



Mind  
Spring

# MindSpring – a preventive group method for refugees

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January 22 2021

DANSK

**MindSpring Kompetenecenter**

# MindSpring as a preventive method:

- **The group is given** a social network to share challenges related to exile issues, gain knowledge and self-awareness to act on challenges, self-insight, awareness of own resources
- **The goal is to** prevent the development of social and psychosocial issues that affect the well-being of the family and individuals and to strengthen hope and empowerment

## Reception, conditions and opportunities matter for healing and integration of a refugee

### Risk-factors

- Uncertainty with regards to asylum and stay
- The lack of social network and support
- Separation from family
- Loss of social status
- Different gender roles
- New parent/child relations



### Protection-factors

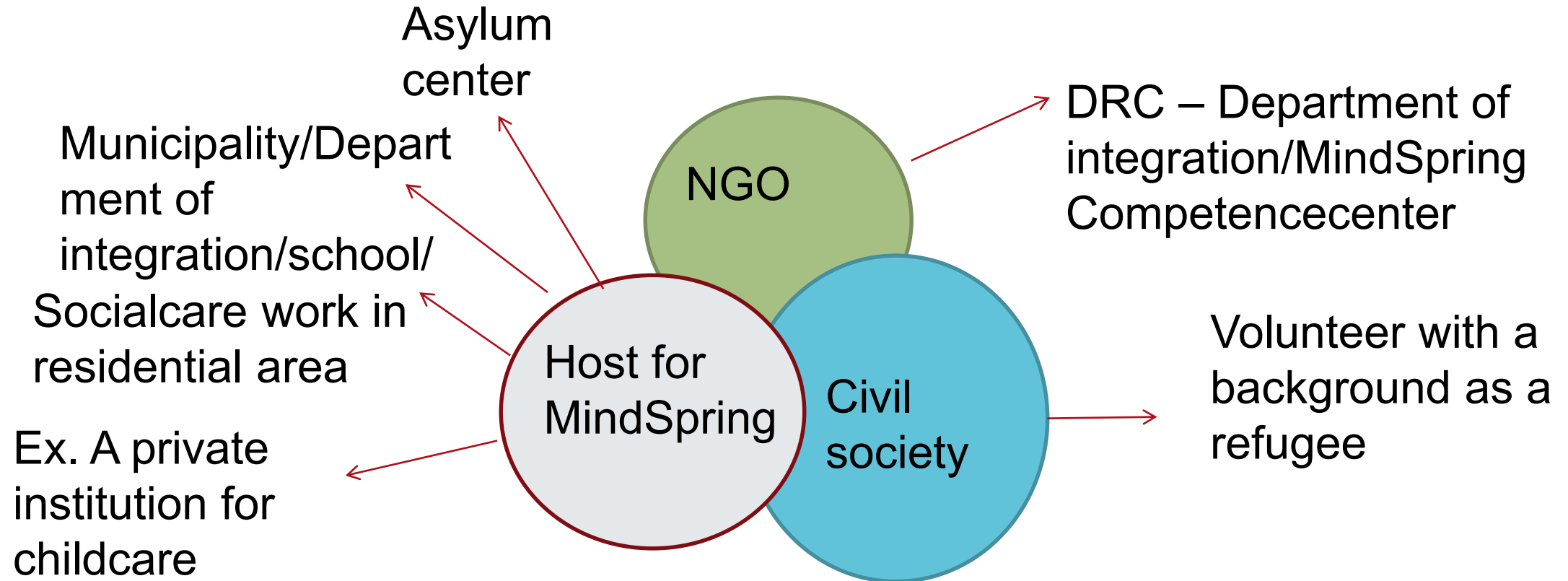
- Positive and personal coping strategies with focus on the present and the future
- Social network and support
- The parents' openness towards their children regarding traumatizing incidents – age appropriate approach

# The MindSpring set-up

- Host
- Group
- MindSpring-trainer (volunteer)
- Co-trainer (professional)
- Translator
- Training of trainers – incl.  
the manual



## MindSpring based on cooperation



Funded by The Obel Family Foundation

# MindSpring – a method for addressing challenges in exile

## **By a special framework of:**

- Nothing is right or wrong
- Everybody has an important experience
- Energizers
- Group rules

## Topics included in all three groups

- Culture and new norms
- Identity and changing identity
- Stress
- Trauma



# Topics in relation to groups for parents

## Upbringing of one's children in a new country

- Different norms regarding upbringing
- Different methods of upbringing
- Social control
- Gender and marriage



# Statements

*"Before, I thought, that I was just a refugee and that everything was hopeless. But after participating in MindSpring, I believe that I can change my own future."*

- Group participant, parents group



*"If I had been met with such a program when I came to Denmark, it had made it all a bit more easy for me."*

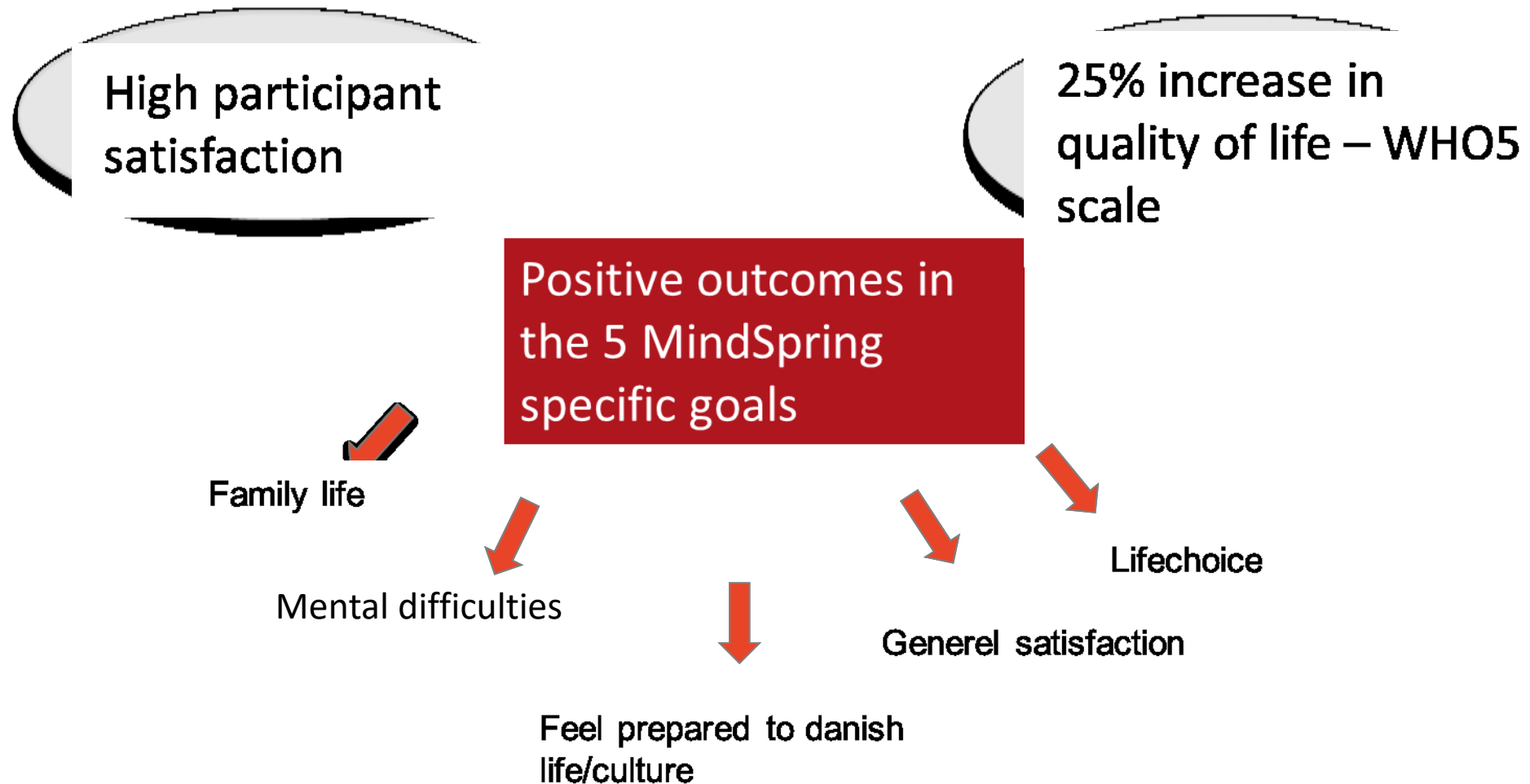
MindSpring-trainer





***"I have realized what kind of resources exist in the target group. Those are resources that can be difficult to get in touch with in the daily work",  
Social worker and co-trainer***

# Research 2016/2017



# Evidence in preventing criminality



Element	MindSpring Parentgroep
Early intervention	✓
Familybased	✓
Local	✓
Cross sektoriel	✓
Interculturel	✓
Relationel	✓
Individual focus	(✓)
Longterm focus	✓



# Questions from the audience?





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# Workshop: Gender and parent identity (examples group meeting 2 and 6)



## Program:

- Introduction to workshop
- Exercises – in breakout room
- Reflection

## Goals for the workshop:

- Gain knowledge of how we work in MindSpring with challenges related to exile
- How we work with sharing experiences and feelings

# Gender and marriage



We are now to imagine a married couple who have come to Denmark

What's their name? **Sara and Fahid**

Where do they come from? **Syria**

How old are they? **20 and 35 years**

When did they come to Denmark? **2015**

How many children do they have? **3 and 1 year old**

What were their jobs in Syria: **She was studying and he was working as an engineer.**



# Questions

What are the changes in the man's and woman's lives, respectively?

What challenges in Sara and Fahids marriage, and in the family, can this give rise to?

What to do about these challenges?

Do you know of other kinds of gender-related challenges that we have not entered into? Which?



# Check out

Make a note:

- What is your thoughts, emotions or reactions right now?

# Break



# Excercise: How parents can meet challenges with teens



## Scedule 2

### Challanges with teens

Parent's reaction

1  
2  
3



Consequences for parent  
and for child

# Capture

- What did you pay special attention to during this exercises?
- What is the special effect of sharing your own experiences?
- 
- What was it like working on these topics?
- According to the goal for MindSpring: strengthen knowledge and self-awareness and to act on challenges. How does these exercises work?
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