

This report includes the period from 01/01/2016 to 31/12/2016. The project's activities were delivered based on the project's work plan. One of the most important events was the work team participation in the international focusing conference in Cambridge -Britain, 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 and group focusing sessions with families, children, and adults from the age group that varies between (10-65) at different places within the targeted project areas. During this period, (713) participants benefited from the project activities; (494) Females and (219) Males.

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

The number of adult beneficiaries of Educational focusing sessions (two sessions) conducted at partnering associations was (382) participants (282 Females, 100 Males).

The number of adult beneficiaries of Family focusing sessions conducted at home visits was (8) participants (4 Females, 4 Males).

The number of adult beneficiaries of entertaining focusing sessions conducted at home visits was (270) participants (170 Females, 100 Males).

10 persons were transferred to receive more specialized interventions at Palestine trauma centre's therapeutic unit.

The team used various techniques with the participants, for instance; listening to ourselves skill, the quality of listening to others skill, distance at present time and partitioning skill, verbal reflections skill, psychological resilience activity, relaxation and tapping activity, safe place exercise, name expression exercise, thoughts and feelings differentiation, drawing of feelings, expressing feelings by symbols and images, images embodiment, teddy bear exercise to express children's feelings, and a number of other open activities.

Regular individual and group weekly sessions are conducted by the professional supervisor Dr. Mohamed Altawil with the project coordinator and the focusing team, to provide them with training and development on the focusing techniques updates.

Focusing program is evaluated by using a pre assessment before the session's commencement, which is represented in a group of questions that are asked by the facilitator through conducting an interview with the participant at the first session, and a post assessment at the end of the sessions to identify the effects of the program.

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.

The verbal assessment through beneficiaries' comments showed the magnificent effect of the focusing sessions on them. This success appears clearly in the comments of the as follows:

A female participant (S.H 19 yrs) from Alazhar university of Gaza, Alnasser area said: "the focusing sessions changed me, especially after the psychological resilience session, which enabled me to listen to my inner self telling me how strong I am regardless of my chronic disease, that I suffer from chronic breathing asthma. I used to be weak, but the focusing sessions revived the hope inside of me, it gave me the courage to pursue hopes and happiness".

A male participant (B.A 19 yrs) from Alazhar university of Gaza, Jabalia refugees camp said: "The focusing sessions opened new prospects for me, in which, the different focusing topics gave me a rich culture regarding the way of dealing with previous experiences. Also, my responses to different situations changed after the sessions"

A male participant (A.K), University professor from Alazhar university of Gaza, Khan-Yonus area said: " I followed up and recorded the positive opinions of the students and participants in the focusing sessions, I also recorded their advancement at the academic level and other day life skills, I hope that my colleagues and I would have an opportunity to join the focusing sessions in the near future".

A deaf student (K.A 21yrs) from Beit Almaqdis College said: “the protective shield exercise during the safe place activity made me feel like I possess a power that enables me to overcome my difficult circumstances as a deaf person in blending in our surrounding society”.

A disabled student (H.Y 32yrs) from Beit Almaqdis College said: “I liked the exercise of listening to ourselves a lot. Some of us (people with disabilities) face a lot of fear while dealing with others, and the way they look at our needs and abilities as disabled persons. But this skill gave me a new perspective on how to listen to others in a new way, I joined college in a late age (32yrs), but I feel content about this decision”.

A girl (M.T 29yrs) from Women activity centre said: “I benefited a lot on the personal level, I gained confidence in myself and my feelings. I used to suffer a lot from my mother’s physical and verbal abuse, and I didn’t have the ability to do anything about it. Then, I asked help from the focusing facilitator, and indeed the focusing sessions that my mother received contributed to alleviate her angry reactions, and it directed her to deal in a better way with me.