



ASBB

Arche **S**uisse **B**eyond **B**orders

70 to 89% of aid workers
have faced or are facing mental health issues due to their job

We take care of those who take care

WHO WE ARE

Arche Suisse Beyond Borders (ASBB) is a Swiss-based non-profit association founded in 2018 by Kevin Finel, Founder & CEO of A.R.C.H.E., and Vincent Hürner, CEO of A.R.C.H.E. Switzerland. (A.R.C.H.E : Académie pour la Recherche et la Connaissance en Hypnose Ericksonienne).

A.R.C.H.E. is one of the leading schools of hypnosis in Europe, with offices in Paris, Nice, Aix-en-Provence, Casablanca, Brussels and Geneva. Training hundreds of practitioners each year, A.R.C.H.E. has strong partnerships with hospitals, universities and business schools, as well as its own research center on hypnosis, modified states of consciousness and its numerous applications.

ASBB carefully recruits its volunteers based on their high level of professionalism and skills needed for each mission, but also on their genuine passion for human beings. All seasoned hypnotherapists part of the program are certified by A.R.C.H.E. and engaged to continue the training process and supervision program. They also benefit from special training for in-the-field missions.



From left to right : Kevin Finel, Vincent Hürner and Thibault Gouttier during the facebook live organized by Arche. If you missed it, you can watch it [here](#)

WE TAKE CARE OF THOSE WHO TAKE CARE

WHAT WE DO

We take care of aid workers in the field and at their headquarters.

Wars, climate changes, epidemics, dictatorships, radical groups... all bring their loads of human suffering and dramas. People are being displaced within or beyond the borders of their own country, they have faced the loss of people, loss of assets, they have been through traumatic events. We can choose to ignore this for some time from the comfort of our own communities but it is there nevertheless and whether we decide to acknowledge it or not, it does impact every one of us in one way or another. At the heart of any crisis worldwide are HUMANITARIAN AID WORKERS.

They are men and women from different countries; they are nurses, logisticians, interpreters, shelter experts, coordinators, etc. They have all made this choice to be at the side of the victims to provide assistance of all sorts, comfort and sometimes protection.

They are exposed to tough working and living conditions and deal almost on a daily basis with extreme suffering and stress, degraded sanitary conditions, epidemics, and death, depending on the area of deployment. They are also often risking their own lives, with a huge and growing tribute paid each year (1).

The consequences of such exposure are tremendous. Various studies show that 70 to 89% of humanitarian workers worldwide are suffering from various mental health issues related to their work ranging from high levels of stress to Post Traumatic Stress Disorders and depression (2).

We have realized that perhaps too little was implemented to support « those who support ». Too little seems to be done to create a chain of support to those in the field or even in the offices across the world. Staff care and psychological wellbeing are too important to be neglected. Therefore we have decided to join our efforts and propose our expertise to do something about it!

(1) OCHA United Nations Office for the Coordination of Humanitarian Affairs, «Aid Workers deaths: the numbers tell the story», Adele Harmer, August 2018

(2) «The Importance of Mental Well-Being for Health Professionals During Complex Emergencies: It is time we take it seriously», in Glob Health Sci Pract., June 2017

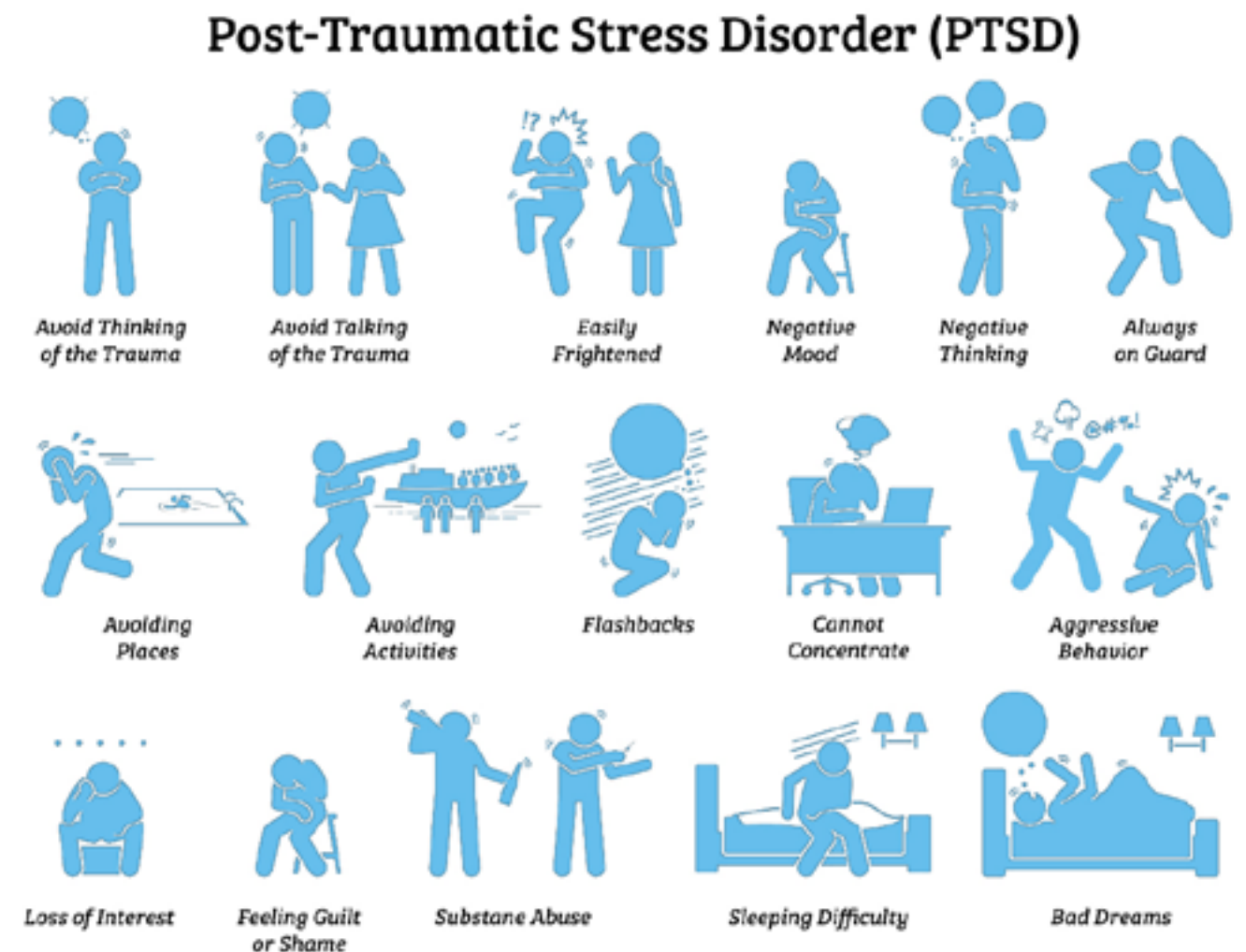
HOW WE TAKE CARE

We help humanitarian workers to prevent and overcome stress-related issues with a variety of effective tools derived from the practice of hypnosis.

We are offering group training and individual sessions wherever and whenever needed, be it at headquarters or directly in the field. We also provide remote support through visio-conference sessions. Our interventions can be scheduled prior to a mission, during deployment and/or after the return home. Our support is tailored to the needs of every organization and their specific problematics and set-up.

We raise awareness to humanitarian workers on stress, its symptoms and consequences so that they can better understand and identify what they or their colleagues are going through. We deliver practical and effective tools to prevent, reduce and manage stress faced by aid workers in their daily work. Each of our training session is tailored to the team's needs. A large part is dedicated to practice, as well as sharing experiences.

Regarding to any potentially stressful situation whether a bomb blast or a deployment abroad, we can identify three "time zones" where support can be needed : before the event, during the event and after the event. We are using a variety of tools derived from the practice of hypnosis to reduce stress.



WHY HYPNOSIS

Hypnotherapy is a Solution-Focused Brief Therapy. Its objective is to make the client autonomous as fast as possible. The hypnotic state, a modified state of consciousness, is recognized to be particularly effective in learning new thinking processes and emotional pathways. It is a gentle way to re-wire and free ourselves further away from past conditioning, bad experiences, and potential traumas. By activating our internal resources, this therapeutic approach is making us more flexible towards the vagaries of life and increases our capacity to cope with unforeseen events.

It is therefore very powerful in the treatment of all kinds of anxiety disorders, phobias, depression, fear, stress, loss, grief, and helps coping with emotions in general, both ours and others'. Hypnosis is also effective to increase the level of motivation, concentration, and performance.

In our workshops, we share with humanitarian aid workers a variety of efficient tools derived from the practice of hypnosis so that they can be autonomous in managing their stress and emotions, whether at work or in their personal lives.



Above, Vincent Hürner during a session in Greece.

GROUP TRAINING

By sharing easy and powerful tools with humanitarians to handle stress and emotions, the objective is ultimately to make them more resilient, so that they can continue to support people in need while preserving their own mental health and psychological integrity.

INDIVIDUAL SESSIONS

We offer Individual Sessions, where each team member can benefit from private one-on-one appointments with one of our hypnotherapists - a unique occasion to address personal issues in strict confidentiality. We are used to run our sessions anywhere and in any conditions.

REMOTE SESSIONS

We can also provide individual sessions by videoconference for the humanitarians on the field during their missions. An immediate exchange with a neutral listener, a professional practitioner help to reduce stress and maintain motivation.

SPECIFIC PROGRAM

According to your needs, we devise a tailor-made program to help your team. Our actions can take place at your HQ and/or directly in the field. Simply contact us for an appointment and we will assess your requirements.

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