
Exploring approaches to recovery and mental health support

UNDERSTANDING AND
HEALING WAR TRAUMA:
THEORETICAL
CONSIDERATIONS AND
PRACTICAL APPLICATIONS



PROGRAMME OVERVIEW

Focus on War Trauma

The program centers on understanding and healing trauma caused by war, with psychological and therapeutic insights.

Blended Intensive Format

Combines lectures, workshops, and seminars offering both theory and practical applications for participants.

Social Responsibility and Healing

Program emphasizes healing collective trauma, PTSD, and the social impact on civilians, especially women.

Academic Excellence

Reflects the university's commitment to high academic standards within a Catholic educational framework.



PROGRAMME STRUCTURE AND CONTENT

Comprehensive Learning Methods

The programme combines lectures, interactive workshops, and seminars to provide a thorough learning experience.

Theoretical Frameworks

Focus on understanding psychological dimensions of war trauma, including causes, effects, and PTSD connections.

Practical Therapeutic Techniques

Introduce cognitive-behavioral therapy, group therapy, and resilience-building strategies for trauma recovery.

Critical Thinking and Application

Curriculum fosters critical dialogue and prepares students for clinical and community trauma applications.

LEARNING OPPORTUNITIES AND BENEFITS

Collaborative Project-Based Learning

Participants engage in hands-on projects fostering creativity and teamwork for enhanced learning outcomes.

International Expertise

Professors from multiple countries share diverse knowledge and experiences, enriching the learning environment.

Critical Dialogue on War Trauma

Sessions explore psychological and cultural impacts of war trauma, encouraging multiple perspectives and understanding.

Creative Impact Activities

Students develop innovative solutions addressing war's effects on individuals and communities through creative challenges.





VENUE, DATES, AND ONLINE MODULE

Event Venue in Budapest

The summer university is hosted at PPKE BTK, Sophianum in central Budapest near cultural landmarks.

Programme Dates

The programme runs from July 6 to July 10, providing five days of intensive learning and cultural exchange.

Hybrid Learning Format

An online module complements in-person sessions, offering flexible and accessible engagement for international students. Date is to be confirmed.

Cultural Immersion Opportunity

Students can immerse in Budapest's rich heritage while pursuing academic goals at a vibrant campus.

RELEVANCE AND IMPACT



Understanding War Trauma

War trauma has wide-reaching impacts on economies, health, and psychological well-being in affected regions.



Building Resilience

Knowledge from the programme helps communities cope with and recover from psychological war aftermath.



Fostering Empathy and Responsibility

The programme encourages empathy, social responsibility, and promotes healing through informed psychological practices.



BENEFITS AND SUPPORT

Cost-free Participation

Students can join without registration fees, ensuring easy access to the programme.

Inclusive Meals Provided

Free lunch is offered for all five days, enhancing convenience and social interaction.

Affordable Accommodation

Dormitory housing is affordable with an option for extra free nights after the programme.

Academic and Leisure Benefits

Participants earn 3 ECTS credits while enjoying cultural excursions and social events.



CULTURAL AND SOCIAL ACTIVITIES

Cultural Site Visits

Students explore iconic Budapest landmarks and museums, gaining insight into Hungarian history and culture.

Thermal Bath Experience

Participants enjoy Budapest's famous thermal baths for relaxation and cultural immersion.

Social Networking Events

Informal social gatherings like pizza parties encourage friendships and networking among participants.



APPLICATION PROCESS AND CONTACT

Application Options

Students may apply individually or in groups of three to four, with onsite group formation also possible.

Registration Instructions

Detailed registration instructions will be provided soon to guide applicants through the process.

Contact for Information

Participants should contact Erasmus or international offices for information and support.

Importance of Timely Application

Applying on time is essential to secure a place and benefit from academic and cultural opportunities.