

**Project Title: Trauma, Development and Peacebuilding:
Towards an integrated psychosocial approach**

IDRC Project Centre File: 105691-001

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Report Type: Final Technical Report

Date: 1 September 2012

IDRC Project Number: 105691-001

IDRC Title: Trauma, Development and Peacebuilding: Towards an integrated psychosocial approach

Country/Region: UK/International

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Abstract: *Psychosocial approaches to trauma in conflict-affected societies, and their relationship to peacebuilding and development, remain under researched and under theorized. As a result, INCORE, with the support of IDRC, undertook a project that focused on these issues. The project sought to analyse how psychosocial interventions can contribute to peacebuilding, development and other forms of social transformation. The project focuses on seven specific case studies, i.e. Guatemala; Jerusalem/Occupied Palestinian Territories; Kashmir; Mozambique; Northern Ireland and; Sri Lanka. All the case studies, through a focus on specific psychosocial interventions, set out to explore whether psychosocial projects that take the political context into account; map and shadow local understandings of suffering (idioms of distress) and help-seeking behaviour; build resiliency; as well as address needs at different levels (i.e. not only focus on individual trauma) impact more positively upon social transformation. The parameters of the project and the challenges it faced from defining key terms to applying concepts across different contexts were explored. Examples of how psychosocial approaches have been used to impact upon peacebuilding, development and social transformation were examined in the case studies. Findings from the case studies revealed the complexities of carrying out research in conflict and post-conflict societies, and the context-specific nature of psychosocial work in a range of areas from counseling projects to indigenous healing ceremonies. A set of approaches, principles and strategies for maximizing the social transformative impact of psychosocial projects were developed.*

Keywords: Psychosocial, Peacebuilding, Development, Social Transformation, Gender and Resilience

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Synthesis/The research problem

There is no panacea for societies affected by political violence; each situation has its own history and particulars. We therefore need to be wary of a “one size fits all” approach to peacebuilding and/or development, and even within such societies its inhabitants are likely to be divided over the best way to deal with these thorny subjects. Despite these societies’ heterogeneity, however, many academics and practitioners concede that the problems arising from political violence and human rights violations, particularly the trauma they are said to engender, are best addressed through a psychosocial framework. The consensus, however, ends there, as there is little agreement about exactly what the term “psychosocial” entails, and even less about what goals, plans, and practices should specifically govern psychosocial interventions. Furthermore, how the concept of “psychosocial” is related to wider issues around peacebuilding and development in societies affected by political violence and human rights violations is even less developed. However, determining how best to approach psychosocial work, and how it relates to peacebuilding and development processes is extremely important for several reasons, two of which are identified below.

First, although it is widely agreed that psychotherapeutic approaches (e.g. Post Traumatic Stress Disorder, PTSD) are limited as primary methods for treating trauma in conflict and post-conflict situations, confusion over what “psychosocial” work is and how to engage in it, and the relative ease and replicability of psychotherapeutic frameworks mean that they often continue to dominate interventions in conflict and post-conflict societies. However, the culturally specific origins of psychotherapeutic approaches, along with the fact that only a small percentage of a conflict-affected population will require specialised mental health services mean that these approaches have the potential to violate the ‘do no harm’ principle (e.g. by denigrating local coping mechanisms and stigmatising individuals by labelling them as mentally ill).

Second, although it is recognised that mental health and psychosocial communal healing rituals, facilitation of support groups, provision of educational and vocational opportunities, etc.), how to best integrate these interventions, and how this integration can facilitate wider social transformation remains under theorised and under researched. Research in this area, however, is vital as such interventions, if not undertaken carefully, have the potential to reinforce the status quo and thereby undermine social transformation, (e.g. assisting war-affected women to facilitate their return to “normal” societal life without recognising that such contexts often perpetuate unequal access in a number of ways). Therefore, further research in this area was identified as a pressing need and the Trauma, Development and Peacebuilding project aimed to outline how to intervene in conflict and post-conflict situations from a psychosocial perspective so that such interventions have the potential to maximise peacebuilding, development and other forms of social transformation. This was achieved through a series of case studies, and the creation of approaches, principles and guidelines to psychosocial work, all of which will be disseminated through a book, journal Special Issue, a summary document and a series of dissemination workshops. The project sought to result in increased understanding and capacity regarding how to research psychosocial interventions

and related themes (e.g. resiliency), and how to engage in psychosocial work so that it facilitates wider social transformation.

Objectives

I. Overall Objectives

The overall objective of the project was, through a range of applied research processes, to increase knowledge and capacity concerning the research and practice of psychosocial interventions, their relationship to peacebuilding and development, and their ability to facilitate other forms of social transformation.

II. Specific Objective

The specific objectives of the study were to

(a): outline the various idioms of distress, help-seeking behaviours and indicators of well-being and resilience throughout a given society and/or in relation to a specific group in a society;

(b) determine how these operate throughout the various levels of a society and inform (or are not represented adequately in) psychosocial interventions in that country;

(c) analyse how such psychosocial interventions contribute to peacebuilding development and other forms of social transformation or not; and

(d) make policy suggestions about how psychosocial interventions can be used to maximise social transformation, peacebuilding and related processes, e.g. accountability, social justice, justice.

III. Discussion on whether or not the objectives were met

The projects objectives have been met through a literature review focussing on different approaches to trauma and various idioms of distress, help-seeking behaviours and indicators of well-being and resilience. Objectives have also been met through the commissioning of seven case studies in societies that are experiencing different stages of conflict including Guatemala, Jerusalem, Kashmir, Mozambique, Northern Ireland, South Africa, and Sri Lanka. These different case studies have allowed the authors to analyse how such psychosocial interventions contribute to peacebuilding development and other forms of social transformation or not. Finally, policy and practice suggestions about how psychosocial interventions can be used to maximise social transformation, peacebuilding and related processes have been made.

Methodology

In order to address these objectives, the following methodological steps were undertaken:

1. A literature review focussing on different approaches to trauma and its relationship with peacebuilding and development was drafted.
2. A series of papers from different experts in the field were commissioned. Broadly the specific focus of the papers were:
 - a. The history and development of "trauma" in the peacebuilding and development field, as well as outlining key definitions and concepts;
 - b. Key dimensions of the debate and notions of trauma, and how it has impacted globally on practice;
 - c. Seven country specific papers considering how notions and understandings of trauma have shaped local practice examples of psychosocial work and where collective forms of trauma have been addressed. The areas focussed on were:
 - i. Guatemala
 - ii. Jerusalem/Palestine
 - iii. Kashmir
 - iv. Mozambique
 - v. Northern Ireland
 - vi. South Africa
 - vii. Sri Lanka
 - d. In order to address the objectives of the project the case studies used a variety of different methodological approaches that were appropriate given the different context and geographical locations of the case studies;
 - **The Guatemala Case Study** sought to understand the transformative potential of creative methodologies, including the creative arts (drawing, collage, storytelling), embodied practices (massage, human sculptures, role plays, theatre), and beliefs and practices from the Mayan cosmovision (ceremonies and rituals), in psychosocial and feminist accompaniment processes that support Mayan women's struggles in Guatemala to act on their own behalf, that is, as protagonists of their lives. This case study purposively selected two groups of Mayan women. This case study used a participatory action research process to ascertain if a change in Mayan women's representations of self or a change in their lives as a result of their participation in workshops that used creative resources. Has this change occurred as a result of their participation over time and looks at changes at different moments in armed conflict/post-conflict transitions? Are women's experiences of violence addressed differently where sexual violence has been or has not been an explicit focus of the work? What roles have intermediaries played in the design and the implementation of creative methodologies, and how has this influenced Mayan women's struggles for their own protagonism? Six workshops were carried out: one with some women from Project One, one with lawyers, psychologists, and women's rights activists who

accompany them, and four with participants from Project Two, that is, women in Chajul and its surrounding villages (Juil, Vipech and Chemal). Ten semi-structured, in-depth interviews were conducted with local intermediaries who have engaged in this work over many years developing and deploying many of the creative methodologies that have been analysed in this case study. The workshops with participants from Project One heavily organised by NGO's were conducted in Spanish, with the assistance of interpreters for the three language groups represented. Although all participants understand Spanish, many are more comfortable speaking in their indigenous language. Project Two workshops in Chajul were conducted in Spanish whereas those in the villages were conducted in Ixil with translation provided by a co-facilitator who was a participant in the Chajul workshop. The role of these interpreters has been critical to all phases of the work described here. They are both local survivors as well as key intermediaries, shuttling between both worlds, and central to ensuring that non-Mayan Spanish speakers are able to access and understand women participants' stories as well as their interpretations of their experiences. The format of the workshops included an initial space for an opening ritual, ceremony or prayer; inviting participants to choose which tradition they sought to call upon. This was followed by a brief introduction of this project and the purpose of the gathering, an explanation of issues of confidentiality, a request for permission to take pictures and record the workshops and then an introduction of the facilitators. A central activity in all the workshops was to ask the women to do individual or collective drawings of how they see themselves today, after their years of working together, in comparison to how they saw themselves prior to participating in Project One or Two. After making their drawings, participants posted them at the front of the room and the rest of the workshop participants were asked to say what they saw in the drawings, with the artists then clarifying what they themselves had envisioned. The discussion of the drawings included descriptions as well as elaborations, that is, the drawing became an elicitation prompt, and women described more details about themselves and women's organizing today and themselves in their communities during the war. The workshops also included brainstorming activities about the different creative resources in which they remembered having participated during earlier workshops, followed by small group dramatizations of favourite techniques and discussion about why they might be performed and with what effects. The methods of each workshop differed slightly (for example, in the use of dramatizations or drawings) according to the participants' own preferences or emotional reactions to the issues under discussion. All workshops included reflections on the impact of the creative resources as the women experienced them and discussion about which of the many techniques included in these workshops they found the most helpful.

- **The Jerusalem Case Study** aims at understanding psychosocial interventions following the loss of beloved ones in Jerusalem, a space which exists under spatial and psychosocial apartheid and is permeated by gross power inequalities and injustices. By exploring the conditions of death and dying in Jerusalem the case study hoped to provide the reader with insights and deepen understandings of how local psychosocial interventions during the times of loss could be considered acts of community healing. The Jerusalem Case Study used a political ethnographic participatory research process focussing on discourse and analysis. The Jerusalem Case Study is based on the documentation of 15 death stories in Jerusalem, which track the entire details of Palestinian individuals, families and communities coping with death and dying. By collecting narratives from individuals, families and community actors living in various sites in Jerusalem (such as refugee camps, villages, the Old City and surrounding city area), the researcher was able to learn more from their stories of loss, such as their modes of coping with the specifics of death, means of getting the body to and from hospitals, getting approval for burial, calling on and soliciting the participation of family members, and more. In the interviews, the researcher was interested to learn from them the existing formal and informal networks that support individuals in times of loss. Also examined the role(s) played by those that offer psychosocial support in the community, that is, religious groups, communities (including those tied to the medical, psychological, legal and human rights arenas), and the extended and nuclear family in helping individuals and groups to deal with and cope with death under military occupation. In doing so, the author aimed at identifying, mapping and examining new family and community spaces that were produced specifically to deal with death, grounding these spaces in specific localities and contexts.
- **The Kashmir Case Study** examines the potential for psychosocial programming to transform conflict and bring about social change is examined in the context of the Indian state of Jammu & Kashmir which has been the site of insurgent political violence since 1989. The case study used a grounded theory using qualitative research methods. The impact of three psychosocial programmes was explored (Athwaas, APDP, and HELP). A purposive sampling technique was used to select 40 people for interviews: 10 male and 10 female youth beneficiaries of HF, 10 members of APDP (3 male and 7 female), and 10 women from Purkho Camp Samanbal. The youth were aged 16-29 years and all came from low –income families. The Samanbal women were in the 30-50 age group. The APDP group were aged between 26-65 years and from low-income backgrounds. Measures consisted of a) Semi-structured interviews with participants/ beneficiaries from the three projects selected for detailed study b) Semi-structured interviews with persons in leadership positions in the three projects selected for detailed study as well as the five additional projects mentioned above c) Focus group discussions (FGD) at the three main projects. The research

protocol for individual respondents inquired into their life circumstances, their psychosocial wellbeing, and their vision for an ideal Kashmir and perception of the impact of the project on their lives and on society at large. Psychosocial wellbeing was understood in terms of the PADHI (Psychosocial Assessment of Development and Humanitarian Interventions) model developed of the University of Colombo, Sri Lanka (Social Policy and Analysis Research Centre, 2008). It proposes that psychosocial wellbeing is comprised of five interconnecting domains. An individual or community is thought to experience wellbeing when they are able to access physical, material and knowledge resources; experience competence and self-worth; exercise participation in family, community, social and political life; build social networks; and enhance physical and psychological wellness. Psychosocial wellbeing is mediated by power and identity and subject to the facilitating or undermining influence of surrounding socio-political and cultural systems and institutions. The interview protocol for staff-respondents inquired into what the goals of the project were and how these related to the socio-political context, the outcomes for project participants and beneficiaries, the larger impact of the project on society and at policy levels, the factors that enabled and obstructed the work of the project, and the role of operational factors such as funding, alliances with other organizations and capacity building. The theme questions for the FGDs varied slightly for the different groups. The shared themes pertained to their vision for an ideal Kashmir and their thoughts on the impact of the project on wellbeing and social transformation.

- **The Mozambique Case Study** perceives mass political violence such as civil wars generates different forms of physical destruction, forced population movements and human suffering on a global scale. In response, national, regional and international humanitarian organizations have intervened by implementing psychosocial projects in war-ridden communities to mitigate the multiple consequences of war violence. However in the aftermath of the civil war in Mozambique (1976-1992), the great majority of the survivors relied on the assistance of various local resources to mitigate the effects of the war violence. This study explored the role that these resources play on healing as well as the ways in which they become implicated in processes of social transformation over time. This study used an ethnographic, participant observation process combining quantitative and qualitative research methods. Quantitative methods consisted of a semi-structured questionnaire that was developed to study the epidemiology of spirit possession in central Mozambique. This questionnaire was applied in traditional courts and it elicited the prevalence, over a 12-month period, of social conflicts that also involve experiences of war-related distress particularly through the intervention of spirits. This type of data gave some estimates as to how many of the war-related afflictions were also perceived as issues requiring justice interventions. Qualitative methods consisted of participant observation of cases presented in

the courts and in the consultation rooms of healers in order to understand the types of afflictions that war survivors were suffering from, the interpretations given to these afflictions and their strategies to find solutions. Follow-up interviews focused on individuals and families that used singular and combined intervention of healers and judges; the follow-up interviews explored the reasons behind their choice for one or combined resources, the differences and similarities between past and present forms of dealing with serious afflictions. Individual interviews were also conducted with judges and healers and focus group discussions were also held about similar themes related to singular and combined interventions.

- **The Northern Ireland Case Study** explores how trauma, as it applies to interventions with young men, is conceptualised in the context of post-conflict Northern Ireland. The study examines the experiences and perspectives of young men (18-24 years old) in Northern Ireland and those working with young men. The study using a purposive sampling technique focused on four groups undertaking psychosocial work that is two generic young men support groups and two groups with an explicit focus on victims/survivors of the conflict. The study using an ethnographic process and qualitative in nature interviewed a total of 20 clients and 19 staff. Semi-structured interview questions and the General Help-seeking Questionnaire (GHSQ) were used to ascertain how groups understand trauma and how they understand the impact of the conflict on young men. The study explores young men's perspectives and particularly whether they see themselves as being "traumatised" by the conflict, how masculine ideologies impacts on help-seeking intentions, and what they feel needs to be done to address their needs. Materials used included a semi-structured interview for staff containing open-ended questions to assess how programme staff understood the work that they do, the impact the programme has on the people they work with, a wider impact of the programme, and do they know if the programme works. Separate semi-structured interview questions for young men containing open-ended questions to assess how young men understand the work that the programme does, the impact the programme has on them, a wider impact of the programme, do they know if the programme works or has worked for them. Lastly, the General Help-Seeking Questionnaire (GHSQ) was used to assess participant's help-seeking intentions. The interviews included some key questions for those running programmes focused on issues regarding how groups in Northern Ireland understand trauma? How do they understand the impact of the conflict on young people? How is the resiliency of young people understood in this conceptualisation? Do groups link such programmes to the wider processes of peacebuilding, reconciliation, and dealing with the past and, in particular, to social transformation? Do group leaders/youth workers working on such projects consider inter- and trans-generational trauma to be an issue, which affects the young people with whom

they work? How do they conceptualise this? Some key questions to ascertain the perspectives of young men themselves were also included. Do they consider themselves to be the “indirect victims of the conflict”, as some suggest? Do they see themselves as somehow “traumatised” by the conflict? If so, how do they understand this and articulate “their suffering”, and what do they feel needs to be done to address this (e.g. support services, advocacy work, justice, etc.). Lastly questions pertaining to men’s help-seeking behaviour and how masculine ideologies impacts on their help-seeking acts and behaviours. The General Help-Seeking Questionnaire (GHSQ), which assesses future help-seeking behavioural intentions, was used. It was developed to examine the impact of help source (boyfriend/girlfriend, friend, parent, other relative, mental health professional, phone help-line, general practitioner (GP), teacher, pastor/priest, youth worker/youth group leader, no one) and problem-type (personal-emotional problems and suicidal thoughts) on intentions to seek help. The GHSQ asks participants to respond to each problem-type by rating their help-seeking intentions on a 7-point scale ranging from 1 (“extremely unlikely”) to 7 (“extremely likely”) for each help source option including “no one.”

- **The South Africa Case Study** examines three case studies of, what the authors have termed, ‘trauma care’ in contemporary South Africa. The case studies are not about psychosocial interventions in the traditional (counselling) sense but they look rather at how migrant communities in South Africa have sought out ways to deal with the deeply dislocating effects of living as migrants in the complex political context of post-apartheid South Africa. They therefore present a range of activities which may not, at first glance, seem to be trauma interventions. Nevertheless they were taken seriously as interventions precisely because of their frequent use by migrants and the absence of more mainstream psychosocial interventions for migrants in contemporary South Africa. The previous work that the authors had done on psychosocial interventions had made us realize that their use by migrant communities is not common and so we began from a different starting point; they began by asking what it is that migrants are already doing to deal with distress, trauma and post violence reconciliation and how does this in turn connect to the ongoing process of peacebuilding, development and social transformation - both in South Africa and in their countries of origin. It is from this question that the three case studies presented here were selected. These three were chosen (from seven in total) because they presented the diversity of what might be considered a ‘trauma intervention’ but also because they spoke to the need to consider how the context of political transition in so many African countries and associated attempts at peacebuilding connects with the contemporary socio-economic injustices that characterise South Africa’s political transition in ways that refuse a distinction between the economic, social and psychological. This case study used what

could be termed as an ethnographic participant observation action research. A purposive sampling technique was used to select the three projects. The Suitcase project undertook art sessions and storytelling with 20 unaccompanied refugee children in inner city Johannesburg. Initially, 20 unaccompanied migrant children aged between 6 and 19 years met every Saturday morning at a local school in Hillbrow Johannesburg for five years. This phase of the project was initiated by the children themselves after the facilitator met them while she was collecting information for an anti-xenophobia campaign. The children enjoyed the initial meeting and asked if they could meet again with the express purpose of "making a book to tell South Africans about our lives and why we are here". The children and the facilitator began to meet more regularly. Initially this was informally at the facilitator's house and later the school was used as a meeting place. The second project 'The Pentecostal Churches' this qualitative study was based on ethnographic research with two Pentecostal churches in Johannesburg, which were mostly attended by migrants. Participatory observation was conducted in order to obtain an inside view of the activities of the church and their role in supporting migrants. The researcher attended Sunday services and enrolled as a student in a bible study group in one of the churches. In addition, the researcher conducted in-depth interviews with both migrant members of the churches and pastors. The interviews explored how migrant felt they benefitted from participation in the church (if at all) and their reasons for participating in church activities. Themes of healing and trauma were central in these interviews. The use of participatory observation allowed for a better understanding of the processes of, what the pastors called, indoctrination and initiation that congregants undergo in order to 'be delivered' and ultimately healed. The third project 'Zimbabwe Action Movement' (ZAM) is a pressure group formed in South Africa that aims to bring about political change in Zimbabwe. They differ from other pressure groups in their insistence that the atrocities perpetrated against the Ndebele people between 1982-1987 be recognized and remembered along with other violence perpetrated since 2000. As with the study of the Pentecostal churches, this case study also consisted of a number of research techniques namely interviews with members of the Zimbabwe Action Movement, analysis of songs, document analysis and observation.

- **The Sri Lanka Case Study** questions how affected populations continue to receive meaningful and culturally appropriate psychosocial care in the changed environment. The Study using a purposive sampling technique and grounded theory to establish relationships to enable focus group discussions with managers of programmes and semi-structured interviews with managers and direct service providers. The author argues that even though the interventions were mostly individualistic in nature, they responded to broader issues such as human rights, reconciliation, peace building on a one on one basis, taking each case separately. Most

of the programmes did not in their mission envisage a need for a larger impact or had not thought about their potential of having an impact on social transformation. They resorted to intuitive changes in conceptualization of their psychosocial programmes and a hands-on approach to programming. They were essentially concerned about their own existence and how they could sustain psychosocial support to their beneficiaries in an environment that focused on celebrating the victory over the LTTE and did not acknowledge suffering of the people who survived the war. The study is based on semi-structured interviews and responses at focus group discussions (FGDs) of managers of psychosocial programmes who were involved in the conceptualization of the psychosocial intervention (one or two per location) and direct service providers (one or two per psychosocial programme) and a few key informants (i.e. lawyers, counsellors, a district counsellor). In the focus group discussions, the participants were asked whether they felt that there was a contextual difference after the end of the war and what were, according to them the factors that contributed to the shifting context. In order to assess how they engaged with the affected populations in their programmes, they were asked to describe the psychosocial activities they are engaged in the current context and how they justified these activities. The discussion moved on to whether they could share a particular case they had to deal with that made them have to consider the current context before providing psychosocial support. In presenting their case they talked about the methodology that they used and the potential repercussions if they used another methodology. The study was also interested in finding out whether these programmes developed innovative interventions to deal with human rights, peace building and/or reconciliation issues. The participants in the study were introduced to the discussion through a role play that presented a Sinhalese victim being abused by a Tamil male. The actors were the researchers. The participants discussed what they would do in such a case. They were later asked if beneficiaries whose rights (torture, domestic violence, land issues etc.) had been violated had come for their services, and whether they had to consider the political context, the need for justice in their interventions. They were also asked whether they saw their intervention as a larger intervention to deal with issues such as patriarchy or minority rights. The last session was an open discussion about their plans to sustain psychosocial activities in the current context, what challenge they may face and how they plan to overcome them (conceptualization changes, reduction or risks, safety methods etc.). The individual interviews of key informants and managers and staff of psychosocial programmes were semi-structured with guiding questions to find out about the work they are engaged in, their thoughts on the changed situation of the country, the difficulties they face in doing their work and how they think their activities impact on social transformation.

- e. A group of experts (a list of invitees is appended, Appendix A), including the authors of the commissioned papers were brought together in a

workshop. The group consisted of 18 experts working on psychosocial approaches to trauma, peacebuilding and development from around the world and the workshop took place at INCORE in Derry on 4th-5th May 2010 under the auspices of the new proposal to the IDRC. The purpose of the workshop was to review and refine research proposals for case studies with a view to starting field-work for the country specific case studies in the summer of 2010. The second stage of the project outlined how to intervene in conflict and post-conflict situations from a psychosocial perspective so that such interventions have the potential to maximise peacebuilding, development and other forms of social transformation. This was to be achieved through a range of outputs together with a handbook including the following:

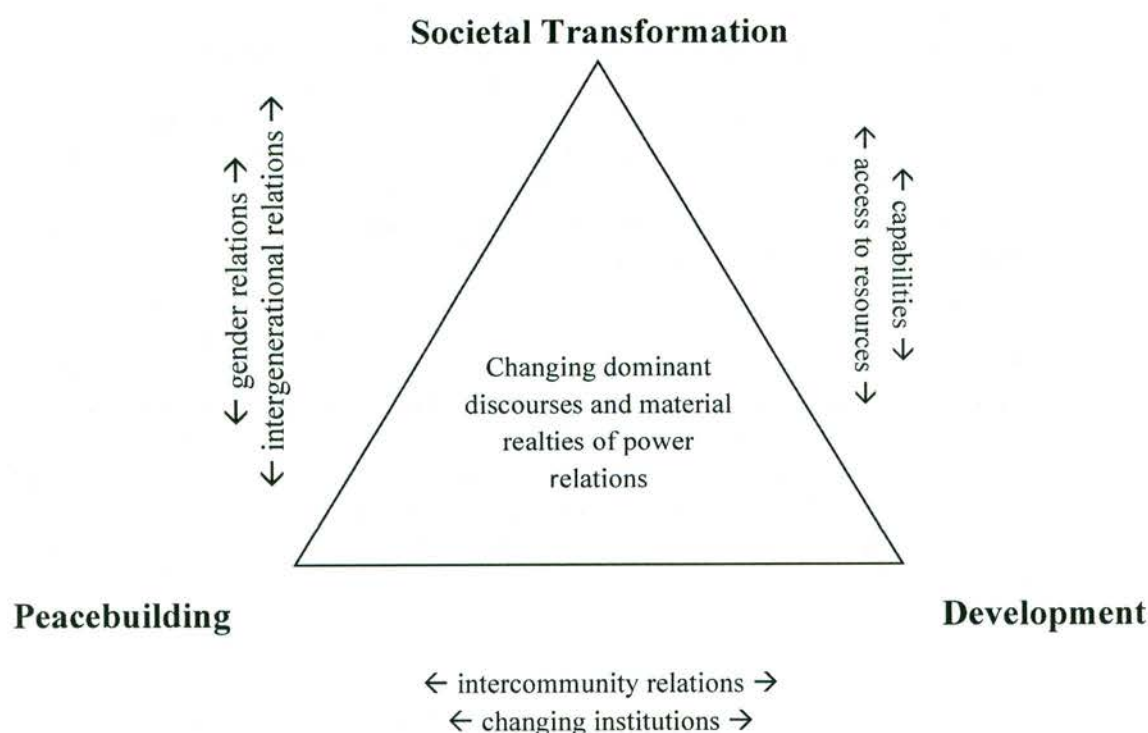
- Introduction;
- Consensus Statement;
- Definitions;
- Concept paper on methodologies for performing measurable psychosocial interventions that promote resiliency, wellness and social transformation;
- 7 country specific research study;
- Conclusion and policy/practice recommendations.

The idea that case studies could provide the foundation for a future long-term project that would seek to provide a global inventory of idioms of distress and components of resiliency, a project that has been identified as one of the most important challenges facing researchers and practitioners within the psychosocial field at present. Within this phase participants broadened their focus on psychosocial projects to include not only the notions of professional service provider-driven interventions but also community-driven and collaborative partnership aimed at impacting on different spaces, processes, and projects in any given society. Much of the focus was on a culturally sensitive and contextually appropriate approach that included idioms of distress, help-seeking behavior and resilience. From the discussions the idea to rework the framework to include the concepts of psychosocial, peacebuilding, and development came about. As was noted in the workshop report we needed to explore “exactly how the psychosocial concept intersects with the concepts of trauma, peacebuilding and development still needs to be developed, with a particular emphasis upon the particular macro-, meso- and micro-level factors which facilitate or constrain broader social change.” (p. 7) and “The issue of the framework: the new question should be reworked. That would be a defining document in how to approach the case study. Could three similar frameworks be created for psychosocial, peacebuilding, development and then link these and work towards a common framework? This would help in the mapping of the intersections, in bridge-building. A peacebuilding framework would be particularly important because peacebuilding hasn’t been static – it evolves.” In sum, this workshop involved debates about how the case studies related to social transformation, and how this should be explored. It should be added that at this workshop “accompaniers” were appointed for each case study, i.e. that each author was assigned either an INCORE staff

member or a Steering Group member to work with them as the case study evolved.

- f. A second workshop was held from 3-5 March 2011 in Belfast. The purpose of this workshop was for participants to present the project's Consensus Statement, Definition Document, and Methodology Paper (the so-called conceptual papers) – and this workshop was structured more around framing material than the case study specifics. Contributing authors however presented preliminary findings from their case studies at this workshop, and new drafts of the conceptual papers. From the preliminary findings and the case study results the perspective was broadened to include a range of constituencies that operate in different social spaces and driven by different practitioners. This broadening also included the acceptance of any type of project or initiative that demonstrated psychosocial impacts to be included in the project. The focus of the project is on three domains (Peacebuilding, Development and Social Transformation) and each case study documents how the various case specific psychosocial programmes has an impact on these domains of Peacebuilding, Development and Social Transformation and the impact that this has on the individual and the wider community. How these impacts are both similar and vary depending on the countries context. How the different interventions impacts differently on these domains from country to country. Therefore, the project broadened its perspective to focus on a range of constituencies (e.g. victims groups, IDPs, young people) that operate in different social spaces (e.g. the court room, indigenous healing rituals, the therapy room, etc.) that are driven by different practitioners (e.g. mental health workers, local community, activists). The reason for this broad approach was that what the research project was seeking to establish was whether different types of "projects" had psychosocial effects. It was felt these should not be restricted to professional driven projects as individuals could seek help in a range of places and it was felt it was important to ascertain impact in a range of areas.
- g. A third workshop was held from 10-12 November 2011 in Belfast. At this meeting the group presented final findings from their case studies, and final drafts of the conceptual papers. The case studies included Guatemala, Jerusalem, Kashmir, Northern Ireland, Mozambique, Sri Lanka and the new addition of the South Africa Case Study. Within this stage the participants had broadened psychosocial practices to include embodied and artistic practices. And the intersection of different levels or dimensions of power, moving from a pyramid structure to a framework of circles of influence. Another powerful understanding that emerged was, as noted in the workshop report, "Interventions change the context and thus that changes the intervention." The recognition of the cyclic and constitutive functional impact of the interventions was critical to the developing framework as it spoke to a dynamic context rather than a static context. At this stage a Model developed that help capture how impact by psychsocial work could be understood at the contextual level. The model included the concepts of religion, gender, race, social class and age circling a triangle of social transformation and peacebuilding. Mapping these variables started to help articulate what was meant by social transformation in different areas. From

the discussions at this meeting it was agreed that the case studies would use this model and reflect on the impact of interventions focused on in terms of the following dimensions: intercommunity relations and changing institutions (main dimensions of peacebuilding), gender relations and intergenerational shifts (main dimensions of social transformation), access to resources and capabilities (main dimensions of development). Overall the case studies became concerned with how psychosocial projects not only affected these dimensions, but changed power relations in society and changed dominant discourses. These concepts therefore became common themes that each of the case studies began to focus upon.



- h. A fourth meeting was held 14-17 July 2012 in Belfast. A smaller group of participants were invited and the purpose of this meeting was to review final draft papers and to discuss further dissemination events and activities and publications. At this meeting there were two outputs. Firstly, the group began to extract the key lessons from the project for practice, policy, research and theory in the broad area of psychosocial work. This was summarised into a table of key principles, approaches and guidelines for psychosocial work so as to maximise social impact. At this meeting it was also agreed that this framework would be used in the first dissemination event in July 2012 in South Africa. Secondly, the structure of the final handbook was decided. It was decided that the Conceptual Framework and the Definitions paper should be added to the Introduction Chapter. The following outline for the handbook was agreed:

- Introduction Chapter (including sections on definitions/conceptual framework and consensus statement);

- Methodological Chapter (Including a Working Framework);
- Kashmir Case Study;
- Northern Ireland Case Study;
- Guatemala Case Study;
- South Africa Case Study;
- Sri Lanka Case Study;
- Mozambique Case Study;
- Conclusion (including sections on theory, policy and practice recommendations, concluding remark, and future directions).

Project Activities

This project was international in nature and has the ability to make a global impact on the field of psychosocial research as the people involved in the study are senior academics, practitioners and experts in their field and have influenced policy in a variety of way in their various countries. The project has brought about, and continues to develop, collaborations with senior experts in the field of psychosocial work from the North and South and continues to spark interest with outside sources. (see Appendix One for list of contributors). The project has also been run in a highly collaborative way, with all participants making a contribution to the project and being part of the process. To this end, a continuous activity of the project has been the establishment of a strong network of psychosocial practitioners and experts with a now consolidated view on how to maximise social transformation through psychosocial work.

Other activities undertaken are:

1. A key activity of the project was, of course, managing and guiding the project, a complex task when working globally. This was done through the principle investigator Brandon Hamber and researcher Elizabeth Gallagher at INCORE. This required continual monitoring of each case study and on-going feedback, reading drafts, contact with researchers, drafting workshop reports, providing conceptual overviews and case study specific guidance. This was augmented by the help of a Steering Group which provided a support network for the INCORE team and also help “accompany” researchers.
2. Key activities also included those of an administrative nature, i.e. organising workshops, managing finance and the like.
3. As noted above a successful first project workshop was held in Derry, Northern Ireland on 4-5 May 2010. Participants presented the project's Consensus Statement, Definition Document, Methodology Paper and case study proposals to the group.
4. A successful second project workshop was held in Belfast, Northern Ireland on 3-5 March 2011. Participants presented the project's Consensus Statement, Definition Document, and Methodology Paper (the so-called conceptual papers). Contributing authors presented preliminary findings from their case studies at this workshop, and new drafts of the conceptual papers (full report available on request).
5. A successful third project workshop was held in Belfast, Northern Ireland 10-12 November 2011. Participants presented final findings from their case

studies at this workshop, and final drafts of the conceptual papers. Each of the focus of the conceptual papers and case studies can be summarised as follows:

- **The Conceptual Paper:** The conceptual paper provides a broad overview of the key concepts and the critical questions in the field of trauma, peacebuilding and development. It highlights that the key question that the project is trying to deal with is how do different types of psychosocial interventions in different political contexts contribute to the issues of peacebuilding, development and social transformation.
- **The Consensus Paper:** The consensus paper outlines some basic guidelines for researchers in different fields. It highlights seven themes: Conflict situations are widespread in the world; conflict situations have significant effects on individuals, who react differently; vulnerable groups in the community; disrupted family lives require interventions as part of peacebuilding; interventions to restore community lives are important in peacebuilding; justice and peacebuilding are vital in conflict resolution; and international initiatives are important in peacebuilding efforts. The consensus paper presents evidence of each of these factors and identifies the lessons learned for peacebuilding.
- **The Definitions Paper:** The definitions paper states that the overall aims of the project is through a range of applied research processes to increase knowledge and capacity concerning the research and practice of psychosocial interventions, their relationship to peacebuilding and development, and their ability to facilitate social transformation. To achieve this objective involves a paradigm shift from present ways of conducting psychosocial, mental health, and humanitarian work. The role of the definitions paper is to articulate definitions of key terms in such a way that facilitates the significance, innovation and methodological rigor of the projects scientific and intellectual contribution.
- **The Methodological Paper:** The methodological paper aims to locate the project within a wider conceptual framework and reflect on the methodology used in the individual case studies, as well as outline the overall method of the project. It looks at the relationships between psychosocial programming, social transformation, peacebuilding and development and focus in on some of the unique relationships that are coming up in these current case studies.
- **Kashmir Case Study:** The objectives of the Kashmir case study are to determine whether and how psychosocial programs within a politically violent context influence social transformation towards peace and development. More specifically the research questions it attempts to answer are as follows. Three psychosocial programs spanning the mental health, community-developmental and social justice domains of psychosocial intervention were selected for detailed study. The study has adapted for its purpose the model of wellbeing developed by the Social Policy Analysis and Research Centre at the University of Colombo called PADHI (Psychosocial Assessment of Development and Humanitarian Interventions). The research protocol comprised a) a semi structured interview protocol for individuals who were beneficiaries or participants in the psychosocial programs, b) a set of theme questions for focus group discussions, and c) a semi-structured interview protocol for individuals

who were active as co-coordinators, project officers, etc. in the three programs selected for detailed study and in other psychosocial programs including international ones.

- **Mozambique Case Study:** The Mozambique case study looks at ways in which people are trying to deal with the traumas of the civil war in Mozambique. The particular focus of the study is to understand why people use a combination of resources such as traditional justice and traditional healers as a form of conflict resolution. In the case study the concept of conflict resolution is used instead of the concept trauma because the conflict is related to war and crimes committed in war. The principal sites used in this study are the consultation rooms of healers, the courtroom and family homes. The case study proposes to gather ethnographic accounts of spirit possession and to what extent was using two types of resources a new development in conflict resolution.
- **Northern Ireland Case Study:** The Northern Ireland case study reflects on the post-conflict environment in Northern Ireland and the fact that it is a society emerging from over 30 years of ethno-political conflict in which over 3,600 have been killed and thousands more injured as a result of the conflict. The objectives of the case study are to explore how trauma as it applies to interventions with young men is conceptualised in the context of post-conflict Northern Ireland. It assesses underlying assumptions of such programmes and looks at how three different organisations working with young men understand trauma, how do they see their work, and the people they work with. The following questions are also asked: Is the resiliency of young men noted in the conceptualisation? Is the programmes linked to wider processes such as peacebuilding, dealing with the past and in particular social transformation? The case study looks to determine whether these interventions make a difference in terms of peacebuilding and development, or more broadly social transformation.
- **Sri Lanka Case Study:** The Sri Lanka case study reflects on the post-war environment in Sri Lanka beginning with the socio-political and cultural context and how in May 2009 the Sri Lankan military defeated the Liberation Tigers of Tamil Eelam (LTTE). This effectively brought an end to a bloody 30-year civil war which has left behind a battered and scarred nation particularly in the North and East of the country. The objectives of the Sri Lanka case study are to determine whether different conceptualisations of trauma lead to different types of interventions. It also seeks to determine whether these interventions make a difference in terms of peacebuilding and development, or more broadly social transformation. The case study focuses on the psychosocial interventions and how staff and participants conceptualise the intervention and assess its impact on social transformation.
- **Jerusalem Case Study:** The Jerusalem case study looks at death and dying and how the conditions of death and the entire process of paying respect to the dead, affects individuals, families and communities in Palestinian communities. The paper argues that in colonized and conflict ridden areas, processes such as respect and mourning is constantly violated, and the living and “dead bodies” are controlled and regulated by the rules of those in power. The case study highlights the challenges of psychosocial initiatives such as the rule of law; the state penetration of

some organizations; and that many organizations and people are reluctant to talk to outsiders, and are afraid and extremely careful.

- **Guatemala Case Study:** The Guatemala Case study reflects on the history of the war in Guatemala and how it has endured 500 years of conflict and is situated in a deeply racialised nation state. In the 1980's the conflict reached its most horrific stage where entire indigenous communities were massacred and villages were completely annihilated, with over 200,000 people killed and over one million displaced. The project proposes to interview three different groups of women all of whom have experiences of generalised violence and violations, marginalisation's and have been involved in some type of processes facilitated by outsiders. The study looks at different ways in which women who live through years of silencing and being silenced have engaged in some way and are telling their stories.
 - **South Africa Case Study:** The South Africa Case Study looks at the connections of personal trauma with political transition and how this is brought to the fore by focussing on migrants. The South Africa case study will look at three projects (The Suitcase Project; The ZAM; and The Pentecostal Churches). The project proposes to explore some of the cross cutting lessons that can be drawn from these three projects. It looks to explore how migrants organise alternative spaces because of exclusion and the need for culturally and politically engaged interventions. It proposes that alternatives to speaking are sometimes important and each project will give examples of this including prayer, art, song etc. Each project shows how it is possible and important to connect personal trauma with political processes.
6. Finally, a successful 4th workshop held in Belfast, Northern Ireland 14-17 July 2012. Participants met to review final draft papers and to discuss further dissemination events and activities and publications, as well as produce a summary table of key practice, policy, research and theoretical implications of the project. At this meeting it was decided that the Conceptual Framework and the Definitions paper should be added to the Introduction Chapter. The methodology of the project should also be separated out into a research methods chapter and a chapter that "tells the story of the project" (the processes at play in developing the research). The following outline for the handbook/book was agreed:
- Introduction Chapter (including sections on definitions/conceptual framework and consensus statement);
 - Methodological Chapter (Including a Working Framework);
 - "Story of the Project" (discussion of the project process)
 - Kashmir Case Study;
 - Northern Ireland Case Study;
 - Guatemala Case Study;
 - South Africa Case Study;
 - Sri Lanka Case Study;
 - Mozambique Case Study;
 - Conclusion (including sections on theory, policy and practice recommendations, concluding remarks, and future directions).

7. Significant activities have also been undertaken in relation to final dissemination of the project. Firstly, the preliminary results of the project were presented at the International Congress of Psychology in Cape Town in July 2012. The principal investigator of the project, Brandon Hamber, presented an overview of the project and results. Elizabeth Gallagher presented the Northern Ireland case study and Ingrid Palmayr the South Africa case. An overview of the psychosocial field and the projects place in it was presented by Mike Wessells, who is on the project Steering Committee. In addition, to this type of dissemination, a range of activities have taken place to ensure maximum research. These have included:
- Securing an initial commitment from Springer to publish the results of the project in a book. This is now at proposal phase, and the target date for final manuscript fitting their guidelines is December 2012.
 - Securing a commitment from the journal *Intervention* to publish a special issues on social transformation and psychosocial work. In addition, *Intervention* is working with INCORE on a proposal to USIP for dissemination events and a practitioners' field guide from the project.
 - An in principle agreement from Medico International to fund at least two dissemination events and support publication of the book or journal to ensure maximum reach. Final agreement for this will take place at a meeting in November 2012.

Project Outputs

- **Four Workshop Reports and audio files.** As detailed above, four successful project workshops were held (4-5 May 2010, held in Derry; 3-5 March 2011, held in Belfast; 10-12 November, 2011, held in Belfast, and 14-17 July 2012, held in Belfast). A full research report was produced and the audio files from the workshops were also made available to all researchers.
- **A Draft of Handbook of 11 chapters (about 140,000 words).** This includes the following:
 - Introduction (sections including part of Consensus Statement/Definitions and conceptual framework of the project);
 - Methodology Chapter (outlines methods of overall project)
 - "Story of the Project" (outlines the process and issues in developing the project)
 - Seven country specific research case studies, i.e. Guatemala, Kashmir, Mozambique, Northern Ireland, Palestine/Jerusalem, South Africa and Sri-Lanka;
 - Conclusion and policy/practice recommendations.
- **A consensus statement paper.** Outlines key issues in the psychosocial field. Although integrated into the Introduction of the book this is also a stand-alone paper.
- **Summary table and document.** An eight page summary that summarises the findings of the project.
- **Dissemination event in South Africa.** The preliminary results of the project were presented at the International Congress of Psychology in Cape Town in July 2012. The principal investigator of the project, Brandon Hamber, presented an overview of the project and results. Elizabeth Gallagher

presented the Northern Ireland case study and Ingrid Palmay the South Africa case. An overview of the psychosocial field and the projects place in it was presented by Mike Wessells, who is on the project Steering Committee

- **Book proposal.** An outline of book proposal has been submitted to Springer. They have initially indicated interest and it is likely they would want the manuscript by December 2012 – significantly shortened from current manuscript.
- **Dissemination proposal.** A dissemination proposal is just about to be submitted to the US Institute of Peace as a joint initiative by INCORE and the journal *Intervention*. This will include workshops but also the production of a field guide based on the project.
- **Special Issue of Intervention.** The journal *Intervention* has committed to produce a special issue on the project. Published in 2013.
- **Dissemination events.** Medico International has given an in principle commitment of €15,000 to dissemination events from the project. This is subject to final approval at a meeting in November 2012. Proposed Workshops in UK, New York, India and South Africa to disseminate findings proposed through Medico and USIP proposal.
- **A North-South Network of Practitioners and Professionals, a Community of Practice.** The project has created a successful network of key professionals and practitioners committed to working on the issues addressed in the project to in the field interested in psychosocial work and social transformation. This group is also made up of senior practitioners and thinkers in the psychosocial field increasing the potential for impact. See Appendix list of people in this network.
- **Spin-off publications.** In addition to the special journal issue and book, participants are committed to additional publications to enhance dissemination, reach and saturation as they arise after completion of the project, e.g. special issue, journal articles, in-house publications, periodicals, magazines, professional society newsletters, etc. Already one of the participants is in the process of extracting some of the work from her research undertaken with this project for a book chapter. INCORE staff are also working on a journal article, in addition to *Intervention*, of the results of their study.
- **Future collaborative research projects.** The project has led to deepened connections between projects participants enhancing the potential for future projects. As a result of the project Brandon Hamber is now working with the South African team who were part of the project on a new collected volume of case studies only focusing on South Africa. Joint future projects are also being discussed with the Indian participants.
- **Project website.** A project website has been developed with all previous reports and will update as new outputs come out.

Project Outcomes

The outcomes of the project include:

- Enhancement of understanding of the debate concerning different approaches to dealing with a legacy of political violence and its relationship to

peacebuilding and development, and how different approaches to psychosocial work can enhance social transformation consequently altering the peacebuilding and development context ;

- Emergence of best practice models and how best to deal with collective mass atrocity for societies coming out of conflict, and specifically how to maximise social transformation from psychosocial work;
- A summary table, principles and guidance for policymakers and practitioners on how best to deal with mass atrocity and enhance the relationship between psychosocial interventions and peacebuilding and development work, and social transformation. This, if additional funds are successfully raised, will be enhanced by a field guide to be developed between INCORE and the staff at the Intervention journal;
- Increased co-operation and sharing of knowledge between different practitioners and theoreticians in the field, both North and South, working mainly with psychosocial approaches to dealing with political atrocity. This has produced a new community of practice and ultimately this will lead to the development of collaborative interventions, guidance and theorising for policymaker, practitioners, academics and students;
- Building of the field of psychosocial practitioners and theorists, as well as those utilising such methods in the peacebuilding and development communities. An informed and strategic approach to dealing with the impact of political conflict on individuals and communities from a psychosocial perspective has been enhanced by the project, in short building new avenues of thought and practice in the field.
- Increased collaboration between the project participants and the potential for future joint projects, as well as increased capacity of key individuals in the psychosocial field involved in the project this has augmented their individual research capacity and conceptual and practical approaches.
- Development of a template for how a detailed global study can be carried out utilising North-South expertise across cultures, communities and issues. To assist with this type of learning a section in the book outlining "The Story of the Project" is included. This focuses on outlining the learning process of the project and not merely the project methodology. This is a very unique contribution to the research field.
- Outlining of a range of research methods across the case studies. This has resulted in a range of innovative approaches across the case studies, as well as a method for extracting learning. The project therefore has made a contribution to research methodology and approaches.
- Production of a range of research products in various forms (book, journal, summary) that can enhance practice and teaching in the psychosocial field, as well as shape conceptual and analytical ways of thinking about psychosocial work in the development and mental health community have been produced. These will have made a contribution to the field, and also demonstrate the value of multiple products for different audiences to future researchers.
- Demonstration of the complexity of understanding and researching social and psychological processes, and the making a contribution in providing a framework for understanding across countries and cultures. Specifically, a level of complexity in psychosocial approaches has been added to the field because of this project, for example, looking at how psychosocial work

changes context and how context relates to psychosocial work through the lens of a range of variables such as youth and gender. Very rich case studies have been produced that will be of on-going use in the field for some time, and in their miniature show how culturally and contextually dependent knowledge and social intervention is.

- Enhanced teaching and training as the material developed, and products that will continue to come out of this project, will be useful for pedagogical purposes of the next generation of psychosocial practitioners and academics, helping develop new and innovative approaches.
- Continued interest and future work has come out of the project and it has proved to be sustainable with new proposals and dissemination of products scheduled to coming out of the project. There is a strong interest in the project from publishers through to practitioner organisation such as Medico International and those working at Intervention.

Overall Assessment and Recommendations

Overall, the current project was successful. The project established a core group of researchers, all of whom are experts in their field, committed to advancing applied research in the area of psychosocial approaches to trauma and their relationship to peacebuilding and development. The research findings coming out of this project, dissemination events to dates (e.g. the South African conference) and outputs that are forthcoming (book, special edition and dissemination events) have the potential to make significant advances in applied theory and practice of psychosocial work, with particular reference to its relationship to, and the impact upon gender, its ability to contribute to wider social transformation; and its utilisation and/or denigration of local understandings of resiliency. This has particular importance for the development, as it has the potential to outline the possible contributions and limitations of development to psychosocial well-being and peacebuilding. This is expanded below, however, before outlining this a more detail it is important to note of course that the research was also not a straightforward process and challenges arose.

Individual case studies are detailed and very complex and a lot of unanticipated problems arose as the project unfolded delaying some of the case studies and creating difficulties for the researchers, i.e. in both security situation in Palestine and Sri Lanka resulted in delays, for example, getting ethical approval for the respective studies. This has also, to a degree, limited what can and could not be said in relationship to specific issues relating to political violence, especially in a context where psychosocial workers themselves might be in danger for presenting views opposed to dominant government narratives.

The project has also encountered challenges and delays as a result of changing environments and working with such a large global team. At different points, working with such a diverse international team, has meant needing to accommodate the different needs and time pressures of researchers, accounting for delays at times. All participant views have also been taken into account as the project unfolded and the process has been as participative as possible. This means the process often had to take precedence over output in the short term. Although this delayed the project at

times, however, it has produced a very integrated group of practitioners and researchers across the globe committed to the project and its core focus on social transformation.

The sheer volume of material produced has also been a challenge. The case study material, due to the detailed process of presenting material and findings and then reviewing as a global team, has produced increasingly complex and rich material. This has resulted in case studies averaging nearly 18,000 words each – extracting findings from such case studies has needless to say been a challenging and time consuming process. How to synthesize this for the policymaking field is an added complexity. To this end, a range of different outputs have and are being developed.

That said, and despite these challenges, the project has produced an incredibly deep and lasting set of findings, but also a community of practice and highlighted how a global research project can be carried out in a collaborative way to contribute to field building. This is documented in the chapter “The Story of the Project”. Collaboration between the project participants has proven to have the potential to augment their individual research capacity in a range of countries, and this greatly contributed to the overall research capacity globally to research psychosocial issues and enhance practice and policy. A number of spin-off publications are also expected from researchers involved.

By bringing together a group of diverse experts on the issue of psychosocial work and its relationship to peacebuilding and development, the project represents an important and valuable step in redefining interventions that attempt to deal with trauma in conflict and post-conflict situations in a way that is more relevant to context and context to it. As mentioned above the confusion as to what psychosocial work actually entails, and how to engage in this type of work, has meant that psychotherapeutic and medical approaches continue to dominate trauma/psychosocial interventions. The project has contributed substantially to challenging this dominance and increasing a focus on the contextual relationship between psychosocial work and the context. By exploring how psychosocial work can enhance social transformation, psychosocial work can influence the peacebuilding and development context in the future, rather than being treated as a discrete area of intervention in post-conflict societies. The project has made a significant contribution to this approach practically and conceptually.

By bringing together a group of researchers and practitioners who have the potential to outline how to engage in psychosocial work in ways that are both practical and cross-culturally relevant, and explore the issues outlined above, the IDRC has contributed significantly to improving the theory and practice of humanitarian interventions throughout globally and across contexts. Given the different geographical contexts (Guatemala, Kashmir, Israel/ Jerusalem, South Africa, Sri Lanka, Northern Ireland and Mozambique; stages in the conflict under question; and the different emphasis on services (e.g. indigenous, medical) in the case studies fairly different answers to the research questions have also been generated, thus providing a broad range of material for practitioners and academics to draw on. In short, rich material for comparison has been generated and this will have a long life after the project. By documenting the various idioms of distress, help-seeking behaviours, indicators of well-being/functionality and components of resiliency within

the case studies, this project has gone some way towards determining how to engage in psychosocial work in these areas.

Additionally, the case studies could provide the foundation for a future long-term project that would seek to provide a global inventory of idioms of distress and components of resiliency, a project that has been identified as one of the most important challenges facing researchers and practitioners within the psychosocial field at present. Training based on the guidelines developed might also be a consideration, and this, as mentioned, is being explored in a future funding bid, i.e. to produce a field guide on how to maximise social transformation in psychosocial projects.

With further funding, the research findings could also be added to the psychosocial database developed during the initial IDRC supported project, and it could eventually become a large, public repository of culturally specific extreme stress reactions, help-seeking behaviours, indicators of well-being/functionality and components of resiliency that academics and practitioners can utilise to design, implement and evaluate psychosocial support and mental health programmes throughout the world. Determining how psychosocial projects can contribute to wider social transformation as this project has done represents a major contribution to the field; even if the research findings show how hard it is to facilitate social transformation through psychosocial work, as this implicitly and explicitly helps identify the factors thwarting social change—some of the case studies have done this. Additionally, either positive or negative findings vis-à-vis social change will also help to determine the proper parameters for any future psychosocial projects.

In conclusion, the project brought together practitioners and theoreticians from around the world, North and South, working with what can broadly be called psychosocial interventions or collective attempts to deal with the impact of violence following political conflict. Bringing these individuals together, and commissioning the range of work outlined above, and disseminating the conclusions in various formats (book, journal special issue, summary and potentially a field guide) has made a contribution to the field in itself, i.e. enhancing networking opportunities and consolidating approaches and perspectives both practically and conceptually, and building the field. The project has developed and supported a community of research and practice focusing on this important topic, and generated a range of important and complex case studies which will be shared in different formats. The research itself has outlined a range of principles, approaches and strategies for psychosocial projects so that they can maximize social transformation. These, along with the new relationships and networks developed, will be the lasting legacy of the project.

Appendix One

Inger Agger, Ph.D., is a Senior Researcher in the Research Department at Rehabilitation and Research Centre for Torture Victims, Copenhagen, and a licensed clinical psychologist. Presently, she is conducting a research project in Cambodia in which she is exploring local approaches to healing of violence-related trauma. Dr. Agger's primary focus over the last 30 years has been on the development of interventions for survivors of war, and politically or gender related human rights violations. Her latest publications includes: Agger, I., Igreja, V., Kiehle, R. & Polatin, P. (in press). Testimony ceremonies in Asia: Integrating spirituality in testimonial therapy for survivors of torture in India, Sri Lanka, Cambodia and the Philippines. *Transcultural Psychiatry*.

Saliha Bava, M.A., Ph.D., associate director of Houston Galveston Institute (HGI) and associate of the Taos Institute, is a core adjunct faculty for the MS Psychology programme at Our Lady of the Lake University-Houston and an online adjunct faculty for the postgraduate Diploma in Discursive Therapies at Massey University, New Zealand. She received a leadership award from the City of Houston's Disaster Mental Health Crises Response Team for directing the Mental Health Services at the George R. Brown Katrina Shelter in 2005. She has been the training co-chair of the team since 2003. She is the evaluator of HGI's Rolling Conversations Project (Mobile Mental Health Unit) which provides long term therapy for people internally displaced by hurricanes Katrina/Rita. Currently, along with American Family Therapy Academy members, she is co-leading an action research on best practices in disaster recovery in Houston. Also, she is leading a team to design and implement a collaborative mental health model for trauma treatment among immigrants and refugees in Houston. She researches, writes and presents on Collaborative Therapy and practices, performance theory, trauma, resiliency and disaster, collaborative learning, community engagement and leadership practices, research-in-action and research methodologies.

Glynis Clacherty, is a PhD student at the African Centre for Migration and Society at Wits University. She has spent the last twenty years doing research for organisations such as Save the Children, UNHCR, UNICEF, Soul City, PLAN International and REPSSI in southern and eastern Africa. She has a special interest in ethical participatory research with vulnerable children. She initiated a support project for unaccompanied migrant children in inner city Johannesburg in 2000 that used an innovative art-based approach to dealing with trauma. Her PhD research is a reflection on this project in the context of alternatives to traditional approaches to trauma for migrant children

Alison Crosby, Ph.D., is Assistant Professor of Gender, Peace, Internationalism and Development in the School of Women's Studies at York University, Canada. Prior to assuming this position in July 2007, she worked for six years for the Canadian social justice organisation Inter Pares, where she helped develop a regional programme on gender justice issues in Latin America with local counterparts in Peru, Colombia and Guatemala. Her research interests and publications have focused on migration and security policy, and feminist approaches to understandings of armed conflict and transitional justice. She is currently initiating a new research project on gender and reparations in Guatemala. She also co-coordinates the international Women in Conflict Zones Network.

Sumona DasGupta, Ph.D., is currently an independent researcher and consultant based in New Delhi, India. She is also associated with the Society for Participatory Research in Asia (PRIA) where she is the lead researcher for an EU funded research project on cultures of conflict resolution and governance in India and Europe. Her previous appointments have been as Lecturer in Political Science at Loreto College, Kolkata, and as Assistant Director with a New Delhi based initiative called Women in Security, Conflict Management and Peace (WISCOMP). Her research has been around new issues of security, peace and conflict - especially with reference to Jammu and Kashmir - and on deepening democracy, dialogue, governance and civil society. Her book *Citizen Initiatives and Democratic Engagements: Experiences from India* was published by Routledge in 2010. Sumona has also conducted numerous trainings on issues of peace and conflict with students across India and with the Norwegian organization Kulturstudier (Culture Studies) at Puducherry, as part of an exchange programme for European students on peace and conflict studies. She was a Member of the Expert Committee set up to design the Masters Curriculum on Peace and Conflict Studies at Sikkim University, Gangtok, India, 2009 and in 2011 she was part of a three member team set up by INTRAC, UK to evaluate a conflict transformation project in Jammu and Kashmir. She is corresponding member of the International Peace Commission (IPC) for the Warrington (UK) based Tim Parry Jonathan Ball Foundation for Peace. 227

Mauricio Gaborit, Ph.D., holds a doctorate in social psychology from the University of Michigan (Ann Arbor) and is presently Chairman of the Department of Psychology of the Universidad Centroamericana José Simeón Cañas (UCA) of El Salvador and Director of its Graduate Programme in Community Psychology. He has published in the areas of gender, social and gang violence and psychosocial intervention in political violence and in disasters. He taught at St. Louis University (St. Louis, MO, USA) and has served as visiting professor at the Universidad Complutense de Madrid, Georgetown University (where he held the Jesuit Chair) and the Institute for Peace Studies of the University of Tromsø in Norway. His current interest is in researching historical memory in communities that suffered the violence of civil war in El Salvador.

Elizabeth Gallagher, Ph.D. is a Research Associate of INCORE, a United Nations Research Centre for the Study of Conflict at the University of Ulster is currently working on the IDRC Trauma, Development and Peacebuilding Project: Towards an integrated psychosocial approach project. She graduated with a BSc (Hons) in Psychology and Organisational Science from the University of Ulster and obtained an MSc in Health Promotion and a SEDA Award for Learning and Teaching in Higher Education from the same Institution. She has recently obtained a PhD from the School of Psychology also at the University of Ulster. She has previously worked on an Cross-national study involving senior academics from Universities in The Netherlands, England, Cyprus, Israel, The Basque Country and Northern Ireland. This study assessed national identity, intergroup attitudes, and the development of enemy images with young children in both non-divided and divided societies. She has also published in this area including a book chapter.

Brandon Hamber, Ph.D. is the Director of INCORE, a United Nations Research Centre for the Study of Conflict at the University of Ulster and a Senior Lecturer at the University. He was born in South Africa and currently lives in Belfast. In South Africa he trained as a clinical psychologist and holds a Ph.D. from the University of

Ulster. He is also a consultant to and cofounder of the Office of Psychosocial Issues based at the Free University, Berlin. Currently he is the consultant conflict transformation expert on the Maze Long Kesh developments aimed at building a new International Centre for Conflict Transformation at the former prison site. Prior to moving to Northern Ireland, he co-ordinated the Transition and Reconciliation Unit at the Centre for the Study of Violence and Reconciliation in Johannesburg. He is a Board member of the South African-based Khulumani Victim Support Group. He works mainly in the area of violence, reconciliation, transitional justice and trauma, and co-ordinated the Centre's project focusing on the Truth and Reconciliation Commission. He was a visiting Tip O'Neill Fellow in Peace Studies at INCORE in 1997/1998. He was also the recipient of the Rockefeller Resident Fellowship (1996) and was a visiting fellow at the Centre for the Study of Violence in Sao Paulo, Brazil. He has consulted to a range of community groups, policy initiatives and government bodies in Northern Ireland and South Africa. He has undertaken consulting work and participated in various peace and reconciliation initiatives in Liberia, Mozambique, the Basque Country and Sierra Leone, among others. He has lectured and taught widely, including, on the International Trauma Studies Programme at Colombia University, New York; the Post-War and Reconstruction Unit, University of York; the Psychosocial Training Programme with the Group for Community Action, University of Madrid, and at the University of Ulster. He has written extensively on the South African Truth and Reconciliation Commission, the psychological implications of political violence, and the process of transition and reconciliation in South Africa, Northern Ireland and abroad. He edited the book entitled *Past Imperfect: Dealing with the Past in Northern Ireland and Societies in Transition*, which was published by INCORE/University of Ulster. He is completing another book entitled *Treating Transitional Societies: Justice, Reconciliation, and Mental Health* to be published by Springer in 2009.

Victor Igreja, Ph.D. is a psychologist currently associated with AEPATO (Associação Esperança para Todos, Mozambique). He was previously associated with the African Study Center in Leiden. His work focuses upon the role of Gamba spirits in the healing of trauma in Mozambique. His doctorate was awarded by the University of Leiden (The Netherlands) in the field of medical anthropology. For several years worked with a Mozambican NGO Esperança para Todos (AEPATO) on issues of war traumas and individual and community strategies of recovery in the former war-zones of Mozambique central.

Nadera Shalhoub-Kevorkian, Ph.D., is a senior lecturer at the Faculty of Law-Institute of Criminology and School of Social Work and Public Welfare, Hebrew University- Israel. Her main fields of research are: Critical Race Perspective on Women and Law; Women and Social Control: Between Victimisation and Agency; Mental Health, Trauma of Vulnerable Groups: Contextually sensitive analyses and interventions; Women, Militarization and Violence; Women, Children and the Human Rights Discourse. Dr. Shalhoub-Kevorkian's main theoretical and research interest has focussed on the study of women in conflict zones, mainly in Palestine. She has worked on examining the limits and the power of the law in conflict zones from a critical race theory perspective, while also looking at the obstacles facing local social policies, international law and international humanitarian law when addressing violence against women and children. In doing so, she also studied the juxtaposition between ethnic, class, and gender issues and their interactions with the formal and

informal legal system during a nation-building period. She has worked extensively on women victimisation and agency, women, law and social control, female child sexual abuse (*International Review of Victimology*, 1999; 2003 *Arab Studies Quarterly*, 1997; *Social Science and Medicine*, 2005). Her research on the so called 'honor crimes' made many women's organisations and activists change their approach and accept her naming of the crime as the crime of femicide, rather than 'honor crimes' (UNIFEM, 2000; SIGNS, 2002; *Law and Society Review*, 2003). Her research on the criminalisation of sexual abuse in Israel, Palestine, and Jordan resulted in the publication of articles in international journals such as *Child Abuse and Neglect*, and *Violence Against Women*, in addition to one book chapter in Hebrew. Her recent studies on women victims of war crimes and the effect of militarisation on violence against women resulted in her not only theorising women victimisation/agency in conflict zones (*Women Studies International Forum*, 2003; SIGNS, 2003; *Feminist Family Therapy*, 2005; *Social Identities*, 2004; *American Social Science Behavior*, 2006; Iyuni Mishpat- Hebrew, 2006, etc.), but also developing particular therapeutic models for social workers (*Social Service Review*, 2000, 2001, 2005). Dr. Shalhoub-Kevorkian just completed a book manuscript entitled: *Militarization and Violence Against Women in Conflict Zones in the Middle East: The Palestinian case-study* that will be published by Cambridge University Press.

M. Brinton Lykes, Ph.D., is Professor of Community-Cultural Psychology, Associate Director of the Center for Human Rights and International Justice, and Chair of the Department of Counseling and Applied Developmental and Educational Psychology at Boston College, USA. She works with survivors of war and gross violations of human rights, using the creative arts and participatory action research methodologies to analyse the causes and document the effects of violence and develop programs that aspire to rethread social relations and transform social inequalities underlying structural injustices. Her activist scholarship has been published in referred journals, edited volumes, research handbooks, and organisational newsletters; she is coeditor of three books and co-author, with the Association of Maya Ixil Women – New Dawn, of *Voces e imágenes: Mujeres Mayas Ixiles de Chajul/Voices and images: Maya Ixil women of Chajul*. Her current participatory and action research focuses on migration and post-deportation human rights violations and their effects for women and children, with a particular focus on transnational identities (in Boston, New Bedford, Providence and Guatemala) and health disparities due to forced migration (in post-Katrina New Orleans). Brinton is a co-founder and participant in the Boston Women's Fund and the Ignacio Martín-Baró Fund for Mental Health and Human Rights. Her web site is www2.bc.edu/~lykes

R. Srinivasa Murthy, M.D., was Professor of Psychiatry at the National Institute of Mental Health and Neurosciences, Bangalore, India, from 1987-2003. He was Head of the Department of Psychiatry from January 1988 to February 1997. Professor Murthy has worked with World Health Organization extensively. He also functioned as Editor-in-Chief of the World Health Report 2001, which focussed on Mental Health. Following his retirement in 2004, he worked with the WHO at its Eastern Mediterranean Regional Offices of Cairo and Amman. During the last two years he has worked as mental health officer of WHO-Iraq. Professor Murthy was one of the first psychiatrists to study the mental health impact of the Bhopal Disaster in 1984. From that time onwards, he has been working towards understanding the mental health impact of natural disasters like earthquakes and supercyclones, and man-

made disasters like riots, along with the development of interventions to meet the psychosocial needs of survivors. The strength of these interventions is the focus on self-care of survivors, the use of community resources like volunteers, school teachers, and health personnel for essential psychosocial interventions. He has authored more than ten manuals of mental health care for non-specialists.

Ingrid Palmay, Ph.D. is a senior researcher and coordinator of the Gender, Violence and Displacement Initiative at the ACMS. She has written in the area of domestic and political violence, women in armed conflict and post-conflict reconstruction and feminist research methods. Palmay, I. (2010). Poor girls: child migrants, sexuality and poverty in South Africa. Ingrid Palmay, Erica Burman, Khatidja Chantler, Peace Kiguwa, Ed.). *Gender & Migration: Feminist Interventions*. Ch. 2

Gameela Samarasinghe, Ph.D. is a clinical psychologist and senior lecturer in the Department of Sociology at the University of Colombo in Sri Lanka. Dr. Samarasinghe has designed and introduced a Postgraduate Diploma in Counselling and Psychosocial Work at the Faculty of Graduate Studies, University of Colombo, which tries to provoke thinking about alternative visions of support to individuals and communities while also giving training on conventional counselling skills. Her recent research has focussed on the exploration of individual attitudes towards human rights and human rights violations, and perceptions about truth and justice, guilt, punishment and responsibility. She co-authored a book with Maleeka Salih entitled, *Localizing Transitional Justice in the context of psychosocial work in Sri Lanka*, which was published in 2006. Dr. Samarasinghe has been involved in numerous service delivery projects in Sri Lanka that have utilised psychosocial approaches, and she currently serves as a consultant to the Asia Foundation and the UNFPA.

Jack Saul, Ph.D., is an assistant professor of Clinical Population and Family Health at Columbia University's Mailman School of Public Health and director of the International Trauma Studies Program. As a psychologist he has created a number of psychosocial programmes for populations that have endured war, torture and political violence in New York City and is known for his innovative work with communities that integrates testimony, healing, media, and the arts. He has a private practice in New York City in individual, couple and family psychotherapy. Dr. Saul has worked since the early 1980s in clinical and community settings with children and families dealing with domestic, urban, and political violence. In 1995 he co-founded the Bellevue/NYU Program for Survivors of Torture and was its clinical director until 1998 when he founded the International Trauma Studies Program. In 1999, he established REFUGE, non-profit organization for survivors of torture and refugee trauma, a member of the National Consortium of Torture Treatment Programs. REFUGE currently sponsors AFRICAN REFUGE, a community centre for West African immigrants and refugees in Staten Island, NY. Following the 2001 terrorist attacks on the World Trade Center in Lower Manhattan, REFUGE established the FEMA funded Downtown Community Resource Center, a community based psychosocial programme for residents and workers in downtown New York. Jack Saul is the recipient of the 2008 American Family Therapy Academy Award for Distinguished Contribution to Social Justice.

Shobna Sonpar, Ph.D., is a clinical psychologist with a practice in psychotherapy in Delhi, India. Since 2000 she has also been involved in research and intervention projects related to mass violence. Her research includes psychosocial studies of survivors of the displacement and violence of India's 1947 Partition, former militants in Indian Kashmir, and women's role in peacebuilding. She has also been associated with various programmes in Kashmir including training for psychosocial support, capacity building of local health workers, and women's peacebuilding initiatives.

Stevan Weine, a psychiatrist, is a researcher, writer, teacher and clinician in the Department of Psychiatry of the University of Illinois at Chicago. He is Professor of Psychiatry and Director of the International Center on Responses to Catastrophes, at the University of Illinois at Chicago. He was co-founder and co-director of the Project on Genocide, Psychiatry and Witnessing, which provides family-focussed community based mental health services to Bosnians, conducts interdisciplinary research on survivors, and engages in mental health reform in post-war countries. His scholarly work focuses on the personal, familial, social, cultural, and historical dimensions of trauma and migration. He was awarded a Career Scientist Award from the National Institute of Mental Health on 'Services Based Research with Refugee Families' for which he is conducting an ethnography of Bosnian adolescents and their families. He was principal investigator of a National Institute of Mental Health funded research study called 'A Prevention and Access Intervention for Survivor Families' that is investigating the Coffee and Family Education and Support intervention with Bosnian and Kosovar families in Chicago. Weine is author of two books. *When History is a Nightmare: Lives and Memories of Ethnic Cleansing in Bosnia-Herzegovina* (Rutgers, 1999) is based upon survivor's oral histories. *Testimony and Catastrophe: Narrating the Traumas of Political Violence* (Northwestern, 2006) is a narrative inquiry of diverse testimony readings from within four different 20th century sociohistorical occurrences of political violence. Weine is currently Principal Investigator of two NIH funded studies: An Ethnographic Study of Preventive Mental Health Services for Adolescent Refugees and Migrancy, Masculinity, and Preventing HIV in Tajik Male Migrant Workers.

Michael Wessells, PhD, is Senior Advisor on Child Protection for Christian Children's Fund, Professor of Clinical Population and Family Health at Columbia University in the Program on Forced Migration and Health, and Professor of Psychology at Randolph-Macon College. He has served as Co-Chair of the IASC (UN-NGO) Task Force on Mental Health and Psychosocial Support in Emergency Settings, President of the Division of Peace Psychology of the American Psychological Association and of Psychologists for Social Responsibility, and as Co-Chair of the InterAction Protection Working Group. His research on children and armed conflict examines child soldiers, psychosocial assistance in emergencies, and post-conflict reconstruction for peace. He regularly advises UN agencies, donors, and governments on the situation of children in armed conflict and issues regarding child protection and well-being. In countries such as Afghanistan, Angola, Sierra Leone, Uganda, Sri Lanka, Timor Leste, Guatemala, Colombia, Kosova, and South Africa, he helps to develop community-based, culturally grounded programmes that assist children, families, and communities affected by armed conflict. He is author of *Child soldiers: From violence to protection* (Harvard University Press, 2006).