

### The Power of Fairy Tales

Fairy tales address children's world emotionally, offer role models, help to overcome fear and strengthen the belief that crises can be resolved.

### Hero's journey

The playful handling of life stories in fairy tales from all over the world gives lightness to the difficult topic of trauma, opens the senses to creative solutions and shows that those who initially appear weak and powerless can become clever and strong heroes who can overcome all evil. They evidently do not fight the evil all by themselves but with the help of others that are in the right place when needed.

### Courage and Trust

Fairy tale pedagogy is a child-friendly and effective method to restore children's courage, confidence and trust in life.



„Fairy Tales Against Trauma“ is a model project by Diakonisches Werk Augsburg e.V.



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### We highly appreciate your support!

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## Fairy Tales Against Trauma Stabilization Groups for Traumatized Children



## Aims

### Life will get better!

Children who have had traumatic experiences and lost their trust in the world need help to rebuild broken trust, develop courage and confidence, and to be given hope that life will get better.

### Help to help yourself

The aim is to give children and their families security and stability as well as to provide strategies for self-help.

### Prevention

The project „Fairy Tales Against Trauma“ makes a contribution to the prevention of trauma related disorders in children.



## Stabilization and Safety

### Psychoeducation

In stabilization groups, children learn to understand trauma. Understanding the stress response of brain and body caused by a traumatic experience takes away the fear of going „crazy“; because that is how trauma-stressed people often feel.

### Working with Resources

At the same time, the children are provided with tools to recognize and use their resources in order to stabilize themselves whilst skills to calm and control oneself will be worked out.

### Generating safety through social network

Helpers, godparents for families and professionals who have been caring for and accompanying the families for a long time will also be trained concerning the importance of (everyday) stabilization for the children individually and for the family system as a whole. Because traumatized children can only grow up healthy and learn inner stability with external stability.

## Target groups

### Children

- Children between the age of 6 and 12 with and without refugee background
- Children who have experienced trauma and suffer from traumatic stress
- Children of traumatized parents
- Children with mild evidence of traumatic stress who are too ‚healthy‘ for trauma therapy
- Children waiting for trauma therapy

### Parents

- Parents should understand what trauma means in order to be able to help their children and provide them with a safe home
- They should learn how important it is to know and support their child's resources without asking too much of their child
- Parent work can take place with interpreters or cultural mediators



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