



# Kindness Program

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## I. Kindness Program

## II. Summer Care Program

## III. 2016 Self Growth – Stress Relief Workshop

### I. Kindness Program

#### 1. Background

In 2004, AVS Taipei Branch started the emotional trauma clinic. To help victims' families face the future with a positive attitude, AVS Taipei Branch collaborated with National Taiwan Normal University and Centralhill Medical Group and started the emotional trauma clinic in April 2004 to help deceased victims' families (the survivors) restore their lives through counseling. The emotional trauma clinic not only helps the survivors restore their lives, it also helped incubate the Kindness Pro-

gram.

Survivors must face the future alone after the sudden loss of their loved ones. Such a traumatic event brings drastic changes to the structure and lifestyle of a family. To help them support each other, get through the tragedy and ease emotional pain, one-on-one or group counseling is necessary to express kindness to the survivors, stay by their side as they heal, accelerate their recovery and minimize agony along the way. The goal is to help them open their heart, rebuild their family lives and face the future positively.

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1. Authored by the Administrative Officer of Association for Victims Support Taipei Branch.



## 2. Objective

(1) Provide assistance in psychotherapy for victims or survivors through counseling.

(2) Integrate mental health resources, allowing victims and survivors to receive timely medical services to prevent post-traumatic mental diseases.

(3) Conduct counseling, advice or treatment to facilitate mental adjustment in a group or individual setting.

(4) Invite experts from professional fields to form an assessment team and establish a supervision and review mechanism to improve actual benefits of counseling and heal participants' emotional pain as early as possible.

## II. Summer Care Program

### 1. Background

Summer is approaching and the purpose of this program is to alleviate stress for school children and create more opportunities for parents and

children to take part in recreational activities together. Parents should pay attention to their children's summer schedules and activities and learn how to choose the appropriate activities for them. Meanwhile, AVS Taipei Branch wishes to show respect and encouragement for victims and survivors while providing recreational opportunity for the whole family so that they could learn to connect with the society and rebuild and readapt to family life.

### 2. Objective

The objective is to relieve stress for school children, remind parents to pay attention to children's summer schedule and activities, and learn how to choose appropriate activities for them. Meanwhile, this program expresses the respect and encouragement from AVS Taipei Branch toward victims and survivors while allowing parents and children to interact during the recreational program, learn to connect to the society and rebuild and readapte to family life.

### III.2016 Self Growth – Stress Relief Workshop

#### 1. Background

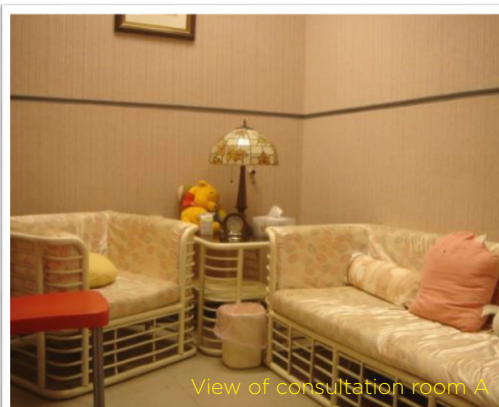
To victims and survivors, the trauma of losing a family member influences all aspects in their lives. Emotional pain, agonizing legal procedures and financial instability cause enormous stress that overloads them. The mounting pressure leads to restlessness, depression, insomnia and other symptoms, which have long-term negative effects on health and life. This program does not focus on discussing the pain. Rather, it teaches the commonly accepted

stress relief methods that are natural, practical and easy to learn. Participants who share similar experience can regain inner strength through self-care and form a supportive partnership to enrich their future lives.

#### 2. Anticipated Benefits

(1) Reduce the impact of crime on victims or survivors and improve their abilities to adapt to life after the crime.

(2) Assist victims or survivors with adopt to their social life and return to the society.





## Summer Care Programs





## Summer Care Programs



## Activities during Stress Relief Workshop



12 Mar., 2016. Participants experience with soothing their own emotions with music that is appropriate for them.



26 Mar., 2016. Emotional relief through progressive muscle relaxation.

## Group supervision by psychological counselor

