find back into „normal life“ after a disaster

To Avoid the development of as many undesired effects as possible:
   e.g. hyper-vigilance, aggression, depression, risk behaviour, abuse, avoidance

To Teach target group members skills that will allow them to access & experience positive notions:
   e.g. a sense of positive interaction, a release of emotions (stress and endomorphines), sense of community, self-awareness and self-improvement

SURPLUS VALUES TO THE PRIMARY INTERVENTION
The Rubikon-process is …

1. a motivational scheme which allows coaches to trigger and monitor individual development towards solution-focused action

2. A process of mobilization, motivation and activation. It enables an individual to define their need and to activate the desire to strive for the self-defined goal
The Rubikon-Process
as adapted by Krause & Storch (2006)
The river runs through it…

the name of the process refers to:

• The river Rubikon in Italy
• Julius Caesar crossing the Rubikon with his soldiers in 49 b.c. to go to war

Symbol for making choices <-> working towards predefined aims
The Rubikon-Process
Challenges with the R-Process in post-disaster settings

Trauma triggers sophisticated strategies of avoidance as it causes:

- Too many emotional stimuli
- Blockage of integrative functions of your consciousness (system of „internal and external resources“)
- Inaccessibility of one’s unconscious normative system (Damasio „somatic markers“)

=> emotional and cognitive dissociation
PHASE I: Sensing ones needs
<table>
<thead>
<tr>
<th><strong>NEED</strong></th>
<th><strong>MOTIVE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>To be with peers</td>
<td>To want to feel more complete / better</td>
</tr>
<tr>
<td></td>
<td>To tackle the fact of having lost someone</td>
</tr>
</tbody>
</table>
Phase II: Weighing
PHASE II: Weighing

Can you describe the benefits of pursuing your aim?

<table>
<thead>
<tr>
<th>MOTIVE</th>
<th>INTENTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>To want to feel more complete / better</td>
<td>To be determined to work on / communicate on the loss</td>
</tr>
<tr>
<td>To tackle the fact of having lost someone</td>
<td></td>
</tr>
</tbody>
</table>
PHASE III: Preparing ACTION

RUBIKON-PROCESS

NEED MOTIVE INTENTION pre-actionale PREPARATION ACTION

Rubikon

PHASE III
Can you - based on your determination - develop realistic strategies / arrangements to reach your goal?

**INTENTION**
To be determined to work on / communicate on the loss

**Pre-actional PREPARATION**
To assess the realistic opportunities for action & to arrange meetings etc.
Phase IV: ACTION

RUBIKON-PROCESS

NEED \hspace{2cm} MOTIVE \hspace{2cm} INTENTION \hspace{2cm} pre-actionale \hspace{1cm} PREPARATION \hspace{2cm} ACTION

Rubikon

PHASE IV
PHASE IV: ACTION

Act (e.g. meet and discuss loss) based on your assessment and preparation

Pre-actional Preparation
To assess the realistic opportunities for action & to arrange meetings etc.

ACTION
To work on the loss by communicating with others about it
The Rubikon-Process
as adapted by Krause & Storch (2006)
Challenges with the R-Process in post-disaster settings

Trauma triggers sophisticated strategies of avoidance as it causes:

- Too many emotional stimuli
- Blockage of integrative functions of your consciousness (system of „internal and external resources“)
- Inaccessibility of one‘s unconscious normative system (Damasio „somatic markers“)

=>
emotional and cognitive dissociation
RUBIKON-PROCESS

as adapted by Engelhardt (2008)