

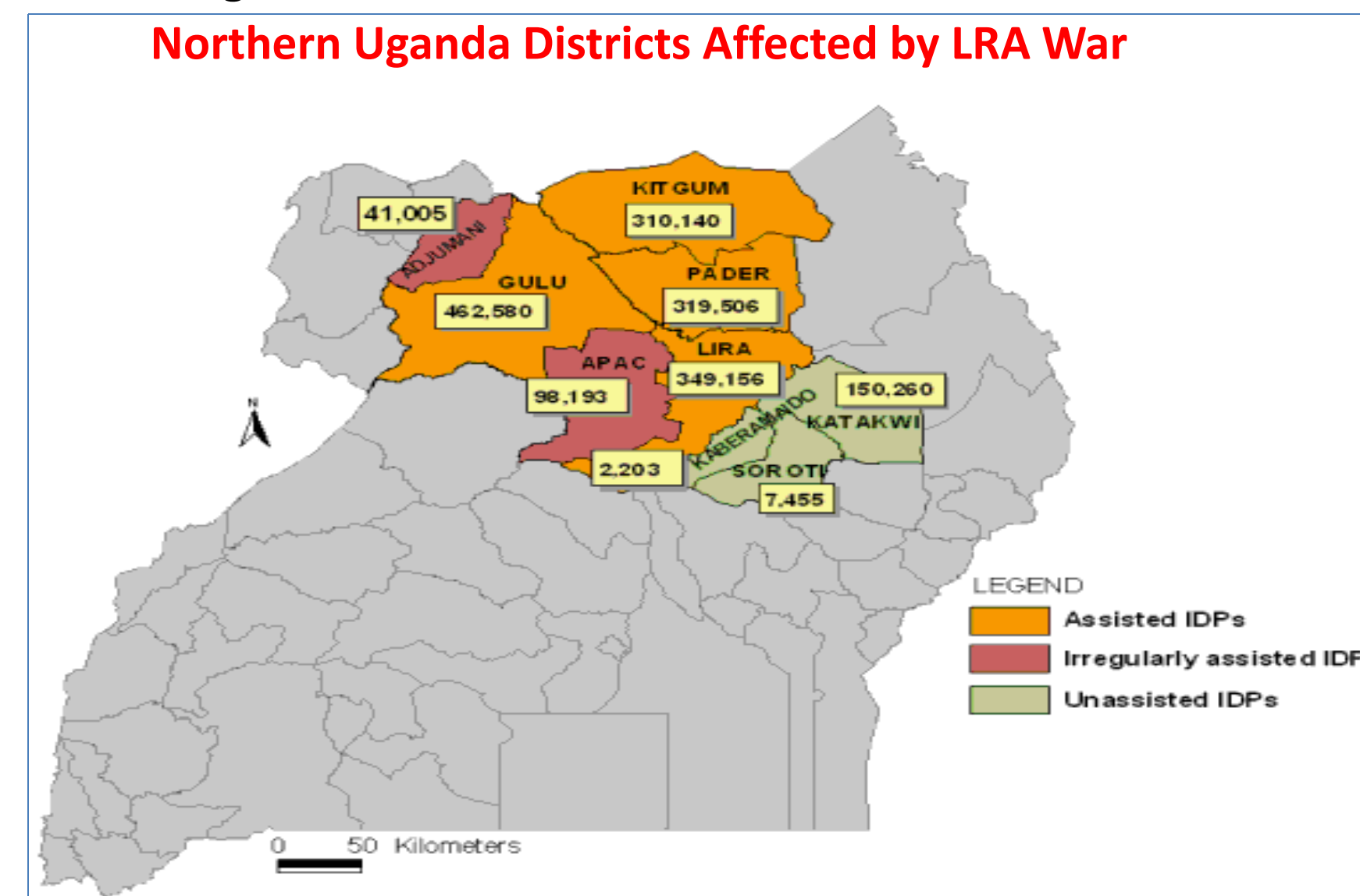
NORTHERN UGANDA, TRAUMA HISTORY/ CLINICAL TRAUMA WORK EXPERIENCES USING INTERVENTIONS DEVELOPED ON PRINCIPLES OF BEHAVIORAL SCIENCE

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The Center for Victims of Torture (CVT) Uganda

Brief of the LRA war:

- War began in 1986 to overthrow government of President Museveni, by Joseph Kony, Vincent Otti, Ongwen and others
- Tens of thousands were abducted for labor & fighter recruitment
- Estimated 500,000 people were killed,
- Thousands were forced to kill a friend, relative, someone
- Tens of thousands were raped and/ or forced to rape a relative,
- Tens of thousands were forced to witness a killing, public gang rape, sacrificial ritual,
- Tens of thousands were threatened with death,
- Thousands were maimed and/ or amputated,
- Tens of thousands sustained wounds from a bullet, matched,..
- Thousands sustained wounds, disabilities due to bomb blasts.
- War ended in 2006, August
- **MOST RECENT RESEARCH RESULTS SHOW 26% – 30% STRUGGLE WITH PTSD AND RELATED DISORDERS IN NORTHERN UGANDA**



Current Situation in Northern Uganda

“Physical war stopped in 2006, it’s fiercely ongoing in our body and mind”, one client said recently.



My work with Center for Victims of Torture (CVT)

- Community sensitisation
- Screening → war trauma survivors
- Intake assessment using Questionnaire of the Harvard Program in Refugee Trauma → most common conditions: depressive symptoms, PTSD, anxiety symptoms, sexual related problems, somatic pains, drug use
- Treatment allocation: Individual/ Group/ Referral

Clinical Interventions with CVT

- Group therapy process: 10 sessions – manualised, based on CBT, NET & Somatic therapies, mainly field based, average 7 groups per cycle , 3 cycles a year = 275 clients
- Individual therapy process: 8 - 10 sessions – semi-structured, not manualised = using ACT, mainly field based, 5 clients per cycle = 15 clients a year.
- Follow-up: 3 months, 6 months = field based → outcomes (2017) indicate average improvements at 93% remission of symptoms and 97% improvement in general functioning at six months follow-ups.
- Documentation of all activities and processes

Clinical Skills Training at CVT

- Curriculum development/ review with Makerere University School of Psychology, ACT proposed for addition.
- Selection of counselor trainees: must be doing some form of counseling as main duty at their organisation, at least diploma in some area of study = 12 – 15 counselors a year.
- Theoretical training: 3 days a month = 455 hours a year,
- Clinical supervision: 6 hours a month = 45 hours a year → certificate of MUK School of Psychology

Supervision of Internships

- Masters of Clinical Psychology students: 2 – 3 masters students of Makerere University School of Psychology, 4 months placement once a year
- Focus areas: personal & professional growth, self-awareness/ mindfulness, critical thinking
- Methods: session planning, co-therapy, in-vivo supervision, debriefing, case discussion, mentorship, mindfulness exercises cutting across
- Location: field & office based

Private practice = Office Based

- Assessments, mainly psychological interview → multiple psychological problems (depressive, PTSD, marital, sexual, interpersonal/family, job-related, financial management, unemployment, general health, single parenthood, HIV condition, stress management, emotional management problems, drug & alcohol, psychiatric diagnoses, etc.)
- Treatment allocation: individual/ couple, average 20 clients a year.
- Treatment planning, predominantly ACT core processes

Teaching Psychology

- Lecturing at Bugema University Graduate School, Master of counseling psychology students
- Numbers: 10 – 15 students per semester.
- Focus areas: Theories of counseling, supervision of interning students (1 – 2 students per semester)

Seeking and Receiving Supervision

- Participation in weekly clinical supervision at CVT with personal clinical supervisor = 1 hour weekly
- Participation in monthly peer supervision with the ACT core group led by Dr. Kasujja Rosco, 5-member group
- Documentation of all activities and processes

Many children were always sent by parents to townships in evening to spend a night there; it was seemingly safer than home but many were abducted on the way as they commuted



About 20,000 children were abducted by the rebels to serve as soldiers and sex slaves.



More than 2 million people were displaced



An Internally Displaced People’s (IDPs) Camp in Northern Uganda



Often, camps caught fire/ burnt by rebels; hundreds of IDPs burned, especially young, elderly & sick



Cessation of hostilities agreement was signed on 26/08/2006 with government (religious & traditional leaders were instrumental)

