

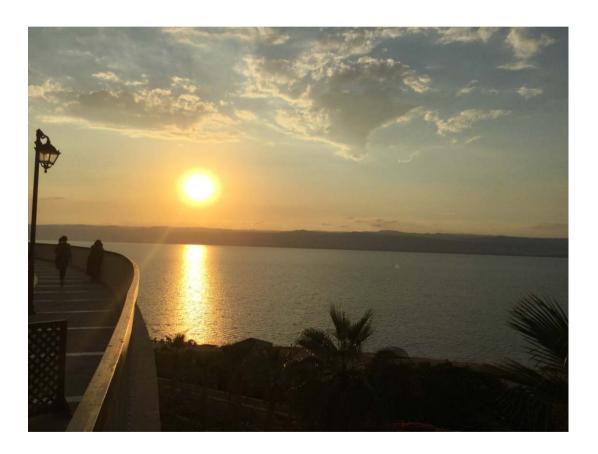
Sich mit Krieg und Frieden auseinandersetzen – Erfahrungen, Reflexionen, Perspektiven

PROF. DR. DR. PHIL C. LANGER

Ringvorlesung "Friedensbildung" an der Universität Hamburg am 19. Oktober 2017



International MHPSS Conference "Staff Care in Fragile Contexts – what helps and what doesn't?"



GIZ regional program Psychosocial Support for Syrian and Iraqi Refugees and Internally Displaced People

Sich mit Krieg und Frieden auseinandersetzen



Erfahrungen, Reflexionen, Perspektiven:

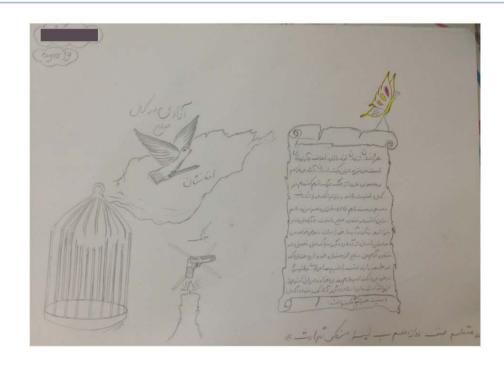
- Was ich so mache: aktuelle Forschungsprojekte im Nahen und Mittleren Osten
- Womit ich dabei ringe: Ambivalenzen und Dilemmata
 - Mit Vorurteilen (auch den eigenen) umgehen
 - Nicht immer unterscheiden zu können zwischen dem, was gut ist oder böse, richtig oder falsch, helpful oder harmful
 - Die Schattenseiten der Empathie in den Blick nehmen
 - ❖ Paternalistische Drives in der friedensbezogenen Arbeit anerkennen
 - Mit Grenzen leben
- Inwieweit das für Sie bedeutsam ist: Diskussion

The Afghan Youth Project







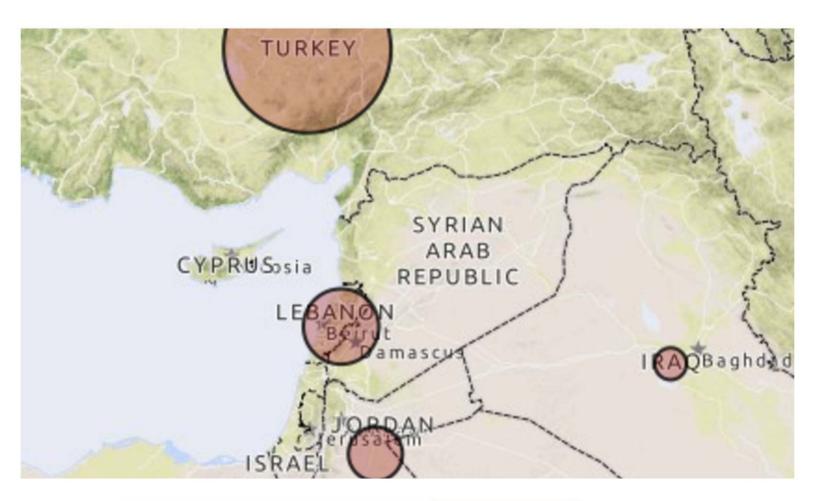


Wie der Krieg im Kopf den Blick auf Frieden trübt – eine empirisch-qualitative Untersuchung der Folgen der Erfahrungen alltäglicher Gewalt für Identitätskonstruktion, soziales Agency und Gesellschaftsbilder bei Jugendlichen in Afghanistan









Total Persons of Concern

4,844,762

© Last Updated 01 Jun 2016

Source - UNHCR, Government of Turkey



SYRIAN REFUGEE CRISIS

Families Fleeing Violence

There are more than 4.7 million Syrian refugees in neighboring countries. Nearly one million have applied for asylum in the safety of Europe. More than 13.5 million people are still in need of assistance inside Syria.



LEBANON

1 in 5 people is a Syrian refugee

1,069,111



JORDAN

1 in 13 people is a Syrian refugee 637, 859

EGYPT 118, 512

As all February 24, 2016
Sources: http://data.unhcr.org/systamehigees/regional.php
UNOCHA.org/systa







BERLIN

Epidemiology and Psychiatric Sciences (2016), 25, 129-141. © Cambridge University Press 2016 doi:10.1017/S2045796016000044

SPECIAL ARTICLE

Mental health and psychosocial wellbeing of Syrians affected by armed conflict

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- 4 Yale School of Medicine, Yale University, New Haven, CT, USA
- Department of Psychiatry, Division of Social and Cultural Psychiatry, McGill University, Montreal, Quebec, Canada

Culture, Context and the Mental Health and Psychosocial Wellbeing of Syrians

A REVIEW FOR MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT STAFF WORKING WITH SYRIANS AFFECTED BY ARMED CONFLICT

2015

Women's Health

Br J Psychiatry, 2016 Apr 21, pii: bjp.bp.115.1650

Psychosocial concerns reported assessments.

Wells R1, Steel Z2, Abo-Hilal M2, Hassan AH4



Reese Masterson et al. BMC Women's Health 2014, 14:25 http://www.biomedcentral.com/1472-6874/14/25

Open Access

Assessment of reproductive health and violence against women among displaced Syrians in

Amelia Reese Masterson¹, Jinan Usta², Jhumka Gupta¹ and Adrienne S Ettinger^{1,3*}

International Journal of Psychiatry in Clinical Volume 19, Issue 1, 2015 Lebanon CrossMark Post-traumatic stress disorder among Syrian refugees in Turkey: A cross-sectional study DOI: 10.3109/13651501.2014.961930 Gokay Alpaka*, Ahmet Unala, Feridun Bulbula, Eser Sagalticib, Full text HTML Yasin Bezc, Abdurrahman Altindaga, Alican Dalkilica & Haluk A. Savasa pages 45-50 Access options

displaced persons in Syria and surrounding countries: a systematic review

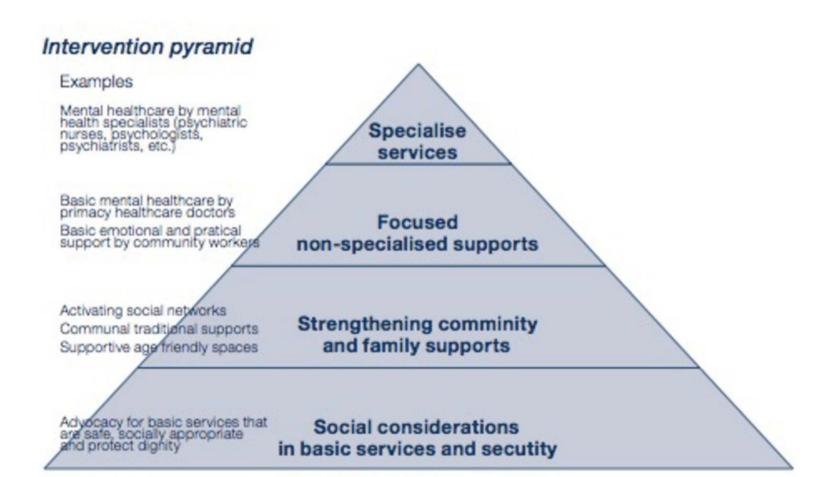
Constanze Quosh, Liyam Eloul & Rawan Ajlani

IPU Berlin 20.10.17









Mental health and psychosocial support in emergencies intervention pyramid

Source: Interagency Steering Committee Reference Group on Mental Health and Psychosocial Support, 2010



Some challenges for MHPSS staff...

- Being confronted with extreme suffering and own history of suffering, feelings of fear, grief, and loss; deep traumatic experiences
- Resource (money, people, ...), limited contracts
- Priorities (caring for oneself when other people suffer?)
- Gender (women in leadership positions, men addressing weakness, ...)
- Stigma (in need for psychological support = "crazy"?)
- Conflicts in teams (different social or ethnic groups or political opinions, professionals versus volunteers, ...)
- Political uncertainty, personal security, ...



What Helps the Helpers?

Needs, Barriers, Resources

"Health-care workers should be provided with tools, equipment and support that can ensure both their physical and mental well-being. [...] The positive impact is immediate – when psychosocial support is provided and managers are aware of these issues, health-care workers provide better care and remain able and motivated to work."

(Ea Suzanne Akasha, International Federation of Red Cross and Red Crescent Societies' Reference Centre for Psychosocial Support)

What the project is about...

Working with refugees and displaced people in crisis and conflict contexts is a highly challenging task and often personally burdensome. Self and staff care, therefore, are considered to be important issues for any organization involved with humanitarian aid and/or development cooperation, e.g. community work, health care and education.

However, it is not always clear:

- what kind of support actually protects and promotes staff well-being under such stressful conditions.
- what staff themselves consider to be important and effective,
- how support can be implemented in organizational structures and routines shaped by emergencies,
- to what extent cultural and gender-related dynamics must be considered, and
- how donor organizations incorporate these issues into their approaches.

Our research project aims at developing and/or improving staff care for projects working with refugees and displaced people in the regional context of the Syrian and Iraqi crises.

What we do...

Our research project focuses on these issues in 4 steps:

- Finding out realities, needs and wishes of project staff, and getting to know the structures already in place, their limits and their usefulness.
- Figuring out what needs to change for whom and collaboratively developing effective support structures with project staff for the different working contexts and cultural environments.
- Implementing these changes in selected projects in Turkey, Iraq, Lebanon, and Jordan and jointly assessing their long term usefulness.
- Consolidating the experiences and findings by outlining a concept for culture-sensitive, effective, and sustainable staff care structures for any project working in the region.

Sich mit Krieg und Frieden auseinandersetzen



Erfahrungen, Reflexionen, Perspektiven:

- Was ich so mache: aktuelle Forschungsprojekte im Nahen und Mittleren Osten
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Mit Vorurteilen (gerade auch den eigenen) umgehen



The Syrian staff is a closed community, they don't have direct communication to the Turkish because they really have a different idea of working life. They mix their working life with their private life here and the Turkish staff does not. They just do their work and go home. But for them it's "I'm doing my work, I'm doing my gossip, I'm doing everything here" and that's why we have problems to come together with them because [dry laugh] most of the time, when they want to sit together, they want to gossip but the Turkish staff doesn't want to, so there are also cultural again aspects that are preventing us from coming together. And, also the topics are so different. The women here they want to talk about beauty etc. because that's like life for them. If you take away their perfume, they get depressed. So, it's a totally different world and aspects are total different, that's why we are not able to come together with them."

Schattenseiten der Empathie in den Blick nehmen





Schattenseiten der Empathie in den Blick nehmen



TICS 1627 No. of Pages 8

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Trends in Cognitive Sciences

Concluding Remarks

Nobody could argue that we should get rid of empathy. Empathy is an important source of pleasure; it can amplify the joys of friendship, of parenting, of sex. Even empathic distress has its appeal; there is a fascination we have with experiencing the lives of others, even if the others are suffering – this is one of the pleasures of fiction [42]. Also, empathy plays a role in intimate relationships, although the situation here is more complex than it might first appear (Box 3).

The concern about empathy is only that it makes us morally worse. Many questions remain about the relationship between empathy and morality (see Outstanding Questions) but there are reasons to believe that, when it comes to making the world a better place, we are better off without it.

Acknowledgments

The author is grateful to Matthew Jordan, Mark Sheskin, Christina Starmans, Rebecca Schwarzlose, and two anonymous reviewers for helpful comments on earlier drafts. He thanks Max Bloom for suggesting the title.

References

1. Safire, W. (2008) The New York Times 5 September, p. MM24 22. Slovic, P. (2007) "If I look at the mass I will never act": numbing and

20.10.17

15



"So what are the challenges that we mostly face? (5 seconds silence) Since one year, I have been talking with these, eh, war victims, and you know, also post-war victims. So it's like, by itself it's a challenge because you're always listening and hearing the tragic stories. And of course it's also affecting us, like emotionally and also psychologically because the stories we listen is not the normal stories. Some have lost their family members, they lost their relatives. Some tell us the stories that we cannot do anything, they want to share, they want to tell to someone. This is really affecting us, because we are human. They call it secondary, eh, psychological victim or something like this. I think there is a term for this, for OUR cases.

If you hear this every day, it starts becoming a very normal issue. A daily issue. And it's very bad because you get used to these kind of superabnormalities. So, maybe you lost your sensitivity. I don't like it, but it's also kind of protection maybe for ourself. If I continue feeling the same pain, like for one year, I cannot survive."

Was ist "helpful", was ist "harmful"?

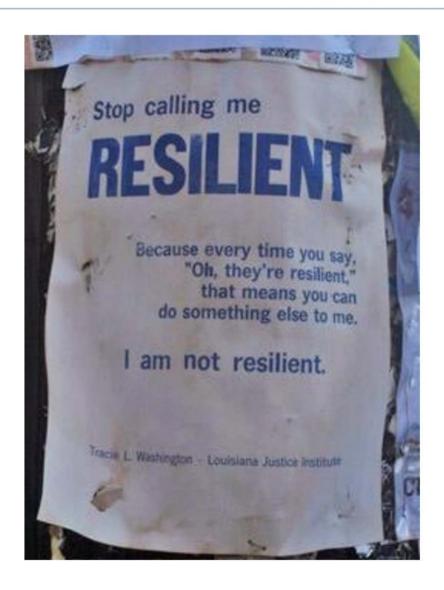




Was ist "helpful", was ist "harmful"?



confront medication depressed
development assault stress over
post traumatic stress disorder
neuroendocrinology flashbacks
veterans biochemical health problems occupational
abocking symptom disorder event behaviourul drug addiction
falling mental stress criteria avoidance
traumatic experience mental health problems obsultation irritable from memories pessimistic distressing dreams
emotional headaches
emotional headaches
mental health problems obsultation difficulty concentrating negative
worse survivors
diagnose risk
individuals risk
estings evere
trauma military combat indicators psychological trauma alcohol abuse cause
hypervigiance abusive anxiety diagnostic
counselling
horror memories, screening exposure accidents diagnostic
counselling
anxiety diagnostic
counselling
anxiety diagnostic
diagnostic
counselling
anxiety diagnostic
counselling
file
acute arousal



Was ist "helpful", was ist "harmful"?







CARING FOR YOURSELF IN THE FACE OF DIFFICULT WORK

Our work can be overwhelming. Our challenge is to maintain our resilience so that we can keep doing the work with care, energy, and compassion.

10 things to do each day

1.	Get	enoug	ıh s	leen
	\circ	OHOUG	,,,	, 0 0 0

2. Get enough to eat

3. Vary the work that you do

4. Do some light exercise

5. Do something pleasurable

6. Focus on what you did well

7. Learn from your mistakes

8. Share a private joke

9. Pray, meditate or relax

10. Support a colleague

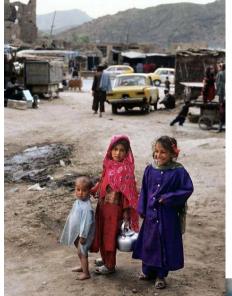
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See your supervisor or visit www.psychosocial.org or telida.isu.edu

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Paternalistische Drives anerkennen













https://m.youtube.com/watch?v=mv1xZ_Nusgo

Paternalistische Drives anerkennen



"Afghan women have been positioned as (sub)sovereign sacred subjects that are placed into the zone of indistinction through their victimized distinction that need to be liberated". [...] Afghan women were identified by the US as victims in need of a geopolitical savior. Their agency, power, and position within Afghan politics, society, community, and kinship are marginalized from consideration to highlight their 'liberation' through modern sovereignty as an act of economic and political 'salvation'. Often, international 'expert' knowledge does not address the actual 'needs' or concerns of women or provide a desirable outcom." (Fluri 2012, 37)

Mit Grenzen leben









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