

# **SEEDS OF PEACE AFRICA INTERNATIONAL (SOPA) JOINT PECE AND SUSTAINABLE DEVELOPMENT PROJECT UPPER NILE COUNSELING AND TRAUM HEALING TRAINING REPORT 7<sup>th</sup> – 11<sup>th</sup> APRIL 2009**

## **Introduction**

Targeting women and youths, joint Peace and Sustainable Development Project implemented jointly by Seeds of Peace (SOPA), Presbyterian Relief and Development Agency (PRDA), Gambela Peace and Development Council (GPDC), ICCO/ Capacity Assessment and Development Programme (CADEP) and IKV Pax christi in partnership with Intervida has had several activities being undertaken in Upper Nile and Gambela region with the over all goal of *ensuring sustainable peace, security and development in conflict affected communities within the region.*

Counselling and Trauma healing training of trainers (TOT) was undertaken by SOPA as one of the planned follow up activities towards achieving the project's goal. The training followed community mobilization in which participants were mobilized and selected from the affected communities in Gambela (Ethiopia) and Upper Nile regions of Southern Sudan. The participants were trained in basic counselling and trauma healing skills and expected to replicate the same training as well as offer counselling and trauma healing services in their respective communities.

The counselling and trauma healing training of trainers took five days of intensive training between the 7<sup>th</sup> and 11<sup>th</sup> April 2009 at PRDA compound, Pagak payam of Maiwut County in Southern Sudan. A total of twenty (25) participants participated.

## **Trainer of Trainers course synopsis**

### **Overall Goal**

The overall goal of counselling and trauma healing (TOT) training was to equip participants with basic counselling and trauma healing skills useful in community peace building and resilience programs.

### **Objectives**

By the end of the course participants were expected to be able to:

1. Define the concept of counselling and its role in peace building / community healing
2. To understand and use the psychological theories of counselling and their application to Trauma healing in the community

3. To develop basic counselling and trauma healing skills and their use for their traumatized clients
4. Demonstrate competence in the practice of basic counselling skills for the traumatized clients
5. Engage in self-awareness exercises to facilitate self – knowledge and better work with traumatized clients
6. Understand basic ethical guidelines in counselling
7. Understand the concept of supervision and its importance in counselling in community counselling
8. Understand and be able to establish counselling and support services within the community

### **Major components of the curriculum**

1. Counselling issues in the community and the trauma challenge to peace
2. Self awareness and Trauma healing counselling
3. Psychological theories of counselling and Trauma healing
4. Process and practice of counselling Traumatized clients
5. Professional issues in counselling Traumatized client
6. Counselling for Traumatized people
7. Establishing counselling and Psychosocial support services at workplace

### **1. Counselling issues in a Traumatized community and peace challenge**

- The Trauma problems
- Explore unique issues and challenges
- Find out solutions
- Counselling approaches and perspectives

### **2. Self – awareness/ Trauma Counseling**

AIM - For participants to explore and understand themselves

A repertoire of self - awareness exercises will be conducted to help participants engage in self-exploration - explore values, attitudes, beliefs and behaviours. Self – awareness will also facilitate creation of better relationships in the community.

**3. Psychological Theories of Counselling and Trauma healing**

AIM - For participants to understand the psychological theories and to use them to make sense of clients' issues with particular reference to Trauma

**4. Process and Practice of counselling traumatized clients**

AIM - To equip participants with counselling skills for practice

- Core conditions of counselling:

Genuineness

Empathy

Unconditional positive regard

**5. Professional issues in counselling and trauma healing**

AIM – To equip participants with information on relevant professional issues related to counselling in the community

**METHODOLOGY**

Professionally trained counsellors/psychologists: SOPA staff conducted the course.

Learning was participatory and experiential through the use of small group discussions and presentations, lectures, discussions and participants' feedback.

Self – awareness was facilitated through the use of a repertoire of self – exploration exercises and experiential group work. Participants are invited to explore their own experiences and examine how values, beliefs and attitudes affect communication. Small group work is used as a medium for developing counselling skills to improve therapeutic outcomes. Participants design suitable follow – up plans so that they receive necessary support and supervision upon completion of the course.

**Target Group and Selection**

The training targeted women, youth and those involved or prospective workers in community/social work in general. A total of twenty five participants were trained out of the targeted thirty participants. Participants were selected from the geographical areas of Gambela, Nyenenyang and Lare kurugang communities in Ethiopia and four payams of Jotoma, Turu, Pagak and Maiwut of Maiwut County in Southern Sudan. Different departments from the Government of Southern Sudan (GOSS) and the socio-communal

fraternity were represented in the training. They included the local administration, police, military, youth, women association, community social workers and religious groups. Summarized in the table below is the over view selection of the sum total of the target groups and scope of coverage;

#### Group selection

No.	Target Group	Numbers of Participants	Total
1	Youths	2 x 4 payams	8
2	Teachers	1 x 4	4
3	Govt. officials	2 x 4	8
4	Church leaders	2 x 4	8
5	Police force	2 x 4	8
6	Soldiers	1 x 4	4
7	Opinion leaders/H-Chiefs	2 x 4	8

#### Targeted Areas / Communities

No.	Community	Country	No. of participants
1	Pagak	Sudan	15
2	Turu	Sudan	10
3	Maiwut	Sudan	15
4	Jotoma	Sudan	10
5	Lare	Ethiopia	15
6	Gambella	Ethiopia	15
7	Nynenyang	Ethiopia	10
	Initial trainings	Total	90 participants
	<i>Cross border training for selected TOTS finalists</i>	<i>Sudan 20 and Ethiopia 10</i> <b>Total</b>	<b>30 participants</b>

#### Selection Criteria

All participants had to meet the following qualifying qualities in order to participate for the success of the project;

1. Respected within the community
2. Ability to learn and teach others
3. Be willing to participate in the project
4. Committed to the project

### **Training Topics**

Selected thematic topics were picked from the course synopsis indicated herein above. The following course/training overview and consequent tabulation schedule were as a result of training needs.

### **Topics Overview**

#### **i) Self-Awareness**

- Self-Awareness exercise ( five most important)
- Life Experiences / Case studies

#### **ii) Trauma**

- Definitions
- Types of Trauma
- Manifestations of Trauma
- Causes of Trauma
- Post Traumatic Stress Disorder(pts)
- Phobias

#### **iii) Definition of counseling**

- Counselor
- Counselee
- Theories of counseling
  - Psychoanalysis-Freud/Erickson
  - Cognitive Behavioural
  - Humanistic

#### **iv) Process of Counseling**

- Stage one
- Stage two
- Stage three

- Identify defense mechanism

#### **v) Counseling Practice**

- Counselor's Attitude
- Counselor's skills
- Values and Principles of Counseling
- Counseling Practicum

#### **vi) Communication in Counseling**

- Definitions
- Body language
- Do's for communicating with counselee
- Don'ts for communicating with the counselee
- Counselors burnout and supervision

#### **vii) Supervision**

- Functions of supervision
- Forms of Supervision
- Counseling Follow ups
- Networking and Referrals

#### **vii) Psychosocial Support Programmes**

- Self awareness ( johiri's window)
- Pssp Models
- Mapping of Pssp in Community

#### **viii) Action Plans**

Actions plans by various participating groups as follows,

- Pagak
- Maiwut
- Turu, Gambela, Lare
- Nyenenyang

**UPPER NILE COUNSELING AND TRAUMA HEALING TOT TRAINING AT  
PRDA COMPOUND – SUDAN PAGAK SCHEDULE 7<sup>TH</sup> -11<sup>TH</sup> APRIL 2009**

<b>Day/Time</b>	<b>TUESDAY Day one</b>	<b>WEDNESDAY Day two</b>	<b>THURSDAY Day three</b>	<b>FRIDAY Day four</b>	<b>SATURDAY Day five</b>
8.30 – 9.00	Introduction/Climate setting	-Recap day one -Trauma: PTSDs - Phobias	-Day two Recap Counselling: -Attitudes -Values and principles	-Recap of Day two - Process of counselling	-Recap of Day three - Counselling Supervision
9.00 – 10.30	<b>TEA B</b>	<b>R</b>	<b>E</b>	<b>A</b>	<b>K</b>
10.30 - 11.30	Self awareness /exercises/ personal experience sharing	-Introduction to counselling	-Theories of counselling	Practicum: one to one	-Psychosocial Support Program(PSSP)
11.30 – 12.30	Trauma : Definitions Types Manifestations Causes	Counselling: -Skills & Techniques	-Theories of counselling	-Practicum: one to one	-Action Plans
12.30 – 2.30	<b>LUNCH B</b>	<b>R</b>	<b>E</b>	<b>A</b>	<b>K</b>
2.30 – 3.45	-Group Work: Identification of causes of Trauma in community	-Skills & Techniques	-Process of Counselling	Debriefing / Group therapy	-Presentation of Plans of Action
3.45 – 4.00					

	<b>TEA</b>	<b>B</b>	<b>R</b>	<b>E</b>	<b>A</b>	<b>K</b>
4.00 – 5.00	Sharing :	personal ( Now and Then)	Group work: Community solution to traumatic events	Self – Reflection exercise	Practicum/Group therapy	Workshop Closing
<b>5.00 -</b>	<b>TEA</b>	<b>B</b>	<b>R</b>	<b>E</b>	<b>A</b>	<b>K</b>

## **Training Process**

### **Day one**

Day one began by a word of prayer from Pastor Chuol Puk of the Presbyterian Church Pagak. This was followed by introduction of participants. The climate setting process created instant rapport among participants as they stated their interests, likes, dislikes and uniqueness. A common training goal understanding was reached thus making it a good entry point into subsequent sessions.

Personal experience sharing and self-awareness exercises took the centre stage after climate setting. This was facilitated through the use of a repertoire of self-exploration. Participants were invited to explore their own experiences and examine how values, beliefs and attitudes affect communication and their own life.

An introduction to trauma healing was done in which the participants were then taken through types of trauma, manifestation and causes. The afternoon sessions explored the common causes of trauma in their specific communities. The results were quite interesting as a lot of commonalities were established.

The afternoon session saw participants go through identification of trauma causes in their various communities collectively in group work. This was then followed by sharing of personal feelings (Now and then) after going through the preliminary training of trauma healing.

### **Day two**

Recap of day one was done by capturing and reflecting on topics covered during the previous day. Post Traumatic Syndrome Disorders and Phobias were discussed at length in relationship to trauma in the morning sessions. The afternoon sessions were used to introduce counselling skills and techniques. Participants also discussed the ways their

communities have in the past coped with traumatic experiences. This was very interesting as it was discovered most communities propagated trauma in the name of assisting the traumatized to heal.

### **Day three**

During the recap of day two activities, participants expressed shock on learning that one can escalate trauma instead of healing by suppressive methods and actions. They were also taken through attitudes, values and principles a counsellor ought to have in the course of counselling and trauma healing. This was followed by learning theories that form foundation and basis counselling of counselling. Process of counselling was discussed at length and demonstration done at every step following the EUA process. For further understanding and self-awareness participants were taken through reflection/self-awareness exercise.

### **Day four**

After going through the recap, participants learnt further the process of counselling. This was to usher them into practical sessions in which the trainees were to do carry out counselling demonstrations using the skills and techniques learnt in the previous sessions at the same time demonstrating understanding of counselling process. Participants practiced one to one counselling. They were also introduced to group therapy counselling process.

### **Day five.**

This was the last day of counselling and trauma healing training of trainers. The day began by recap of the previous day followed by counselling supervision and psychosocial support program. Participants did mapping of psychosocial support programs in their respective communities. See the mapping sketches at the index of this report. They were the trained on action plans and asked to make their own action plans that would inform their future counselling and trauma healing activities. Also attached are action plans developed by the participants.

The workshop closed officially in the afternoon of the last with lots of enthusiasm and zeal for carrying out the planned activities by different groups.

### **Challenges**

The following were the main challenges experienced during this training,

#### **1. Logistics :**

The training recruited participants from a very wide geographical area ( see selection information herein). It was a difficult reaching them in terms of transportation and communication as most of them had no mobile phones and relied on PRDA/SOPA resources.

## **2. Medium of instruction**

Most recruits had limited understanding of English which was the main medium of instructions. Interpreters were used to translate the training teachings into understandable language by majority. This meant that more time was used.

## **3. Level of education**

Despite the fact that the participants were respectable leaders in their communities and met the selection criteria highlighted herein above, quite a good number had very minimal level of education. This was in itself a big challenge to a training such as this.

## **4. Handouts**

The participants, besides being trained and gaining knowledge, had their personal expectations including monetary handouts after the training. This seemed to have been a precedence set by other NGOs operating in the area. Meeting this challenge was an uphill task as no budget had been allocated for this purpose.

### **Lessons learnt**

One major and overriding lesson learnt through this process and training exercise is that the people and communities living in southern Sudan are so much traumatized as a result of many traumatic events such as wars, cattle raiding and children hijacking, some still taking place to-date. The need for further training and continuous trauma healing programs cannot be underscored forthwith.

Secondly, the training period allocated for counselling and trauma healing processes is too short to carry out an effective training for trainer of trainers.

### **Recommendations.**

I would highly recommend the following which will go a long way in contributing to the success of the upper Nile peace and sustainable program

1. Replicate the same training in the Gambella Ethiopia side
2. Future trainings be done in the respective communities as opposed to training in a central place. This will reduce the costs and inconveniences of having to cater for transport and accommodation for participants

3. Redesign the training from trainer of trainer (TOT) into training of community healers. This would be more effective for healing the traumatized communities.
4. I propose the English training be replicated within the program areas covered.

## **Index**

Captured here in this section are the Pssp mapping charts, pictorials and names of participants.

### **Group Work (FGDs)**

G3

#### List signs of traumatized children.

Traumatized child will develop these signs:-

1. Cry if you speak with him or her using strong words.
2. Will be lonely.
3. Fear people.
4. Grow thin/slim.
5. Inferior to his/her colleague.
6. Absence minded.

You can deal with them by:-

- a. Buying clothes or fulfill some of their needs.
- b. Proper counseling is needed.
- c. Recognize him all his rights.
- d. Appreciate things whenever you give them some assignments/ be polite to them.
- e. Send them to publics e.g. Schools, Church, Country sides etc.
- f. Give them example of people who overcame problems.

#### GROUP ONE.

- 1) (A) List signs of traumatized men in your community.

1. Someone who don't accept other's opinion. \*\*\*\*
2. Selfishness.
3. Loss of appetite.
4. Aggressive.
5. Jobless.

6. Hopeless.
7. Forgetfulness.
8. Hatred.
9. Useless.
10. Fearfulness.

### GROUP ONE 1

- 1) What are some common difficulties people face in the communities?
  - a. Taking somebody's wife. \*\*\*\*\*
  - b. Stealing somebody's property. \*\*\*
  - c. Being drunkard is also the cause of the problem. \*\*\*
  - d. If you are a leader and you discriminate people, is also the cause of the problem.
  - e. Corruption.
  - f. Rape cases.
  - g. Land disputes.

### GROUP THREE (3)

#### How are the problems resolved?

The problems are resolved through dialogue, through:-

1. Peace Education.
2. Community leaders e.g. chief, sub. chief, church priest etc.
3. Elderly people.
4. Unity (Two ethnic groups unite against one ethnic group, discouraging the bad attitude that is within that community disturbing the peace and stability.)
5. Local authority (e.g. defense force, local militia, police, Administration from the local forum etc)

6. Selecting some representatives and start reconciliation in the region government go down to the people convincing people what the benefits are.
7. Accessing the problem and its cause.

#### GROUP TWO

: -List sign of traumatized women in your community.

- ❖ She can be careless to home properties and will lead her to divorce.
- ❖ And will be aggressive to the men, his relatives and children.
- ❖ Hated her husband and not happy to prepare food for him.
- ❖ Talking alone on the way.
- ❖ And can lead her to have many friends to search for other Goodman.
- ❖ Loss love to the family.

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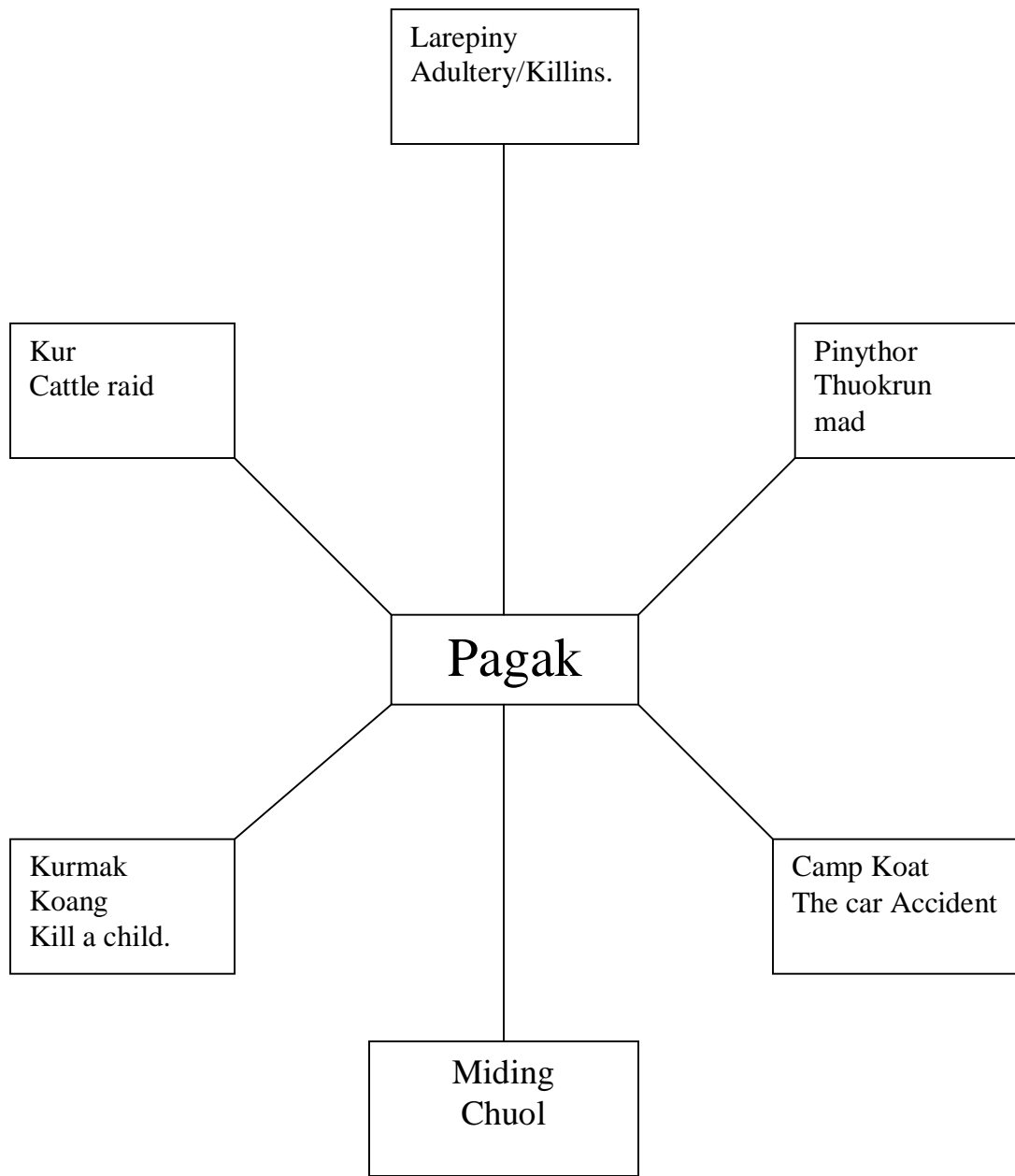
#### GROUP TWO 11.

2- What is the cause of these problems?

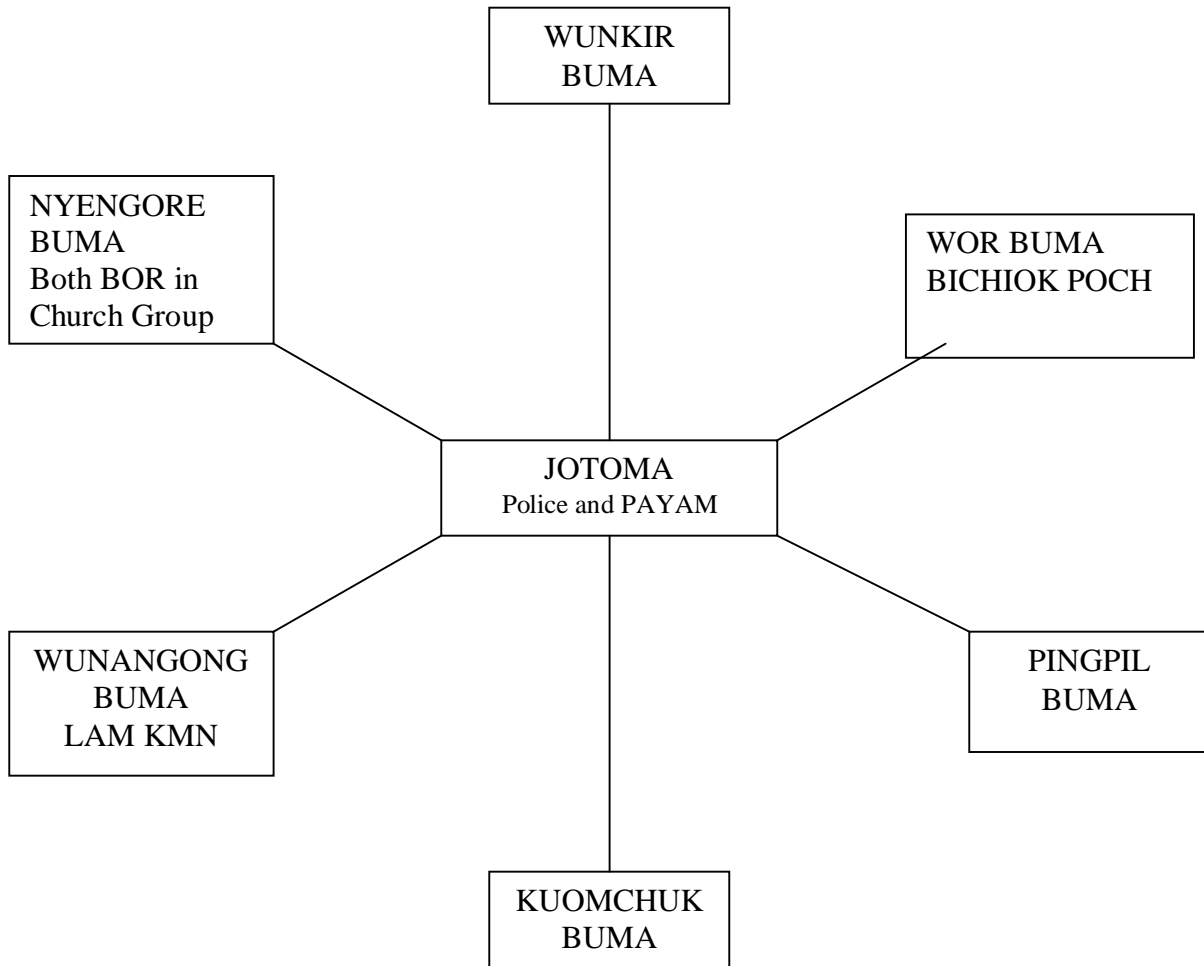
- Stealing somebody's properties can cause problems.
- Having sex with somebody's wife \*\*\*\* can cause problem.

- Misunderstanding between two people or group can lead them into conflict and at last can bring problem.
- Bordering land can cause problems.
- Drinking Alcohol can lead you to problem unknowingly.
- Miscommunication from different societies, some people may say some bad words that were not said by you. \*\*\*
- Mistreatment/Handling of foreign friends by other locals.
- (Misthinking).

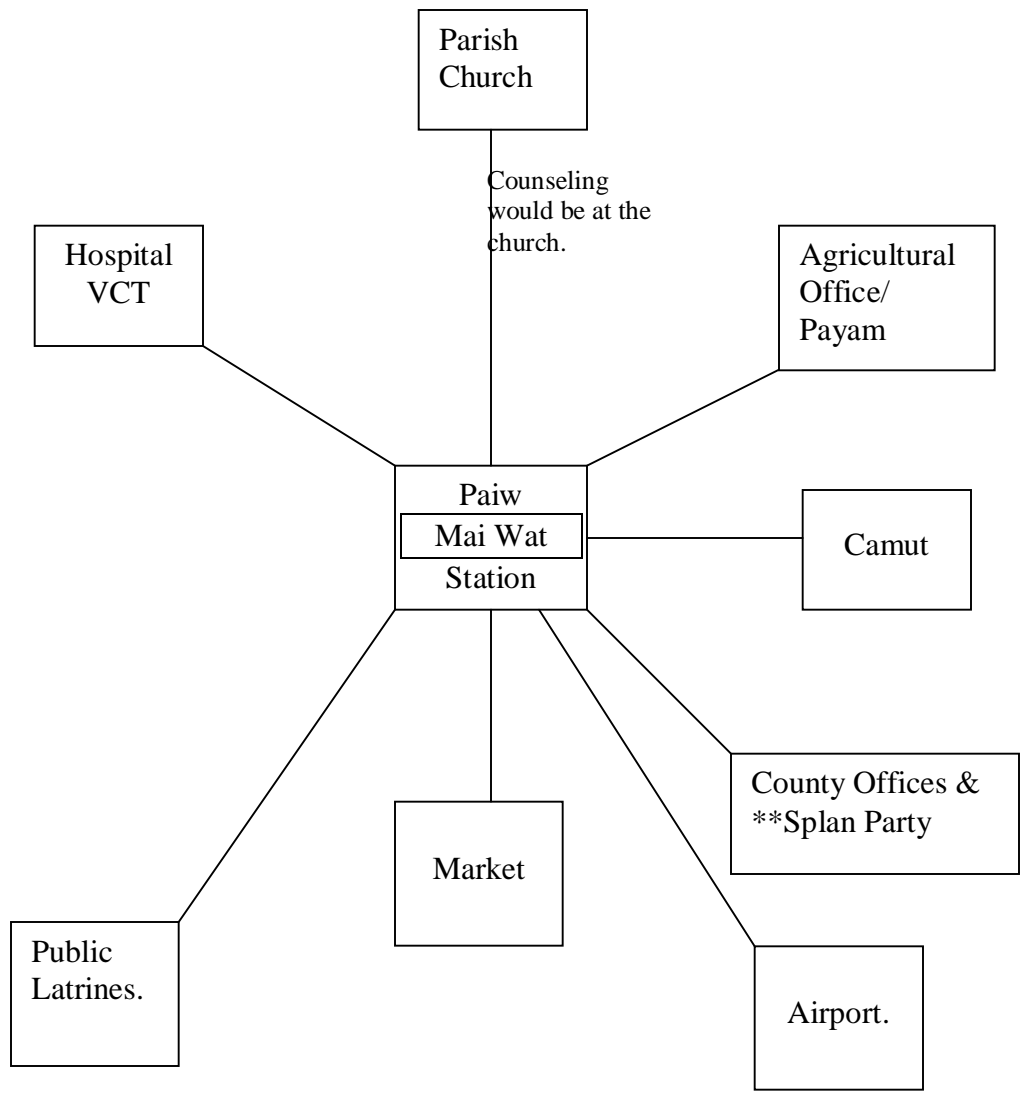
PSSP MAPPING

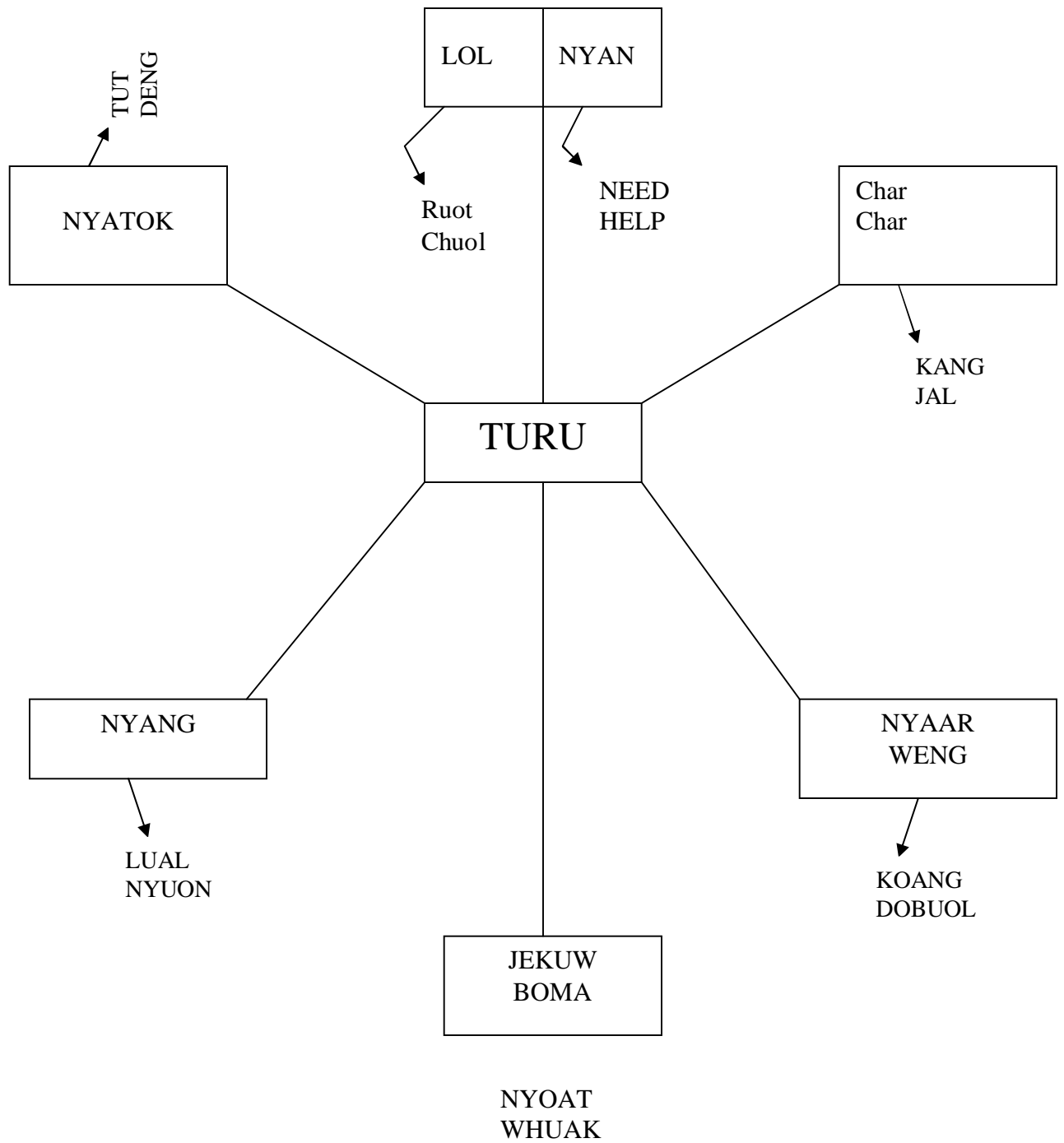


JOTOME HQ









Pagak TOT Action Plan

Activities	Responsible person	Resources	Time	Duration	Place
Train the community leader on trauma Healing Process	Pagak TOT	Books,Pens,Flipchart, money for meals and transportation	20-22 April 09	2 days	Maar
Conduct counseling to the traumatized people and people with other related cases	Pagak TOT	Money for meals	25/04/09	1 day	Maar
Meeting as TOT to discuss challenges and achievement plus way forward	TOT	Money for meals	27/04/09	1 day	Maar

Leaders Name: 1. Gach May Bay – Chairman.

2. David Tut Lual – Secretary.

3.Mary Buk Luak – Treasurer.

TURU COUNSELOR ACTION PLAN

Activities	Responsible person	Resources	Time	Duration
Train the community leader	Turu Tot in counseling is trauma Healing	Book,Pen,Flipcharts, Fun for meal transportation	20/04/09 27/04/09	4 days

Counselee*** Access people in Turu Payment	Turu Tot in counseling & Trauma Healing	Men for 2 days	29/04/09 30/04/09	2 days
Meeting among ourselves to discuss our challenges and achievements.	TOT	Meal for 1 day	01/05/09	1 day

Team leader: John Gach

**Recruited Participants in Counseling and Trauma Healing Training in Sudan April /  
May 2009 (Upper Nile Gambella Programme**

No	Name	Organization/Department	Phone/email	Signature
<b>Pagak Payam</b>				
1	Yiech Tang Kuar Kow	Payam Administration		
2	Simon Thuok Dujjok	Administration		
3	James Mat Mutihiang	S/SRRC		
4	Jacob Khor Ruach	Police In Charge		
5	Bor Kueth	Security Police		
6	Gat lwak Bichok	Head Chief		
7	Tut Lwal Bikot	Ass.Chief		
8	Gat Luak Duach	Youth		
9	Malath Kuon	Youth		
10	Garang Lual	Military		
11	Gatkuoth Tuchar	Military		
12	Thuok Nyoach	Education		
13	Peter Joch Gatwech	Education		

14	Nyatuok Lare	Women group Association		
15	Mary Buk Lwak	Women group Association		
16	Jacob Nhial Gol	Church		
17	Peter Gatbel Puok	Church		
18	David Tut Lun	Health/VCT counselor		
<b>Turu Payam</b>				
19	Nyaguich ruey lok	Women group		
20	Yien Jal Gai	police		
21	Bol Gatluak Luoth	SSRRC		
22	Kuothwal Lam Wang	Headchief		
23	Chuol Tut John	Payam Secretary		
24	Lam Makuach	Teacher		
25	Peter Gatwech Both	Church		