



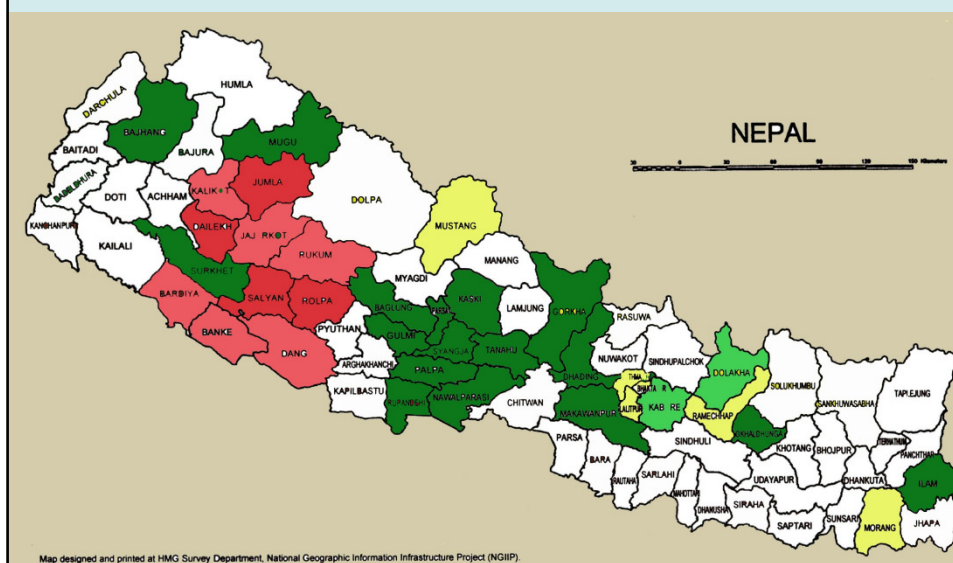
Psychosocial support for conflict-affected families in Nepal 2005 - 2010

Dr. Martina Bungert

Psychotherapist, Psychiatrist (Kempten/ Isny)



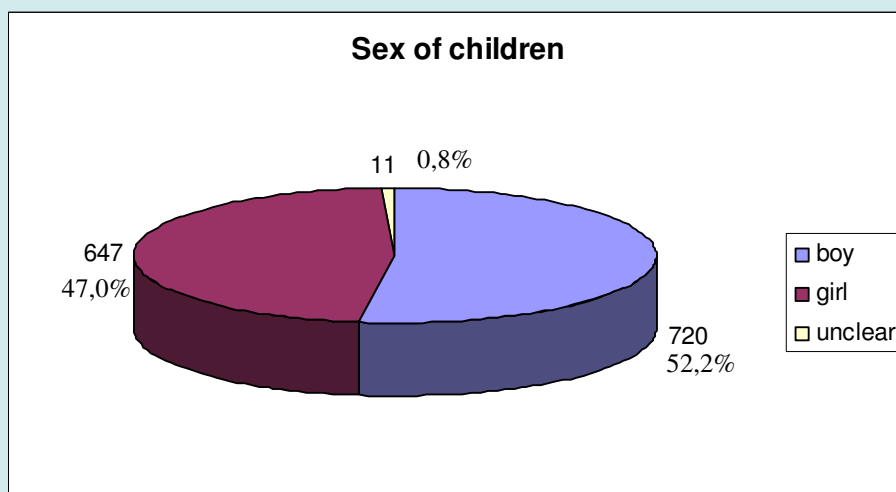
Mental Health Program of CMC-N

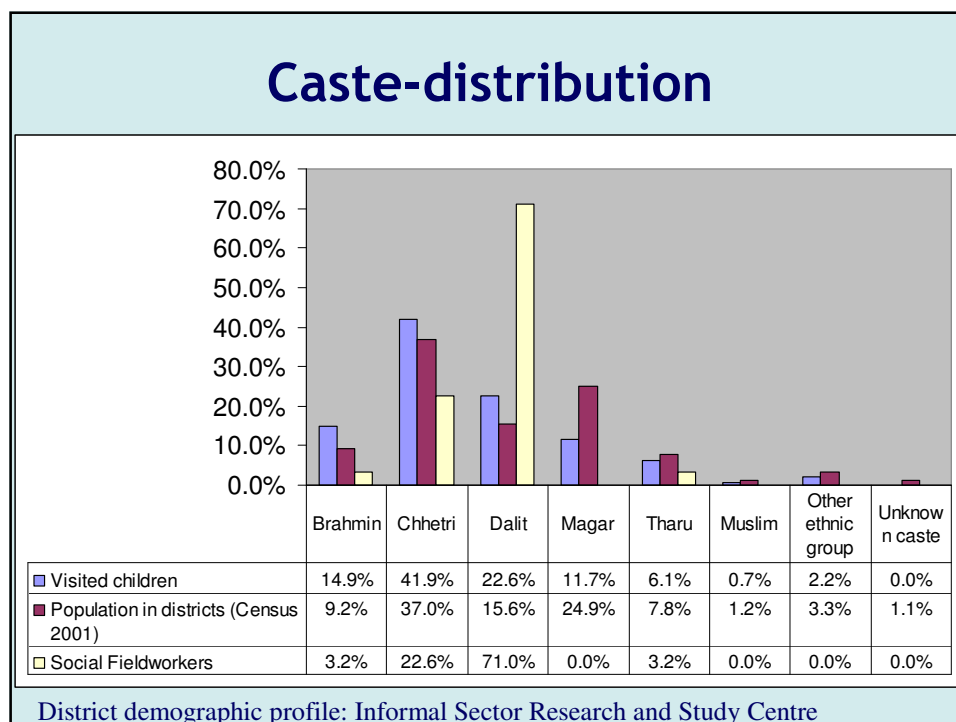
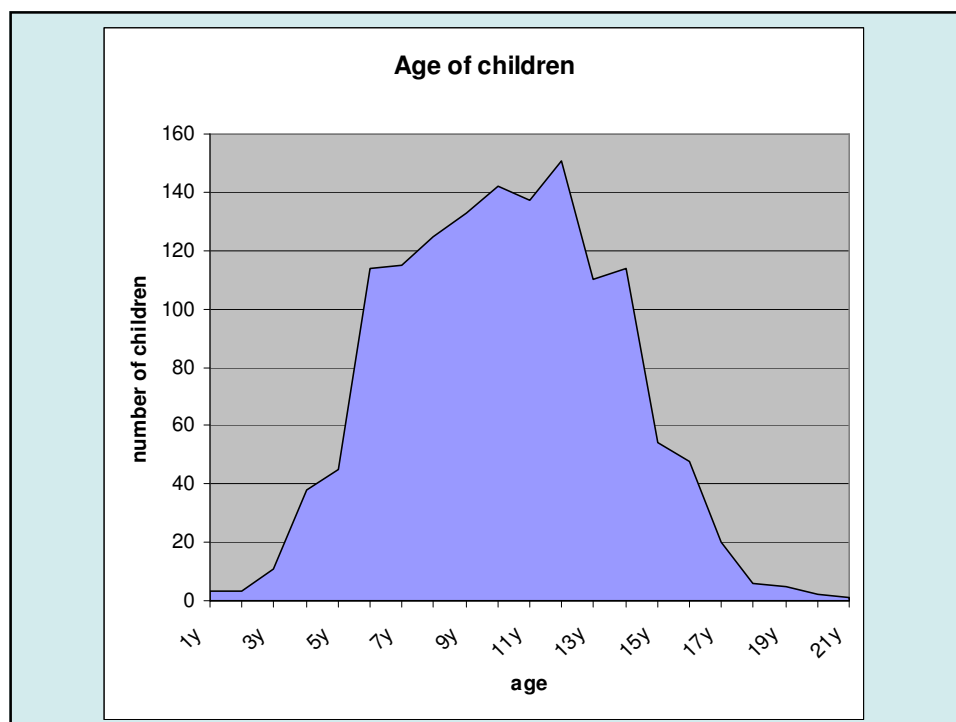


Goals

- o To support children to cope with traumatic experiences due to the war
- o To support parents to understand and help their children
 - o Including: To cope with own traumata
- o To increase awareness in schools and communities, to decrease stigmatization and exclusion

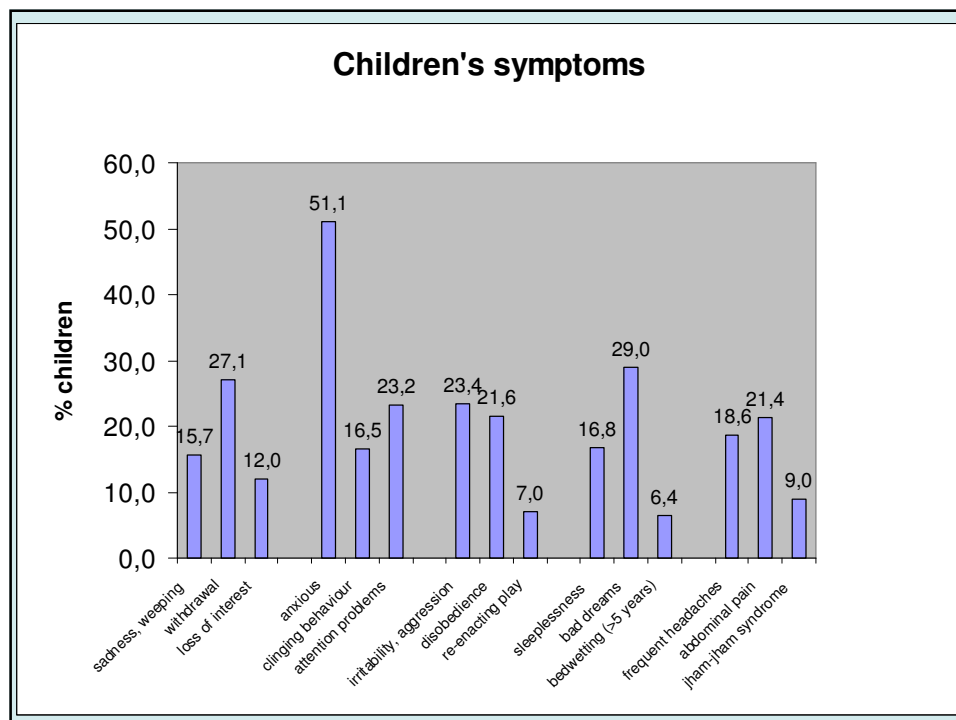
Case-reports in the first year: 1378 children in 910 families visited





District demographic profile: Informal Sector Research and Study Centre

„Normal reactions to abnormal situations“



Case-analysis

Analysis of problems and strengths of the family

Social

Material

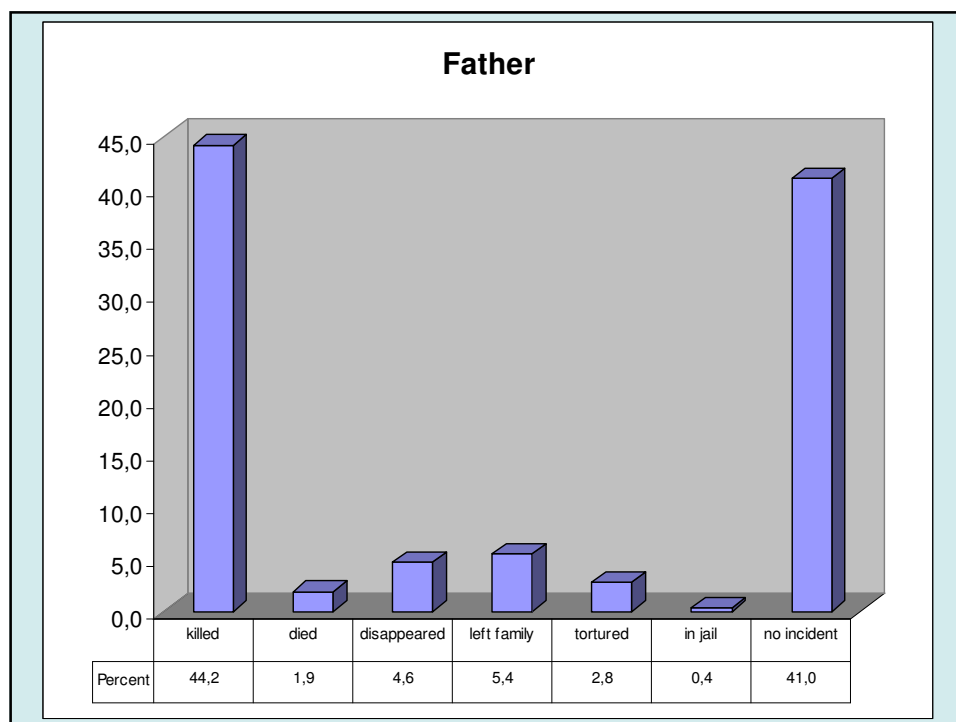
Emotional

Analysis of necessary changes

Possible activities

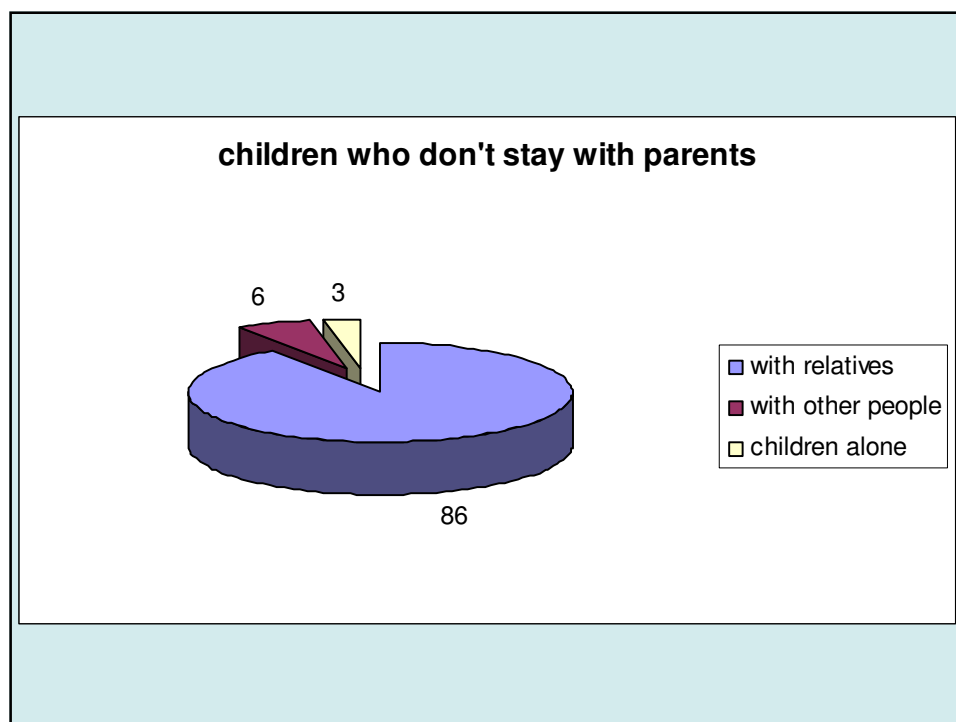
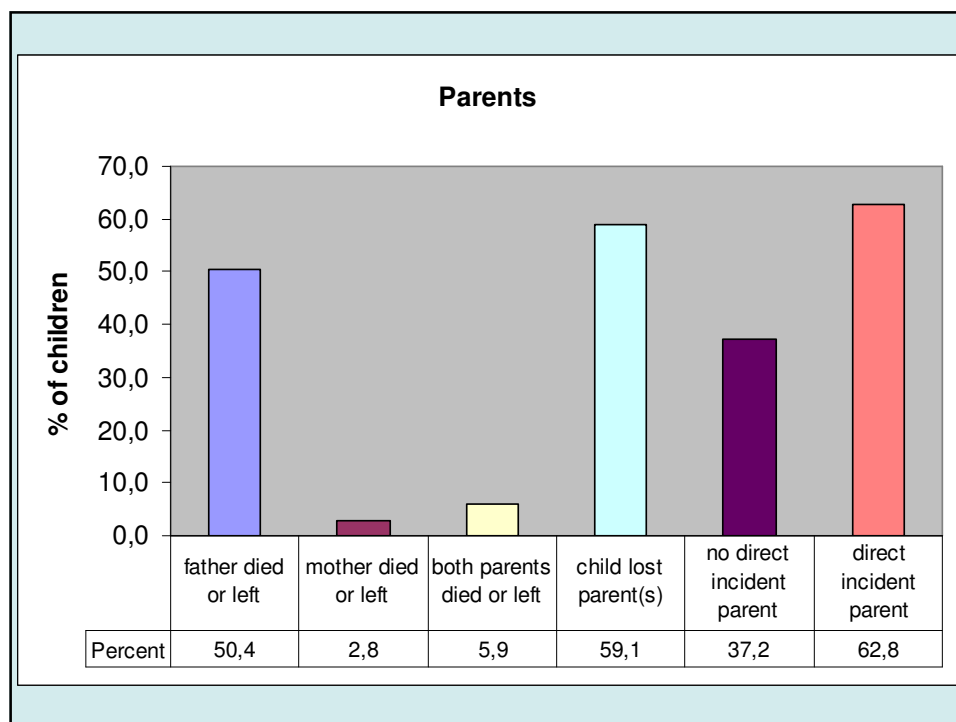
Key Issue

Loss of family members



Key Issue

The missing body



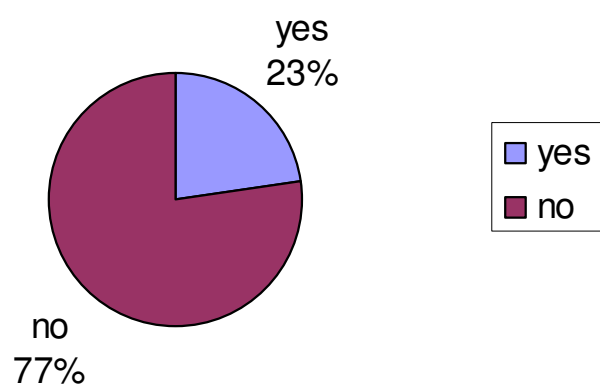
Key Issue

**Stigmatization of
widows**

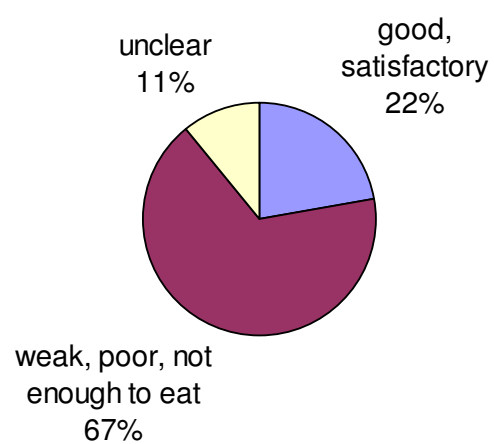
Key Issue

Poverty

Displaced

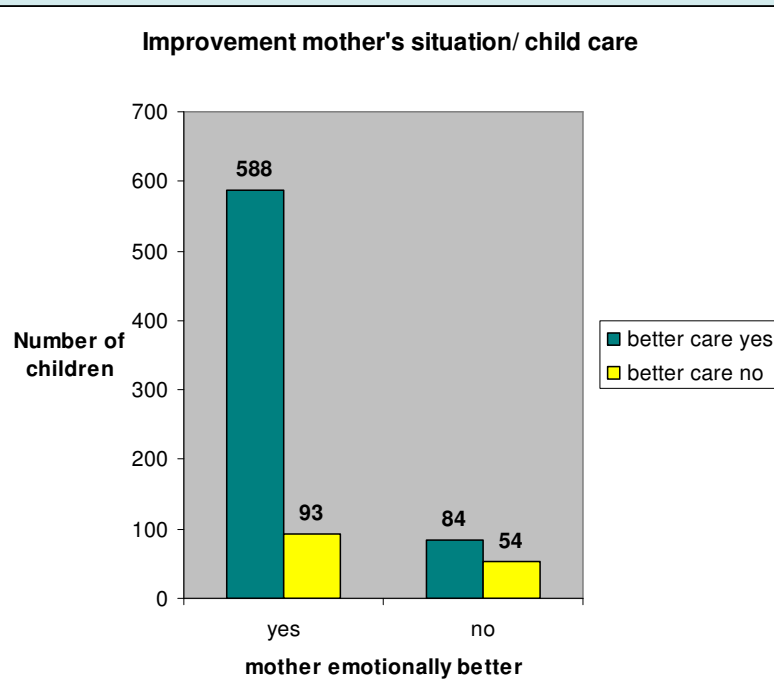


Material situation

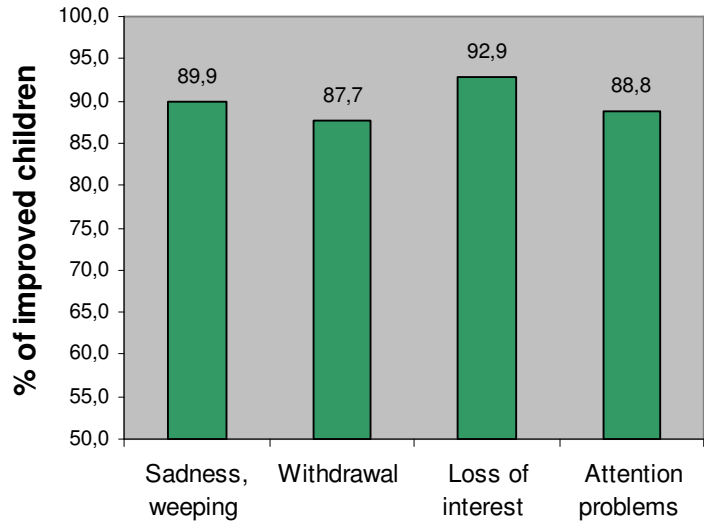


Key Issue

Mental health services for severely affected people

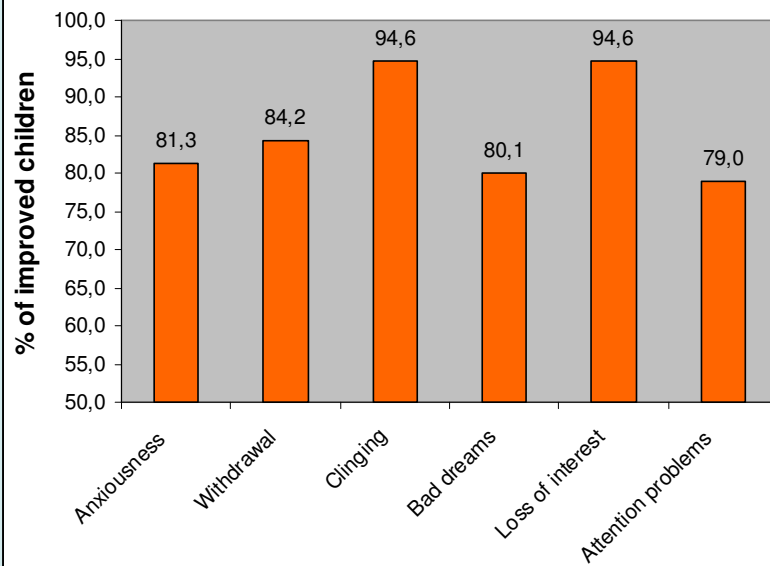


Child less sad

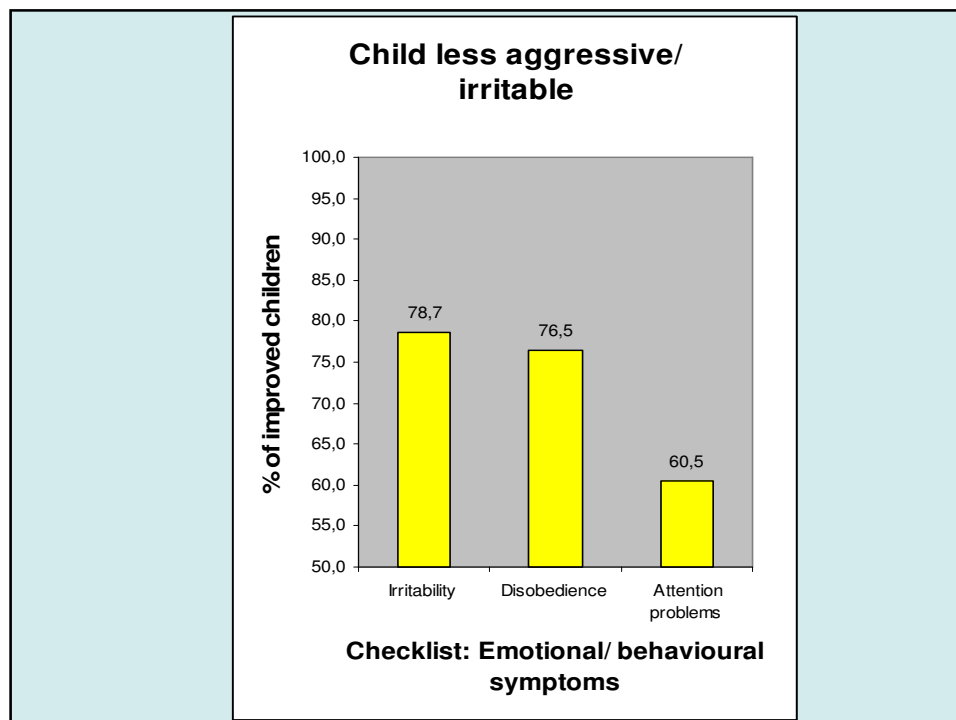


Checklist: Emotional symptoms

Child less afraid



Checklist: Emotional/ behavioural symptoms



Key issue

Breaking silence and
isolation

Some final thoughts

- o Working with severely traumatized people needs time
- o Good quality work needs good quality (and quantity) training and supervision
- o Working in insecure environments requires good care for the security of employees
- o People demanded recognition and justice