



- **Project name:** Focusing project-Gaza
- **Beneficiaries:** 713 beneficiary with ages from (5-65) years.
- **Targeted areas:** All governorates of the Gaza Strip.
- **Budget:** 17.006\$
- **Funded by:** PTC-UK, and IQFA

The focusing therapy project's activities were delivered based on the project's work plan in 2016. One of the most important events was the work team participation in the international focusing conference in Cambridge -Britain in order to present the focusing experience in the Gaza strip, in which the focusing experience in Gaza, the top focusing activities that have been used, and the focusing short film were presented at the conference.

These activities were represented by implementing individual, group, and entertaining focusing sessions with the families, children, and adults from the age group that varied between (10-65) at different places within the targeted project's areas. During this period, (715) participants benefited from the project activities; (494) Females and (221) Males.

The total number of adult beneficiaries from group focusing sessions that were conducted at partnering associations was (45) participants (30 Females, 15 Males), which consisted from 12 sessions that were delivered in a three months period. (8) participants (4 Females, 4 Males) benefited from the family focusing program, which consisted from 12 sessions that were delivered in a three months period. The number of adult beneficiaries in the individual sessions, which consisted from 12 sessions that were delivered weekly in a three months period, was (8) female participants through field (home) visits.

The number of adult beneficiaries from group educational focusing sessions (two sessions) conducted at partnering associations was (382) participants (282 Females, 100 Males), in which an introduction and exploration for cases that require more in-depth interventions is

maintained. The number of beneficiaries from entertaining focusing sessions conducted at home visits was (270) participants (170 Females, 100 Males). (10) participants were transferred to receive more specialized interventions at Palestine trauma center's therapeutic unit.

Regarding supervision and follow-up, Regular weekly sessions are conducted by the professional supervisor Dr. Mohamed Altawil with the project coordinator and the focusing team, to follow-up with the development and delivery of the project's activities.

In order to evaluate the Focusing program, and the effects of a 12 sessions program, a pre-post assessment was applied with the participants, the assessment is applied during the first and last session of the focusing program to ensure the accomplishment of the focusing program's objectives.

By observing the participants during this period, there was a notable improvement in their daily performance and their ability to understand their selves and others. This provides a good indicator regarding accomplishing the general goal of the project. The team targeted females especially after the war because mothers are the central supporting element in the family.

▪ **Team Hierarchy:**

