

# RAN Collection practice template

<p><b>Name of the practice</b></p> <p>Please note that by practice we mean an activity/method/tool that has been used or is in use by professionals and/or community members.</p>	<p><b>From Personal Transformation to Positive Social Impact: IAHV Model</b></p>
<p><b>Description</b> (max. 300 words)</p> <p>Short description of the aim and working method of the practice. Please note that in this description, it must be clear that <u>there is an explicit connection to preventing and/or countering radicalisation and/or violent extremism</u>. This means that in the aims and/or the activities/methods/tools of the practice, there is a link to preventing and countering radicalisation and/or violent extremism. Practices without this link cannot be included in the RAN Collection.</p>	<p>IAHV Approach</p> <p>IAHV advocates for a radically new paradigm of how we understand and deal with violent extremism. The approach is fundamentally human, situated in a broader peacebuilding framework, and tackles the psycho-social roots of the challenge. IAHV Peacebuilding programmes bring about a profound, self-sustaining transformation in attitude, mindset, well-being and behaviour of individuals and communities involved or affected by violence and extremism, inspire and train participants to use non-violent means to achieve legitimate needs, and mobilise them to become effective peacebuilders in their own communities.</p> <p>IAHV Methodology</p> <p>IAHV programmes use a comprehensive set of processes and tools facilitating physical, mental, emotional and existential changes, as such positively transforming well-being, attitudes, behaviours and relationships.</p> <p>Figure 1: IAHV model of intrapersonal transformation</p>

## Peace: A New Existence 7 Dimensions of the Individual



IAHV uses a holistic approach to personal transformation that addresses the physical to deeply existential layers, transcending the strictly cognitive. On the physical level, it provides deep stress release and relaxation, increases energy levels, and improves overall physical health and well-being. On the emotional level, it releases strong negative emotions, fosters more positive and life-supporting emotions, and increases emotional resilience. On the mental level, it calms tension and worries in the mind, improves clarity of mind and concentration, reduces the impact of negative or traumatic memories, and fosters a more positive mindset.

When individuals are able to release stress and negative emotions, calm their worries and expel tensions from the mind – and are thus positively established within themselves – it is reflected in their behaviour, relationships and outlook towards the world. Building on restored mental and emotional well-being, IAHV programmes apply a set of pedagogical methods and strategies (processes, knowledge, discussions, games, practical tools) to strengthen self-confidence, explore a broadened and shared self-identity, inculcate human values, improve non-violent conflict resolution, address issues of trust, fear, suspicion and hatred, reduce resentment, build connectedness, and reinforce healthy attitudes and skills for peaceful coexistence.

On a behavioural level, this subsequently leads to a diminished need for negative coping strategies, improved communication and life skills to handle challenging

situations, as well as a reduced inclination towards harmful behaviour towards themselves or others. This can manifest in reduced frequency and severity of violent incidents, criminal activity, substance abuse and aggression. Similarly, individuals feel more resilient against peer pressures, overwhelming emotions, discriminatory behaviours, intimidation or recruitment.

It is commonly understood that violent radicalisation happens at the intersection between an enabling environment and a personal trajectory. IAHV programmes focus explicitly on the personal and relational aspects involved, and to a lesser extent on social, political or geopolitical aspects. Among the psycho-social drivers of violent extremism, as identified through research of best practices and approaches, IAHV addresses in particular the following:

#### Personal

- Frustration, sense of rejection, exclusion, isolation, humiliation
- Feelings in general (wish to provoke, despair, fear, hopelessness)
- Idealism and strong sense of justice
- Fascination for violence and fights
- Negative home/family background
- Disbelief in alternatives
- Identity questions or problems
- Lack of a meaningful purpose in life
- Search for simple ways to understand a complex world

#### Relational

- Negative or lack of positive personal experiences with certain groups of people
- Wish to belong to a group
- Interest in alcohol, drugs or other group-binding factors
- Peer pressure
- Connection to a charismatic leader

#### Societal/Political

- Fear of multiculturalism or of certain groups of people
- Us-them paradigms

- Lack of brotherhood, sisterhood or belongingness to a community
- Lack of trust in others / society
- Real and perceived injustice

Global/Geopolitical

- Rapid changes in society
- Resentment of Western supremacy
- Feelings of inequity and injustice on global level, and a sense of humiliation
- Encroachment of modernity on 'traditional' values
- Highly symbolic conflicts on the global scene with broad repercussions

The strength of IAHV's programmes lies in the integrative approach towards empowerment, addressing different individual and relational aspects such as:

**IDENTITY**

- Broadened, diversified self-identity
- Reduce perception of discrimination and victimhood
- Foster self-esteem
- Foster sense of belonging and counter isolation

**HEALING AND EMOTIONAL WELLBEING**

- Release negative emotions
- Healing and relief of trauma
- Strengthen emotional resilience and coping capacity
- Foster positive emotions

**EMPOWERMENT & RESPONSIBILITY**

- Address injustice, engage for action
- Moving from blame to responsibility
- Acquainting with positive role models
- Strengthen action instead of reaction

**MENTAL TRAINING**

- Counter dichotomising, black and white thinking
- Foster critical thinking capacity
- Decrease worry and tension
- Foster broadened perception and open mindset

**PHYSICAL HEALTH AND WELLBEING**

- Deep stress release and strengthen stress resilience

**PROVIDING AN ALTERNATIVE**

- Raising awareness and skills on alternative of nonviolent strategies
- Develop alternative community

When our inner world is disturbed, our impact in society is more likely to be neutral or negative in terms of disengagement, frustration, anger, disappointment, radicalisation, disrespect, violence, depression or resistance. Individuals who are well established in themselves, healed and empowered, are more likely to bring a positive contribution to different aspects of society and to play a peace-enhancing role in their communities and institutions. Healing and empowerment support individuals to develop interpersonally and inside communities, creating more inclusive relationships and greater community resilience to

	<p>radicalisation and violence. In this process, IAHV fosters a strong, experiential foundation of universal human values to support more positive discernment and decision-making.</p> <p>Restoring peace at every level well beyond the cognitive, IAHV programmes are deeply empowering, life affirming and truly holistic.</p> <p>Working inclusively across affected populations and stages of radicalisation</p> <p>IAHV’s programmes to prevent and transform violent extremism and radicalisation are applicable across personality types, ideologies and contexts, and across all stages, from prevention to intervention, rehabilitation and reintegration. We work with all individuals and communities directly or indirectly, actively or passively affected by violence and extremism, including:</p> <p>former extremists, ex-combatants, militants, prisoner populations, gangs, convicted terrorists, radicalised youth, affected communities and relatives, social/youth/prevention workers, survivors of violence/terrorist attacks.</p> <p>Systemic approach in collaboration with ongoing initiatives</p> <p>IAHV’s expertise, combined with identified best practices from the field in an inclusive, integrative approach, can lay a strong psycho-social foundation to complement and strengthen ongoing initiatives.</p>
<p><b>Key themes</b></p> <p>Please <u>choose</u> 2 key themes most corresponding with the practice.</p>	<p>Prison and probation</p> <p>Deradicalisation/disengagement</p>
<p><b>Target audience</b></p> <p>Please <u>choose</u> a minimum of one target audience most corresponding with the practice.</p>	<p>Victims of terrorism</p> <p>Formers</p> <p>Add additional target audience.</p>
<p><b>Geographical scope</b></p> <p>Please indicate where the practice has been/is implemented (countries, regions, cities).</p>	<p>Denmark, Belgium, Lebanon, Jordan, India, Sri Lanka, Iraq, Colombia, Nepal, Mexico, US</p>
<p><b>Start of the practice</b></p>	<p>Starting year: 1992</p>

<p>Please indicate when (year) the practice was developed and implemented to indicate the maturity of the practice. In case the practice is no longer active, please indicate when it ended.</p>	<p>The Prison SMART Rehabilitation training programme started in 1992. Since then, many other programmes have developed, as illustrated above.</p>
<p><b>Deliverables</b></p> <p>Please indicate if the practice has led to concrete deliverables, such as (links to) handbooks, training modules, videos.</p>	<p>IAHV programmes and training include:</p> <ol style="list-style-type: none"> <li>1. Preventing and Countering Violent Extremism (PCVE) for young people (aged 16 to 35, though this can be extended) at risk, in the earlier stages, or seeking re-entry from periods of radicalisation (16 to 22 hours):             <ul style="list-style-type: none"> <li>- transforming the attitudes and behaviours of youths and young adults from at-risk to high-performing, responsible, confident and empowered populations;</li> <li>- 'prevent' and providing alternatives to radicalised narratives and destructive behaviour towards themselves and others;</li> <li>- practical tools and life skills for individuals to release stress, master their emotions, withstand radicalisation and peer pressures thereto, and solve conflicts using non-violent action.</li> </ul> </li> <li>2. Youth Leadership Peacebuilding Training (YLPT) providing intensive training to empower and mobilise youths and young adults (aged 16 to 35, though this can be extended) to become role models and the driving force behind the prevention and transformation of radicalisation and violence (7 to 10 days).             <p>In addition to PCVE, YLPT includes:</p> <ul style="list-style-type: none"> <li>- physical, emotional, mental, spiritual and social empowerment;</li> <li>- hard and soft skills development, including: stress management, trauma-relief and healing, resilience, self-knowledge and self-management, creativity and innovation, communication skills, value-based leadership, teamwork, decision-making, dynamism and entrepreneurship, interpersonal skills and volunteering spirit;</li> <li>- focus on individual empowerment and locally informed and owned peacebuilding and violence prevention strategies.</li> </ul> </li> <li>3. Rehabilitation &amp; Reintegration of Ex-Combatants (REX), including current and former extremists as well as war veterans, into society (16 to 22 hours).             <p>REX addresses psycho-social gaps in existing reintegration and DDR (Demobilization and Reintegration) infrastructure, including but not limited to: post-traumatic stress; addiction; mistrust and alienation; depression, apathy and perceptive</p> </li> </ol>

	<p>disempowerment; victimisation and an inability to take responsibility for past acts or current behaviour; negative emotions such as anger, blame and a desire for revenge; cognitive reliance on violence to achieve power or fulfil feelings of masculinity; and other identity challenges related to re-entry. In addition, the REX programme empowers participants to identify and achieve their goals in a non-violent way, helping them re-enter society as contributing and peaceful members.</p> <p>4. Healing, Resilience and Empowerment (HRE) training for survivors, relatives and affected communities (8 to 12 hours):</p> <ul style="list-style-type: none"> <li>- stress and trauma management and healthy coping strategies, which can sustain improvements in quality of life.</li> </ul> <p>5. Self-Management and Professional Excellence training for CVE/PVE workers (12 hours):</p> <ul style="list-style-type: none"> <li>- introduction to the IAHV approach, methodology, case studies;</li> <li>- analysis and personal experience of the psycho-social factors at the core of rehabilitation, reintegration and transformation of extremism;</li> <li>- improved well-being, better clarity of mind and greater focus, increased stress resilience;</li> <li>- improved ability to manage challenging situations and people leading to improved professional and personal performance.</li> </ul> <p>Ideally, each training programme is supported by a tailored 3 to 12-month follow-up period, in which participants engage in ongoing learning or implement local violence prevention projects.</p> <p>A description of our approach is available in the following brochure: <a href="http://peaceunit-iahv.org/services/preventing-and-transforming-violent-extremism-mobilising-youth-for-peace/">http://peaceunit-iahv.org/services/preventing-and-transforming-violent-extremism-mobilising-youth-for-peace/</a></p> <p>An overview of video testimonials from participants: <a href="https://www.youtube.com/channel/UCIYHStWX08wZysbOMsPNg2w">https://www.youtube.com/channel/UCIYHStWX08wZysbOMsPNg2w</a></p>
<p><b>Evidence and evaluation</b></p>	<p>IAHV practice-based evidence in 20+ conflict and war zones:</p> <ul style="list-style-type: none"> <li>- 7 400+ fighters renounced violence (Kashmiri militants, Naxalite terrorists, FARC rebels, Kosovo Liberation</li> </ul>

Short description on performance measures of the practice, including

1. qualitative views and quantitative (statistical) data e.g. measure of the success of your project or intervention.
2. evaluation and feedback, including surveys and/or anecdotal evidence e.g. have you done either an internal or external evaluation, have you encouraged any feedback from your target group?
3. peer review which feedback did the practice receive in the RAN working group and/or study visit where the practice was discussed.

Please elaborate on the outcomes of your monitoring and evaluation efforts.

Army veterans, the LTTE in Sri Lanka, militants in Assam, Maoists in Nepal).

- Colombia breakthrough in peace process with FARC, June 2015.
- Prisons worldwide: rehabilitation programmes for 600 000 prisoners and staff.
- Rehabilitation and reintegration of 5 000 criminals, gang members and ex-prisoners in Copenhagen.
- Rehabilitation and reintegration of youth gangs in Panama and Mexico.
- Healing, Resilience and Prevention of Extremism for 18 000 war-affected children in Lebanon and Jordan (EU project).
- Reduced PTSD symptoms in US war veterans.
- Iraq Trauma Relief and Women Empowerment since 2004.
- Reduced stress and trauma for 150 000 trauma-relief beneficiaries worldwide (Iraq, Israel-Palestine, Kashmir, India, US, Balkans, Kyrgyzstan, Sri Lanka, Northern Caucasus and Afghanistan).
- 85 % suicide reduction in Kosovo prisons.

Scientific research on IAHV techniques

The core techniques used in IAHV programmes are Sudarshan Kriya & Practices (SK&P), which include gentle stretches (yoga postures), specific breathing exercises, and cognitive coping and stressor evaluation strategies. The central component of SK&P is SK, which is understood to use specific breathing rhythms to eliminate stress, support the various organs and systems within the body, transform overpowering emotions, and restore peace of mind, thus supporting the whole mind-body system. Independent research suggests SK&P result in rapid and sustainable reduction rates of PTS (65 %), clinical depression 68-73 % (mild, moderate and severe), anxiety 73 % and stress (reduction in cortisol and lactate levels), whilst increasing optimism, calmness, concentration and recovery from stressful stimuli. A University of California, Los Angeles (UCLA) study concluded "the [IAHV] program can promote mental health, potentially protecting from harmful coping behaviours and risk behaviour", as it showed a reduction in impulsive behaviour among adolescent participants.

For an overview of 60+ internationally peer-reviewed research articles on SK&P, see [www.aolresearch.org](http://www.aolresearch.org)

Anecdotal evidence



	<p>In 2012, IAHV offered a 1-month rehabilitation and reintegration training course to 240 militants in Assam, many of whom had belonged to different extremist groups since an early age. In addition to the IAHV core programme, participants engaged in vocational training and training in organic farming to earn their living in a non-violent way. 100 % of the participants felt their lives changed for the better, with many renouncing violence, taking up agriculture, and becoming willing to contribute to the sustainable and peaceful development of their communities: "I found a lot of enthusiasm and determination to lead a new life. I had a lot of physical and mental strain but just after two days of doing the Sudarshan Kriya and other practices, I can sit on the ground, and sleep soundly at night. I have a new zest to live life.", "Coming here, I feel a lot of belongingness and respect for others. It is because I was given the same respect and welcomed with belongingness. I now recognise the struggle I was going through mentally. It seems I have found a tool to solve my problems. I can now see a way ahead. I have some land back home. I would like to take up organic farming."</p> <p>As one hardcore recidivist said after following IAHV's Prison SMART programme, "it is as if I feel an anchor inside me now that prevents me from slipping down the same destructive path".</p> <p>A mother of a foreign fighter in Belgium testified after doing the IAHV programme: "I learned to accept the situation, to live with it. I am able to forgive myself and to forgive my son now".</p> <p>For more case studies, see <a href="https://www.iahv-peace.org/services/preventing-and-transforming-violent-extremism-mobilising-youth-for-peace/">https://www.iahv-peace.org/services/preventing-and-transforming-violent-extremism-mobilising-youth-for-peace/</a></p> <p>Testimonial of previous gang member: <a href="https://youtu.be/k7-udmCsdWc">https://youtu.be/k7-udmCsdWc</a></p> <p>Peer Review: IAHV's presentation in the YF&amp;C Meeting was positively evaluated.</p>
<p><b>Sustainability and transferability</b> (maximum of 200 words)</p> <p>Short description on the sustainability and transferability of the practice, including e.g. information on the costs of the</p>	<p>IAHV's approach is to empower individuals and communities to become self-reliant, create self-sustaining change and reduce dependency on external support. IAHV empowers individuals and communities with knowledge, skills and tools to improve their own physical, mental and emotional well-being, and to create the change they want to see themselves. In the initial stage, certified IAHV trainers pass on the techniques, skills and knowledge to participants, who can benefit themselves or be trained to disseminate them further in their local contexts. This inherently self-sustainable</p>

practice. Please elaborate on which elements are transferrable and how.

approach strengthens local resources, as illustrated by the numerous examples of IAHV programme participants who have continued to become IAHV trainers themselves. In addition, through its specialised training for CVE/PVE professionals, IAHV raises awareness in the sector about the IAHV approach in order to identify where it can be integrated to provide the most added value in a multi-agency approach.

The costs involved are dependent on local needs, programme selection and resources, ranging from free introductory sessions to intensive 7-day programmes, with an average price of EUR 300/participant for a 20-hour programme.

One Yazidi youth, filled with fury and hatred for the brutalities IS had inflicted on his family and people, including the kidnapping and rape of his own sister, and for the crimes against humanity that he had been documenting as a human rights activist, was ready to take revenge and join the militias fighting against IS. However, since his friends invited him to a peacebuilding workshop and later an IAHV Youth Leadership Peacebuilding Training course, he now gives stress release and resilience workshops in a camp in Dohuk for hundreds of displaced people and inspires them to join the Citizens Peace Movement of Iraq.

In Denmark, former gang members, criminals, drug addicts and prisoners are training and supporting thousands of others in and outside prison, following the rehabilitation journey they themselves underwent via Breathe / Prison SMART programmes. Grateful for their 'new lives', they are committed to preventing others from going down a destructive path and supporting them as they turn their backs on a life of crime, violence, stress and disillusion. As one prisoner in the UK remarked, "I spent my whole life trying to destroy society. After doing the Prison SMART program, I now want to spend the rest of my life contributing to society."

IAHV's sister organisation Art of Living Foundation, located in the ghettos of Panama City, was approached in 2008 to conduct a 20-month rehabilitation and empowerment programme for 11 gang members. They had joined a gang in order to help provide income for their families and security from rival gangs. Caught up in the vicious cycle of violence and crime as a way of life and without education, parental support or other options, they underwent a profound transformation during the IAHV programme. Before long, the former gang members became known as the 'Youth for Change' for their service in orphanages and their mentorship to younger children. One ex-gang member poignantly remarked, "We used to behave even worse than them. Now we've changed and we come to teach them that there can be a change. All of them deserve a chance, just as we had too."

	<p>One of us could have died with all these problems, we could have gone to jail, I don't know, but if we can change and take advantage of that, I think everybody can do the same. We have to stretch out our hand to help other people who also deserve a chance. We can teach them to change as a person, and to shift their mind, to become a good person and not to fix things only with bullets but to see there are different ways".</p> <p>One former militant from Assam testified, "My fight was for the people. So maybe I have no regrets. But I realised that violence is not the path. I am now determined to build a strong harmonious community. I want to go back and resolve conflicts in my region, now that I am at peace with myself".</p>
<p><b>Presented and discussed in RAN meeting</b></p> <p>Please note that to be included in the Collection, the practice is preferably nominated through one of the RAN meetings. Add name of the RAN Working Group/event, date, place and subject of meeting.</p>	<p>Name: YF&amp;C Meeting</p> <p>Date: 29-30 June 2017</p> <p>Place: London</p> <p>Subject: Strengthening Community Resilience</p>
<p><b>Linked to other EU initiatives or EU funding</b> (maximum of 100 words)</p> <p>Please indicate how your project was funded, if your practice is linked to other EU initiatives or projects, AND explicitly note if it is (co-) funded by the EU, and if so, by which funds? Such as Erasmus +, Internal Security Funds (ISF), European Social Fund (ESF), Horizon 2020, etc.</p>	<p>IAHV successfully implemented a 3-year project to provide Healing, Resilience and Prevention of Extremism for war-affected children in Lebanon and Jordan, co-funded by EIDHR, 2017-2019.</p> <p>IAHV is currently implementing a 2-year project to empower refugees and displaced people in Europe to strengthen and maintain their own wellbeing through IAHV's innovative, scalable and evidence-based approach, with a focus on Ukraine, co-funded by HADEA, 2023-2024.</p>
<p><b>Organisation</b> (enter maximum of 100 words and select organisation type)</p> <p>Please briefly describe the organisation behind the practice including the legal status e.g. NGO, governmental, limited company, charity etc.</p>	<p>International Association for Human Values (IAHV)</p> <ul style="list-style-type: none"> <li>• Non-profit, United Nations-affiliated organisation with special consultative status with ECOSOC.</li> <li>• Founded in 1997 in Geneva, Switzerland, by Sri Sri Ravi Shankar and other global leaders.</li> </ul>

	<ul style="list-style-type: none"> <li>• Mission: to build sustainable and inclusive peace by promoting and supporting the development of human values in both the individual and societies on a global scale.</li> <li>• Headquarters: Geneva. Branches in around 20 countries. Works in partnership with Art of Living Foundation (1981): active in 155 countries, reached hundreds of millions of people.</li> <li>• Largely volunteer-based organisation.</li> </ul> <p>IAHV's programme on Preventing and Transforming Violent Extremism is managed by the IAHV Belgium branch, which runs the global Peacebuilding Programmes for IAHV.</p> <p>IAHV Belgium BE.0667.891.619</p> <p>Financing: A 3-year IAHV project on preventing extremism among war-affected children in Jordan and Lebanon was successfully implemented with support from EIDHR (Global Call) 2017-2019.</p> <p>IAHV programmes in different countries are funded by private donations, trusts and foundations, and corporate and governmental funds.</p> <p>Type of Organisation: <a href="#">Charity</a></p>
<p><b>Country of origin</b></p> <p>Country in which the practice is based.</p>	<p>EU or EEA country: Choose from list of EU and EEA countries.</p> <p>or:</p> <p>Non-EU country: Switzerland</p>
<p><b>Contact details</b></p> <p>Please provide contact details of who can be contacted within the organisation, with name and email address.</p>	<p>Address: Bad Antogast 1, 77728 Oppenau, Germany  Contact person: Dr Katrien Hertog  Email: Katrien.Hertog@iahv.org.uk  Telephone: +44 7405638795  Website: www.iahv-peace.org ; www.prisonsmart.eu</p>
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