



## ***“Provides a hostage with important tools”***

*Coping with Capture* enables sailors operating around the East African coast to prepare themselves thoroughly and objectively for a potential hostage-taking situation or an attempt at one.

The book provides a hostage with two important tools for surviving a kidnapping situation with minimum physical and mental injury: knowledge and the awareness of his own possibilities to influence his surroundings and his situation.

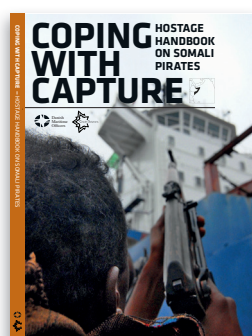
Knowledge can ease anxiety and frightening fantasies with the help of factual information, and it can be crucial during the actual detention through insights into diet, hygiene and medicine under primitive conditions; handling stress; behaviour capable of reducing aggression amongst hostage takers; knowledge about Somali culture and religion; and much, much more. Its fundamental premise is that knowledge can save lives.

The book also provides a long list of specific actions that a hostage can take to maintain his or her strength and dignity in a hostage situation. This not only helps the hostage muster the strength and energy to survive the kidnapping, but can also reduce the post-traumatic effects once life returns to normal after release.

I recommend that all sailors planning to travel around the coast of Somalia read this book first, make a note of its most important points, and, if possible, revisit these important messages a number of times throughout the trip.

### **Birgitte Dam Jensen**

- *Consultant, public speaker and founder of the Institute for Change in Denmark.*
- *Teacher of hostage and kidnapping survival studies since 2005. As an external consultant, she was involved in establishing and developing – and remains associated with – the Danish Defence’s training in hostage and kidnapping survival.*
- *Trained body psychotherapist specialising in stress, shock and trauma.*
- *Theatre director and teacher of acting techniques at the School of Dramatic Arts in Odense, Denmark, since 2001.*



Learn more – visit [copingwithcapture.com](http://copingwithcapture.com)