



Ergosoma® International at the CSW65 during the virtual Parallel Event of the Foundation for Subjective Experience and Research S.E.R., 19.03.2021:

"Strengthening health perception, selfhealingpower and resilience of migrant women with 'Ergosoma® Migra' "

Health for Change

By Anke Schmidt-Bratzel with gratitude to R.V.Tajon. Thanks to Astrid Papst, Gerhard Grigo, Herbert Peifer, Marion Glaser and Monika Volkmer for great teamwork. A big thank to Bärbel Pegels-Niesel, Serap Tanis, Josefine Brecht and Celine Paramundayil.

We see the United Nations is a global forum to empower women and traumatized persons globally, to promote healing and resilience. Ergosoma® International wants to inspire every single woman, those responsible for Migration Centers and health care givers foster the healing process and resilience of migrant women: Respect and transform individual traumatic experience into personal growth, qualification and sustainable change! Thereby women are empowered to shape reality and create policies according to their insights and vision not only by adapting common structures and contents of participation. Women, especially refugee women often live under severe traumatic conditions lacking basic services and great uncertainty. Better social services like Health can promote their resilience and remove stigma and stereotypes. Their participation as healthy persons is essential to become true agents of change to create inclusive societies. Health for Change!

"Ergosoma® Migra" is a new implemented volunteer program in Public Health Care for women, migrants and refugees those living in poverty funded by the European Union. It fosters the healing process, transforming traumatic experience into a source of strength and sustainable change. The certificated volunteers are able to practice the method and furthermore qualify as professionals after an ongoing 24 months training. The project is part of the Ergosoma® Health Care Programme. Trainings with the complementary health care method are held in Nepal, Germany and other places.