

# Psycho-social support through hypnotic neuro-imaginary techniques rapid stress-relief and resilience-building techniques for migrants and humanitarian workers.

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## Introduction

In the context of migration, addressing the needs of both migrants and host communities requires a comprehensive strategy that balances empathy, resilience, and adaptability. Migrants often have traumatic experiences that lead to tunnel vision, exacerbating tensions and conflicts in new environments. To support their mental health, it is essential to implement strategies that address both individual mental health needs and community dynamics. Techniques such as hypno-neuro-imagery and other stress reduction tools allow individuals to easily reconnect with their inner resources, promoting emotional stability and adaptation to new societal challenges. Key community members, including local residents, humanitarian workers, and the migrants themselves, play a pivotal role in building bridges and fostering a climate of mutual understanding and cooperation.

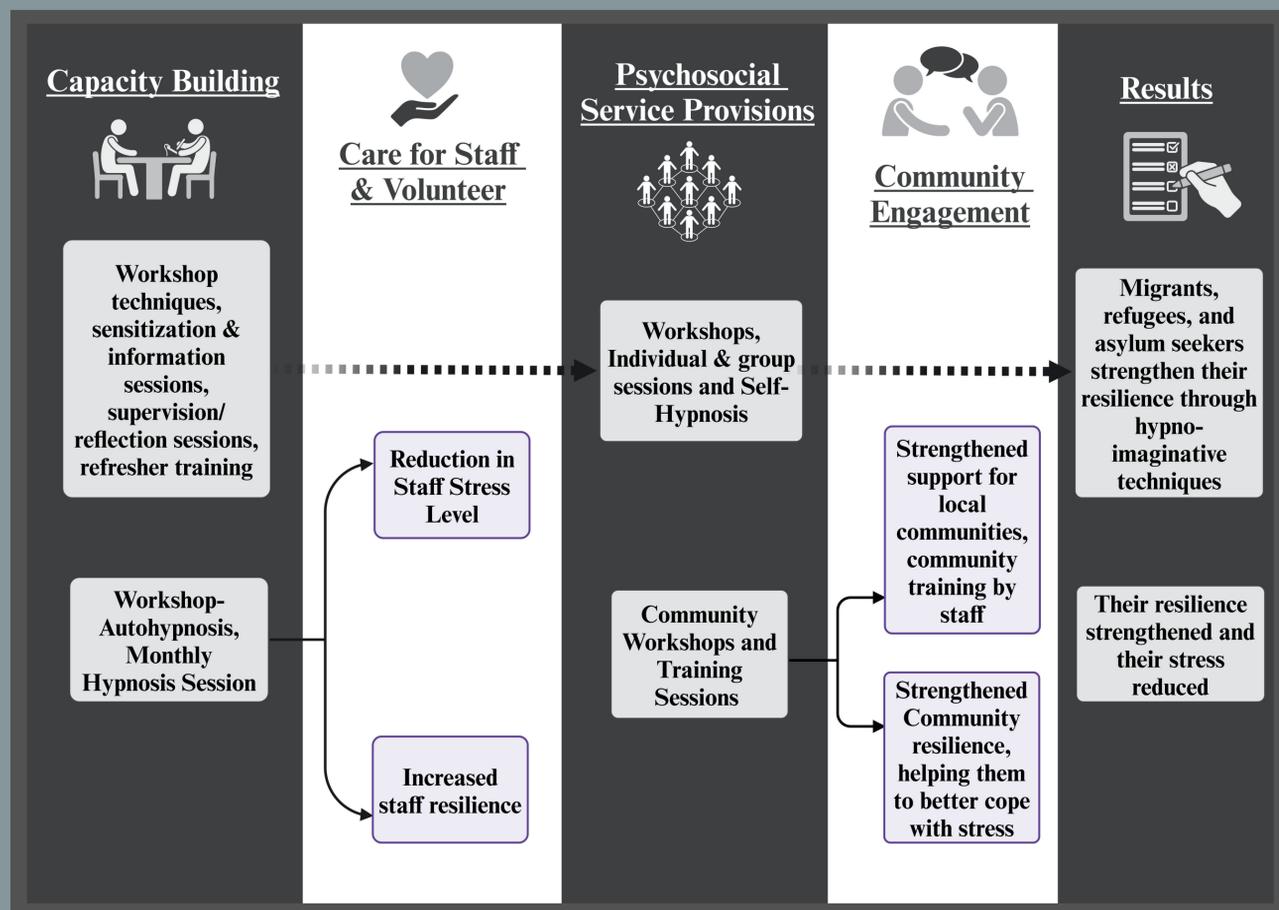
## Methodology & Findings Part I: Hypno-Imaginative Techniques

Hypno-imaginative techniques use the transformative power of the imagination to address the unique challenges faced by individuals in the context of migration. These neurocognitive techniques focus on modulating specific brain regions to induce a mental state characterised by calmness, reduced stress hormone levels, and increased receptivity to cognitive and emotional changes. Techniques such as the anchors—a stimulus that triggers a rapid emotional transition—empower individuals to disrupt entrenched patterns of stress and anxiety. This is critical in helping them regain a sense of control and maintain a positive emotional state, which is essential for effective problem-solving and resilience in the face of ongoing adversity.



## Methodology & Findings Part II: Application in Migration Contexts

### Objectives



### Short-term objectives



### Long-term goals



## Conclusion

Our projects are based on the belief that providing individuals and communities with the necessary skills, knowledge, and support leads to improved well-being and increased resilience, resulting in more self-reliant and resilient communities. Acquiring these skills through appropriate training and strengthening community support structures are essential to achieving lasting impact.

🌐 WebLink



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## References:

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