

MUTERA SUMMER MEDIA HIGHLIGHT



Mutera Global Healing

Mutera Global Healing's model is unique in that it centers on grassroot initiatives and local community involvement in the journey to achieve our three pillar goals of prevention, healing, and justice.

We are building communities where people, especially children, are given the support needed to recover from trauma while retaining their cultural values.

“Human beings are born with an innate capacity to triumph over trauma.”

The healing process can be a catalyst for profound awakening—a portal opening to emotional and genuine spiritual transformation.”

— Peter A. Levine

MUTERA GLOBAL HEALING

Illustration of three people sitting and talking, with a speech bubble above them.

GIRL UP INITIATIVE UGANDA



July 11th-July 15th, 2022

Pictured below:

We see team Mutera facilitating a week long trauma-healing workshop with Girl Up staff & their core community stakeholders.

Training Topics Included:

- **Trauma & Triggers**
- **Tracking**
- **SGBV**
- **Trauma-Informed Care**
- **Counseling Techniques**
- **Vicarious Trauma**
- **Boundaries**
- **Self-Care**



GIRL UP INITIATIVE UGANDA

Testimonial



Mutera's trauma-healing training aims to unpack the meaning of trauma, both its physical and mental manifestations and the life-long impact on the brain and on our relationships with others.

"Working with adolescent girls and youths in communities with different issues, the trauma-healing training has made me now more resourceful and purposeful than EVER!

All I can say is I'm grateful for the opportunity to experience such an amazing journey full of learning, unlearning, and re-strategizing myself to better serve survivors of SGBV and others who are facing difficult challenges in life."

-Ekel Fiona, Program Assistant at Girl Up Initiative Uganda

RWAMWANJA RURAL FOUNDATION

July 6th



July 7th

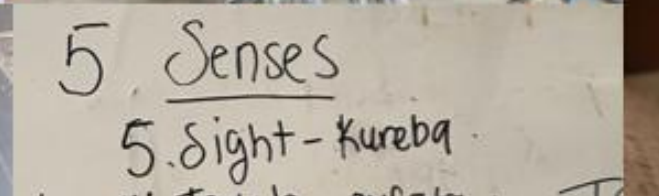
Seven brave women living in the Rwamwanja refugee settlement took it upon themselves to fight sexual abuse cases in their community by asking for our trauma-healing training.

And thanks to your donations, they can be seen in the pictures below with new bikes and cell-phones that will assist with travel and communication to and from site visits.

While their mothers received training, their children enjoyed activities with our volunteers.

Mutera continues to give culturally-sensitive and trauma-informed training to all our care providers.

We integrate cultural values and practices, and the local language of our participants, into every workshop.



WHAT'S NEXT FOR MUTERA?

Due to the overwhelming success of our trauma-healing workshops, we are gearing up to launch a pilot program in the coming year of survivor-advocates in Uganda as part of our three pillars: prevention, healing and justice.



Our target group will be students at
Makerere University in
Kampala, Uganda

HELP MUTERA GROW!



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