

An Introduction to

# RESILIENC**E**NGAGE

Humanitarian aid workers serve and support the most vulnerable humans and communities, worldwide. We serve and support them.

Our ResiliencEngage program engages and develops your resilience practice to sustain & deepen your humanitarian work in the field through easily accessible online & mobile resources & by connecting you with peers & clinicians around the world.

**Human to human, in the field.**



visit [www.stillpointengage.org](http://www.stillpointengage.org)

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**WHO WE ARE**

We are an international, humanitarian nonprofit organization that engages multidimensional approaches, grounded in depth psychology, to alleviate human suffering.

We directly engage under-served, post-disaster, and post-conflict communities, support humanitarian workers and generate actionable insights to enable individual and community healing. We work in depth, in the field.

**WHAT WE DO**



**1/ ENGAGE COMMUNITIES DIRECTLY**

We engage communities directly first, by listening, and then by co-creating multidimensional psychological and social support activities, whether inside or outside a formal mental-health context.



**2/ SUPPORT HUMANITARIAN WORKERS**

We support humanitarian workers to strengthen the impact of their contributions by providing a three-part program that includes: preparatory Compassion and Resiliency Training, psychosocial support and stress assessment throughout their time in the field, and optional therapeutic services to facilitate successful re-entry.



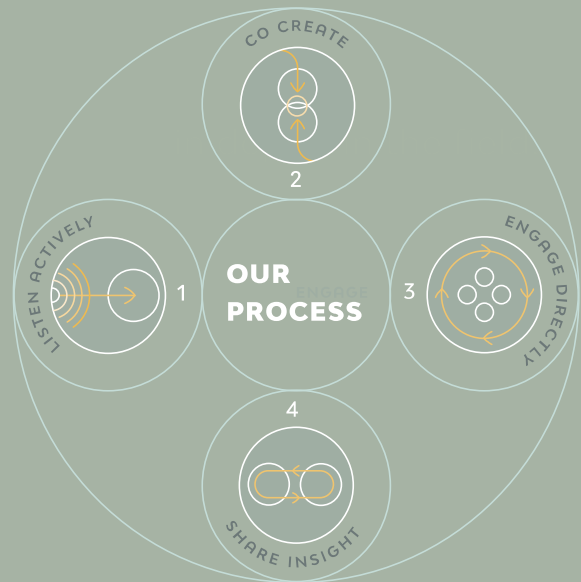
**3/ GENERATE ACTIONABLE INSIGHTS**

We provide opportunities for generating actionable insights into the manifold root causes of human suffering today, through quantitative and qualitative research, curated discussion and debate, and through innovative community and professional education.

**HOW WE DO IT**

At Stillpoint Engage, we believe that suffering can only be alleviated when human beings truly connect across all the boundaries that too often separate us. Our engagement process is based on respect, collaboration, shared vision, & reflection.

We invite you to listen, learn, and partner with us and our diverse constellation of friends, innovators and conscientious leaders. Together we can reimagine our shared future with depth, and humanity.



**1 | LISTEN ACTIVELY**

We join our stakeholders in the field for a session of active listening to understand the deeper needs and manifold causes of suffering.

**2 | CO-CREATE**

We work with our community to co-create, map and plan a collaborative process grounded in depth psychology.

**3 | ENGAGE DIRECTLY**

We engage our community directly in a series of workshops that enable multi-dimensional approaches to healing.

**4 | SHARE INSIGHTS**

We take time to digest, capture and share our experiences to distill our learnings and inspire future projects.

OUR LATEST OFFERING

# PUT THE HUMAN BACK INTO YOUR WORK FOR HUMANITY.

As the global demand for humanitarian aid work has increased, so too has the demand for Humanitarian Aid Workers, as well as the imperative to support them.

Humanitarian Aid Workers work in extreme conditions of stress and continued conflict, experiencing repeated exposure to traumatic events. The chronic stress and trauma aid workers experience negatively impacts mental and physical wellbeing, with implications for their effectiveness in the communities they serve.

**ResiliencEngage is a digitally-delivered program that enables Humanitarian Aid Workers to cultivate resilience practice to sustain & deepen their humanitarian work in the field through easily accessible online & mobile resources & by connecting them with peers & clinicians around the world. ResiliencEngage harnesses all that makes Humanitarian Aid Workers hum**

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## OUR LATEST OFFERING



The multidimensional team at Stillpoint Engage has designed a program to support Humanitarian Aid Workers called ResiliencEngage. This program will fortify the innate, inner strength of individuals throughout the most complex and difficult experiences they face. Humanitarian Aid Workers serve and support the most vulnerable humans and communities worldwide. We serve and support them.

The **ResiliencEngage program** assesses for readiness before staff enter the field; provides skill-based training that builds resilience, self-awareness and stamina; provides ongoing self-assessment, self-care strategies, and support with the use of a mobile app; offers opportunities for one-on-one therapeutic support via a telemedicine platform; and offers opportunities for debriefing, support, and healing through meaning-making while reintegrating.

The **ResiliencEngage program** is based on theories of the neurobiology of stress as articulated by researchers like Daniel Siegel, M.D., and Bruce McEwen, PhD, by an approach to preventing and dealing with trauma as articulated by Bessel Van der Kolk, M.D., Yael Danieli, PhD and Pat Ogden, PhD. The core of our programming, however, is based on a unique understanding of compassion.

In the **ResiliencEngage program**, compassion looks quite different than standard definitions that remain invisible to imbalances of power and promote unsustainable over-identification, leading to misunderstanding, and burnout. Instead, we are oriented by a notion of compassion inspired by Olga Klimecki, PhD and Tina Singer, PhD. This approach is allowing Stillpoint Engage to support Humanitarian Aid Workers as they understand the difference between sustainability, and the road to burnout. We know ResiliencEngage, based on decades of experience and doctoral-level research, will support the mental and physical health of Humanitarian Aid Workers, and Organizations, for the long-haul.

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# RESILIENCENGAGE

online & mobile resources to support humanitarian workers in the field.

**offers four levels of support:**



## 1. ENGAGE READINESS.

Know your resilience levels & map your unique support needs to fully engage in the field.

Join your colleagues and engage in communities of support.

### **A/ SELF-GUIDED PERSONALITY MAPPING:**

build your self-understanding

### **B/ FIELD READINESS PROFILE:**

this resource will help you stay balanced under pressure.

### **C/ RECOMMENDATIONS:**

we tailor unique support for you in the field.



## 2. PREPARATORY FIELD RESILIENCE TRAINING.

Online resilience workshops & training modules conducted for cohorts on: trauma awareness, the neurobiology of stress/trauma, selfcare/self-compassion, the empathic/compassion connection, stress resilience & more.

### **A/ ONLINE CLASSROOM-BASED RESILIENCE TRAINING SESSIONS:**

7-12 modules integrated into your orientation, prior to departure to the field.

### **B/ RESILIENCE ECOSYSTEM:**

we connect you with a cohort of peers and a dedicated clinician who will be your resource throughout your time in the field.

### **C/ RESET/SELF-CARE KIT:**

we set you up with our mobile app, built to support your unique & changing needs.



## 3. ONGOING PSYCHO-SOCIAL RESILIENCE PRACTICE & SUPPORT

Resilience practice in the field through app-delivered self-assessment & self-guided practice, peer cohorts, and dedicated, on-call one-on-one support.

### **A/**

App-delivered self-assessment & resulting support recommendations.

### **B/**

App-delivered recommended reset activities, inspirational videos & one-on-one support with a clinician, based on responses to self-assessment.

### **C/**

App-delivered resilience modules & review session options.

### **D/**

Curated content for use any time in the digital library that stimulates, and inspires resilience.

### **E/**

Regular cohort check-ins to facilitate communities of peer support.



## 4. HEALTHY RETURN

Reduce your psychological distress upon homecoming by continued connection with your support clinician.

### **A/**

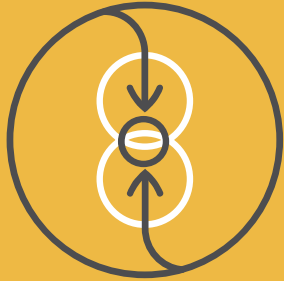
Final, app-delivered Healthy Return module that includes additional resilience resources.

### **B/**

One-on-one support with a clinician to support you during the process of re-entry, make meaning of your experience and to incorporate it into your identity and world-view.

*Research suggests 60% of field workers experience psychological distress upon re-entry. ResiliencEngage aims to reduce this number significantly by providing a protective resilience barrier.*

INVITATION FOR  
CO-CREATION  
WORKSHOPS



## JOIN US IN EXPLORING & DEVELOPING RESILLIENCE RESOURCES FOR HUMANITARIAN AID WORKERS.

We are strategically partnering with select organisations to test and refine our ResillienceEngage program through a series of co-creation workshops.

The workshops are designed to directly engage your team and introduce new approaches and test developed resources to sustain & deepen humanitarian work in the field. Let us connect, discuss how your team could benefit from the experience.

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