



**Presentation held with 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 healthperception, selfhealingpower and resilience of migrant women with 'Ergosoma® Migra' "

**Resilience: Empowering my team at the ZIB Center for Integration and Education – die kurbel Oberhausen with Ergosoma® Migra**

**By Serap Tanis, ZIB Center for Integration and Education die kurbel Oberhausen, Head of Area and co-founder Ergosoma® Migra**

It's a pleasure for me to be here. My name is Serap Tanis.

Briefly about my person: When I was 5 years old, I came from Turkey to Germany.

This experience is my motor for my personal and professional development. I started and finished school in Germany, then I studied pedagogy, psychology and sociology.

After the university in 1994 I started in community work.

The center is commissioned by the municipality of the city Oberhausen; we are working by the order of the city. In 2011 we founded ZIB (Center for Integration and Education) with the vision to help and support people, especially mothers, the keypersons of a family. "Education makes you and your family richer" was my motto.

Meanwhile the focus of the work is mainly about the entry and re-entry into the working life from women.

I realized that I don't have the time alone to help so many people, so I qualified mothers with a migration background as multipliers in cooperation with experts. To date, we have trained 150 participants of my qualification for one year to become mediators in the field of education and health.



*Figure 1 The Qualification on Intercultural Mediators for Health and Education*

My goal was to place them in work afterwards. Nearly 40 of them are working meanwhile for the ZIB. Others are working in several areas and institutions. For this purpose, a close cooperation with the city, the health department, the youth department and other institutions is very important. I have built up this network in the 15 years that I have been working at “die kurbel”, the parent company of ZIB. The financial support is given by the city of Oberhausen.

I have known Bärbel for a long time and have learned from her myself. When more traumatized refugees came to ZIB in 2015, I noticed an increase in dizziness and restlessness among my team and myself. The strong energies vibrated throughout the center. It was conceivable that this was related to the experiences and feelings the people have made in the war. Most of them came from Syria. They brought this

feeling like fear and uprooting in our center. We could empathize with the traumatized people who came to us and wanted to support them in their healing. At the beginning I thought also that these feelings came from myself and that it has something to do with my sensitivity. Later than one of my co-workers went to the hospital with physical complaints, but nothing could be found. Others got headaches and heart chases without a medical report. I worried about the health of my team and I realized that I have to care for us, but I hadn't an idea.

During the training with Bärbel, I noticed and felt how much strength and peace Ergosom gave me and came up with the idea of bringing Bärbel to our center, into ZIB. It was clear to me that I could not carry this alone and that I wanted to share this strength that Ergosom gave me with my co-workers, hoping that they would learn to take care of themselves and be strengthened for the challenging situation in our center.

10 of them participated the training with Bärbel. All of them were pure motivated and interested. We invested our free time. Through this we have learned how to deal with the energies and the people. But the most important was that we learned to care for ourselves with instruments of Ergosom like the "tree of life exercise". This has created something big and beautiful, Ergosom gives us the opportunity to change the view: First I have to care for myself and the next step is to care for others.

Bärbel and I started with a vision of peace, trust, reconciliation and empowering with the method of Ergosom. It was important as individuals to take the first steps and pursue this vision. We would not have made it this far on our own. The structural support of the Ergosom Association and the management of our parent company "the kurbel" are our backbone. With this backing, we were able to gain all resources, networks and functionaries as further support with this innovative project "Ergosom-Migra". Thanks to all of you.



Figure 2 The Certification

### **What was touching for me– What did we learn during the qualification time?**

It touched my heart to be connected with a higher energy that makes me strong to give. In Ergosom while touching the body you also reach the spirit and the soul. It creates peace – inside and outside. The practioner is not only giving, at the same time receiving during the treatment. That is an incredible gift. I always feel a strong connection, which reaches far beyond the single treatment.



Figure 3 Zara Hadzieva

At the foto on the left you can see, Zara Hadzieva, a member of my team. At the end of the qualification Zara said:

“After 13 years of war everything was dark inside of me. Now I found the pure inner calm, the light from heaven.”

This statement and the experiences we made make me happy and grateful, that Ergosom gives us an effective instrument in our hands.

**The Ergosom weekend** in particular was an important break. Far away from home and work, the ergosoma migra practitioners were able to share their skills with other participants of the weekend. They made the experience of self-efficacy.



*Figure 4 Ergosom Weekend in Extertal*

This was at the end of the qualification when the group highly appreciated what they have learned.



*Figure 5 Ergosom Treatment in Extertal*