

# What Is a RESET facilitator?

By, Niels Birkemose

Traumatized children—and adults—need help. Typically, that help comes from a psychologist. But what happens when there are far too many traumatized individuals in an area for psychologists to meet the demand? This is the reality in war-affected regions such as Armenia and Ukraine. In Armenia, there are thousands, and in Ukraine, millions of traumatized children receiving little to no support.

Those most severely affected may remain in a state of shock for years. They react differently, some become trapped in this shock, developing traumatic mutism—they lose the ability to speak, not because of any physical impairment, but because their trauma prevents them from communicating. Returning these children to a normal life, where they can engage with their feelings and speak again, is a long and delicate process.



*Sona Asryan, a psychologist working in Vardenis, Armenia, explains the consequences of untreated trauma. "Children can become aggressive and often lose interest in education, a cycle that escalates stress and contributes to the formation of an unhealthy generation"*

Parents themselves are often traumatized and lack the knowledge or capacity to help their children (and themselves).

The challenge is clear: there simply aren't enough therapists in these war zones—far too few for the scale of need. Fortunately, there is a solution. One does not need to be a trained psychologist to help a traumatized child begin to recover. Through RESET trauma training—which stands for Regulate – Embody – Soothe – Ease – Transform—ordinary caregivers such as teachers, healthcare staff, and parents can become certified RESET facilitators.

To become a RESET facilitator, participants first attend a three-day course, followed by an e-learning self-study program that can be completed in a few weeks. Once they gain practical experience, they are then qualified to train new RESET facilitators themselves. This cascade model of the RESET system are currently under development. With this “snowball effect,” it is possible to educate thousands of RESET facilitators in vulnerable regions, expanding trauma support rapidly and sustainably.

The RESET strategy is based on the Danish-developed Cognitive Affective Training Kit (CAT-KIT).

The CAT-KIT gives children tools to understand and manage their emotions after trauma. It uses visual, structured exercises to reduce stress, improve communication, and strengthen social connections—helping children regain confidence, cope effectively, and prevent long-term effects of trauma.

By empowering local caregivers with these tools to address trauma, RESET facilitators bring hope, resilience, and healing to children and communities that need it most.

Video: [Video 1](#)

Therapist working with armenian boy with trauma7c mu7sm.

Video: [Video 2](#)

About the need for RESET facilitators in Vardenis, Armenia.