



TPO Uganda

“Empowering communities, improving livelihoods”



Patrick Onyango Mangen
11th December 2019

Addressing post conflict trauma, through conflict resolution and economic empowerment in Northern Uganda

Patrick Onyango Mangan, TPO Uganda
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key peace building issues

- The unattended to traumatic experiences have fomented, mistrust, lots of suspicion and belligerent attitudes in relationships. People are more self-centred and approach relationships with suspicion.
- The conflict weakened traditional conflict-resolution mechanisms. It is important to reestablish these to co-exist with the formal processes.
- As a result aggrieved parties resort to courts of law, which don't necessary foster peaceful co-existence and communal harmony.
- High levels of vulnerabilities amongst the youth, missed opportunities, exploitative relationships and engaging in risky behavior to cope.

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- In ability to meet the family's basic needs which is resulting into significant levels of stress and disputes (GBV). *In the baseline survey (2018), 71.3% of the households interviewed showed low levels of coping.*
- At least 3 out of every 5 persons interviewed manifested symptoms related to posttraumatic stress disorder and/or depression.
- Coping behaviors, such as isolation, alcohol abuse, aggressive outbursts with physical and psychological violence were quite wide spread within an inefficient community support system.
- Conflict analysis considers land disputes as the most common driver of post conflict violence in northern Uganda.
- People resort to court and police as platforms for resolving conflicts.

What we are seeing as part of an integrated approach

- Psychosocial interventions can set a strong foundation for conflict resolution, when they focus on healing the mind of any vengeful thoughts and intentions
- Including economic development interventions, curtails any risks of relapse arising from deep thought, regrets over missed opportunities and poor occupational functioning.
- Conflict transformation and social reconstruction are only possible if trauma symptoms are treated and coping skills are improved.
- The counseling sessions of the psycho-educative treatment have helped people to cope with their traumatic experiences, their daily stressors and built good social relationships.

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- Group trauma focused treatments such as CBT, have numerous other benefits such as; making new friends, peer support, creating spaces for reflection on common experiences.
- CBT in particular the session on stress management and psycho-education has enabled victims to acquire better coping skills and to address personal conflicts.
- Through people to people approaches, peer to peer discussion, platforms, psycho-education and family mediation communities are adopting negotiated approaches to attaining lasting peace and harmony.