

Global Congress on Integrated Healthcare

A joint Conference in Collaboration with United Research Forum, UK and Mutah University, Jordan

Under The Patronage of his Excellency Dr Yousef Goussous

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The implementation of trauma-sensitive mindfulness by an educational psychologist to address post-traumatic stress disorder (PTSD) of war-traumatised refugees including children, parents, teachers and medical students

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Abstract

Background: More than 5.6 million Syrians have fled the country as refugees, and another 6.2 million people have been displaced within Syria (World Vision, 2018), creating the largest refugee and displacement crisis of our time. Research provided by Refugee Health (2011) reported that before being forced to flee, refugees may experience imprisonment, torture, loss of property, malnutrition, physical assault, extreme fear, rape and loss of livelihood, with traumatic experiences that can last days or years

Objective: The study aimed to investigate how Trauma-Sensitive Mindfulness (TSM) can be used to address Post-Traumatic Stress Disorder (PTSD) for war-traumatised refugees.

Method: The study utilised retrospective case studies for comparison of the data from four case studies reflecting the implementation of TSM to address PTSD experienced by war-traumatised refugees.

Results: A content analysis discusses the adapted techniques of TSM. These include aspects of: breathing meditation; understanding the difference between feelings and thoughts; staying centred through the feelings of grief; faucet breathing; slow diaphragmatic breathing; “Star” breathing for children; self-awareness; self-regulation; awareness of thoughts & feelings; mindful breathing to regulate sensations of panic; processing trauma through trauma-sensitive mindfulness; and psychoeducation to understand mindfulness

Conclusion: Overall, the study findings show how TSM can be adapted and used effectively and ethically to support war traumatised refugees in the treatment of PTSD.

Keywords: Trauma sensitive mindfulness, war refugees, post traumatic stress disorder

Biography

Ms Laila Jeebodh Desai

Laila Jeebodh-Desai is an Educational Psychologist and provides Psycho- Educational Assessments and Therapeutic Interventions which includes Mindfulness-Based practices, Narrative Therapy, Solution Focused brief therapy and other blended techniques. Laila also practices as a lecturer at the South African College of Applied Psychology in Johannesburg. As part of a community outreach, Laila is part of the Atlantic Humanitarian Relief group, which is a non-profit organisation which conducts missions in Jordan Amman to assist Syrian War Traumatised Refugees in camps.

Laila's narrative entails global and unique domestic experiences from living and working in South Korea to working with special needs children diagnosed with Autism Spectrum Disorder (ASD). Laila is currently completing her PhD through the University of Johannesburg.



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Her study focuses on Trauma Sensitive Mindfulness for the treatment of Post-Traumatic Stress Disorder (PTSD) War Traumatized Refugees.

Dr Veronica Dwarika

Dr Veronica Dwarika is the senior lecturer at the University of Johannesburg. She is the Deputy HoD in the department of Educational Psychology. She is involved with teacher training at undergraduate and postgraduate levels. She is involved at masters level with the training of student psychologist to become educational psychologist. She also co-ordinates the Professional Doctorate program in Educational Psychology.

Her areas of research focus on trauma and resilience, trauma informed care, positive behaviour supports, as well as therapeutic interventions for children, parents and communities. She is involved in local projects to enhance the delivery of psychological therapeutic interventions to support disadvantaged communities.