



INTERNATIONAL  
**TRAUMA**STUDIES  
PROGRAM

## 1st International Congress on Trauma Prevention Studies

*“From Darkness to Hope: Healing from Trauma in a World Facing Violence and Poverty”*

January 9–11, 2026  
Istanbul, Turkey

	<p style="text-align: center;"><b>CLINIC WORKSHOP</b></p> <p><b>Instructor Name:</b> Clinical Psych. Zaynab Hinnawi</p> <p><b>Workshop Title:</b> Healing Through the Skies: Coping With Grief Through a Therapeutic Group Activity for Children in Palestine</p>
<p style="text-align: center;"><b>Workshop Description</b></p> <p style="text-align: center;"><i>(A brief overview of the topic)</i></p>	<p>This workshop introduces an innovative group-based therapeutic activity designed for traumatized children in Palestine. Participants will explore a one-day program where children create and fly kites under the guidance of a two-person facilitation team. The workshop highlights the cultural and religious significance of flying in Palestine, as well as the prevalence of kite imagery in local children’s literature, songs, and crafts. Clinical cases illustrating the theme of flying will be discussed to demonstrate how the activity supports psychological resilience.</p> <p>The workshop emphasizes the symbolic power of kites in expressing freedom, joy, and personal agency, allowing children to work through losses and maintain psychic connections with loved ones or cherished experiences. Practical details of the project, including recognizing children who may need specialized mental health referrals, will be outlined, showcasing the collective and culturally grounded approach to healing in the Palestinian context.</p>

<p><b>Topics Covered</b></p>	<ul style="list-style-type: none"> <li>• Group-based therapeutic approaches for traumatized children</li> <li>• Culturally and religiously grounded interventions in Palestine</li> <li>• Symbolic use of kites to support emotional expression and resilience</li> <li>• Techniques for processing grief and loss through creative activities</li> <li>• Identifying children who may require specialized mental health support</li> <li>• The role of collective engagement in fostering psychological resilience</li> </ul>
<p><b>Duration</b></p>	<p>1 hours 30 minutes</p>
<p><b>Maximum Number of Participants</b></p>	<p>25</p>
<p><b>Target Audience</b></p>	<ul style="list-style-type: none"> <li>• Mental health professionals working with children, including psychologists, counselors, and therapists</li> <li>• Social workers and educators involved in trauma-informed care</li> <li>• Humanitarian and community workers supporting children affected by conflict and displacement</li> <li>• Graduate students and trainees in psychology, social work, or related fields</li> </ul>



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[www.utocko2026.whr.org](http://www.utocko2026.whr.org)



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