

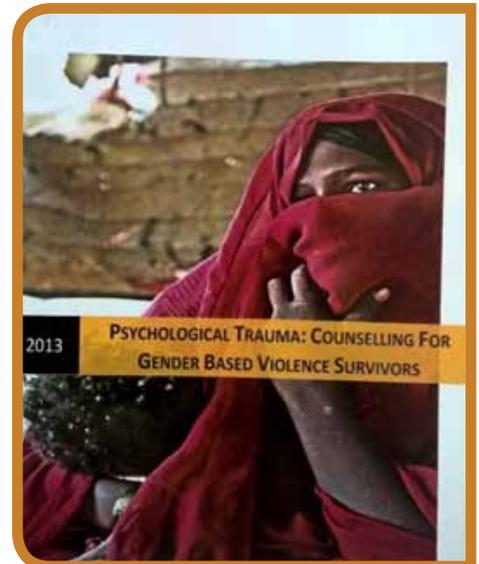


## A Trainer's Manual: Trauma Counselling for Gender-Based-Violence Survivors

Ahfad Trauma Centre developed a trainer's manual aimed at providing psychosocial support to gender based violence survivors. It is useful to multi-sectorial workers including health and mental health, educational and social institutions, non-governmental, and humanitarian aid organizations.

The manual is provided for trained staff or volunteers who do not have a formal degree in trauma counseling, as its main function is to be used to assist people in need and in poor resources settings. By the end of the training, participants would have developed an understanding of GBV survivor needs as well as a range of trauma-focused communication skills such

as verbal and nonverbal communication, empathetic listening and responding skills and have insight into the values, ethics and boundaries of their work, as well as equipping the participants with basic trauma intervention modalities which in turn will help with increasing the quality of services provided.



## Orange the World Campaign: 16 Days of Activism against GBV

Ahfad Trauma Centre (ATC) in collaboration with School of Psychology and Preschool Education partook in the events from the 25<sup>th</sup> November to 10<sup>th</sup> December by marking the International Day



for Elimination of Violence against women, the Human Rights Day, and the 16 Days of Activism against Gender-Based Violence Campaign.

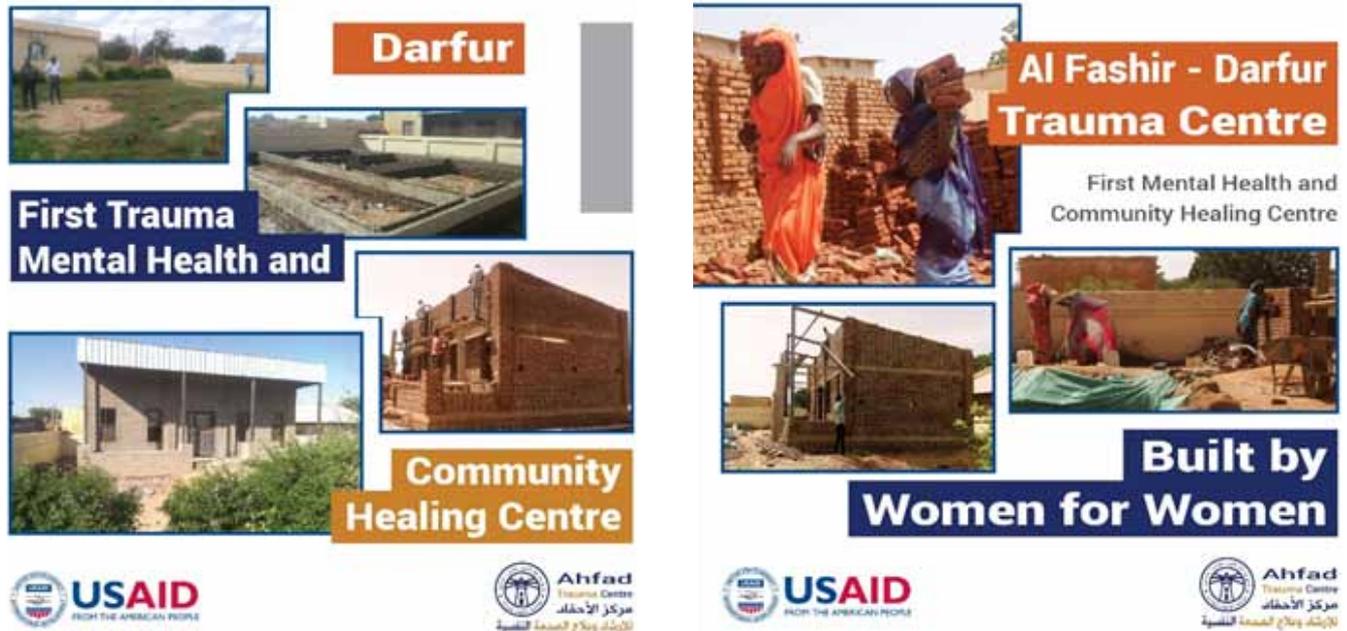
Ahfad Trauma Centre (ATC), a community mental health service center affiliated to the School of Psychology at Ahfad University for Women (AUW) in Sudan. Catering for trauma related disorders and community health promotion. Established in 2012 as the first and only free mental health therapeutic community service, ATC has since opened five trauma centers in Gedaref state, North Kordofan, White Nile state, North Darfur and Blue Nile State. ATC has also initiated an attached Master program with the School of Psychology at AUW.

### The ATC offers:

- Free Therapeutic and Counselling Services
- Community Outreach Activities
- Training Services
- Research

## What is new: Setting up Trauma Centers in Conflict States

The funding from USAID-Sudan enabled the ATC to open and set up two trauma and community healing centers in Darfur and Blue Nile states, considered to be conflict states. Al-Fashir and Al-Damzin centers provide the first specialized mental health service, community outreach programs and staff trainings. Having state level Specialized state-level mental health services such as these contribute to mental health promotion, psychosocial support, accessibility, and quality service to vulnerable communities in poor-resource settings.



packages (understanding trauma, childhood trauma therapy, and case management), community-based awareness raising radio episodes as well as quality guidelines, and monitoring and evaluation of each centre. Future ventures include joint research among the centers to strengthen service provision.

## Therapeutic Advances: KidNET (Child Narrative Exposure Therapy) working with Refugees Children

### South Sudanese

Ahfad Trauma Centre (ATC) and United Nations High Commissioner for Refugees (UNHCR) as partners in September, 2016 were able to pro-psycho-social support program targeting South Sudanese refugees live in Jabarona and new camp (Nifasha) camps located in west Omdurman, Khartoum State, Sudan. This was a project funded by UNHCR and implemented by ATC.

The project consisted of two main programs. One program was the KIDNET program which was targeting 16 South Sudanese youngsters residing in Jabarona and Nivasha refugee camps west Omdurman who suffered directly or indirectly by war. Their age range was between 12-20 years. 6 of the youngster met diagnostic criteria for PTSD as they were severely suffered from the symptoms and they were included in

the Narrative Exposure Therapy (KIDNET). The rest 10 youngsters were stressed and enduring social hardship, they were referred to different sorts of therapies according to their diagnosis. KIDNET was implemented in the period of 5<sup>th</sup> Sep. 2016 - March 2017. It aimed at helping youngsters to re-build their story chronologically since the traumatic experiences has made the memory fragmented. We aim to help them to be able to integrate experiences in their daily life, through telling their stories again, be exposed to their different experiences, feel the hot memories, differ that time from here and now. Through the use of KIDNET we stepped further to practice as well as to implement specialized trauma focused intervention represented on the KIDNET. KIDNET was implemented by 1 child therapist and 2 under training master students. Everyone working with KIDNET have been extensively trained for 2 weeks on how to conduct KIDNET by an expert family counselling therapist Mr. Geir Løland from Norway.



*Eman Farah Ahmed, a child therapist and one of the counsellors working with KIDNET at ATC.*

*Eman is also one of the developers of the Psycho-Social Support for Children and Adolescent in Emergency Settings manual.*

### **The 3<sup>rd</sup> Annual Conference: Mental Health and Psychosocial Support in Humanitarian Settings; 18<sup>th</sup> – 19<sup>th</sup> of February 2017**

This year's conference was a two-day working forum aiming to support interaction, case study information-sharing and exchange of experiences as a basis for informed decision-making and policy brief development on issues concerning the gap between mental health needs and service provision in crisis. Experience sharing on best practice of mental health service provision, psychosocial support services in low-recourse settings, addressing difficulties and opportunities in providing mental health and psychosocial support in countries torn by war and political embargo, as well as research and establishing networks for mental health promotion. National, regional, and international speakers presented their experiences in working in the field of mental health and psychosocial support (MHPSS) in humanitarian settings.

Examples include Sudanese Red Crescent Society (SRCS) establishing safe houses in the eastern border of Sudan, United Nations High Commissioner for Refugees (UNHCR) presentation on mental health and PSS in Emergencies in Middle East Gaps and Challenges, "Building an online platform for MHPSS: lessons learned and insights from MHPSS.net" via Skype by the co-founder and Managing Board member of MHPSS Network, and Scaling up mental health care: a framework for action by World Health Organization (WHO) Representative in Sudan.



*Dr. Mohamed Elshazly's (UNCHR) presenting "Mental Health and Psychosocial Support in Emergencies in Middle East Gaps and Challenges".*

The second day of the conference, consisted of a workshop for the participant. The participants discussed the 5 strategic priorities in regards to mental health. The goal visions from the discussion were to establish good and reliable mental health systems, accessible for all. Some groups emphasized that the mental health systems should have an evidence-based approach while other groups had focus on prevention. To reach the goal visions, all sectors should be integrated with each other in order to implement psychosocial support in the community and to identify those with mental issues as early as possible and also making a network regarding MHPSS. Guidelines for integrated MHPSS to cover all levels from community level to national level should be established.



To strengthening MHPSS, the workshop concluded that we need to map human resource by exchanging visits, improving physical infrastructure and communication networks. Other priorities we should focus on are outreach teams professional team clinics, workshops and narrative theatres.

■ **Strategic Priority 1**

*"Strengthen mental health care service providers at local, national and regional: Service and accessibility."*

■ **Strategic Priority 2**

*"Early identification system and multi-disciplinary response team in resource poor and humanitarian settings. Early warning and response system (EWARS): Promotion & Prevention"*

■ **Strategic Priority 3**

*"Mental Health and Psychosocial Support (MHPSS) strengths and weakness in structure and activities. Policies and Procedures"*

■ **Strategic Priority 4**

*"Enhance evidence-based decision-making process by building robust mental health networking systems. Diversity and Inclusion"*

■ **Strategic Priority 5**

*"Promote Mental health through life course. Recovery and Resilience."*

**The TRUST HUB – Online platform**  
[www.mhpss.net](http://www.mhpss.net)

The result of partnerships is the creation of the TRUST Network for MHPSS that has scaled-up service delivery through capacity building, TRUST intervention packages, treatment and care packages, community and mental health care platforms, and building trauma centers in conflict zones This unique platform has availed a significant contribution toward instigating, achieving, and designing mental health and psychosocial support initiatives within humanitarian set-



tings and crisis situations worldwide. In building mutual multi-sectoral and co-responsibility within all stakeholder levels sustainable development programs and projects has been launched through this platform to spear-head the TRUST HUB. Of its objectives, the “Mental Health and Psychosocial Support in Humanitarian settings” took note of the experiences of the *mhpss.net* and began its collaboration to set the ATC as a regional HUB targeting East Africa & Middle East Region” where articles, manuals and other resource are uploaded.

To join the hub go to *mhpss.net*, which takes you to the TRUST platform, then you register as a member. They will approve your request within two days, once you are a member you look under groups and find the TRUST group. Then you join that group.

## Child Rights Resource Center

On the 2nd of February 2017, Child Rights Resource Center (CRRC), a collaboration between Ahfad University and Save the Children, opened within Ahfad University for Women campus.

### Aim of collaboration

- Child Rights Situational Analysis: Engage students both at the undergraduate and postgraduate levels in developing CRS through quantitative and qualitative scientific research, desk reviews, and intervention mapping;
- Conducting impact evaluations on specific community topics that include children, women, adolescents, and men;
- Facilitating trainings and workshops focusing on Child Rights;
- Provide Short term trainings in research and M&E to SC and its partners as needed;
- Assignments to extract learning and do further analysis of existing studies to inform current programs and policy related to child rights in Sudan.
- Conduct advocacy campaigns to promote children’s rights.
- Generate evidence based knowledge that is helpful to all stakeholders for working towards bringing lasting improvements in the lives of Children in Sudan.



## Publications 2016/2017

### ■ Article

- Eltayeb, S., Sliip, Y., & Muneghina, O. (2017). Bridging the gap in mental health and psychosocial services in low resource settings: a case study in Sudan. *Intervention*.

### ■ Thesis from Master of Arts in Trauma and Community Counselling

- Mustafa Edris Aledrissi, S. (2016) The Psychological Assessment of Sexually Abused Children (Case study: Child and Family Protection Units in Khartoum State). *Ahfad University for Women*
- Mohamed Abdul Rahman Al Sayed, I. (2016) Assessment of Factors Affects: Domestic Violence against Children (Family and Child Protection Unit – Khartoum State 2016). *Ahfad University for Women*
- Ahmed Ibrahim Ahmed, S. (2016) Evaluation of the Intervention Program for Reducing Risk Behaviour of Men doing Sex with Men (MSM) in Khartoum State. *Ahfad University for Women*

### ■ Manuals by Ahfad Trauma Center



- "Self Help Manual – Building confidence and self-esteem"
- "Depression Booklet"
- "Domestic Violence Booklet"
- "Post Traumatic Booklet"
- "Enhancing Mental Health and Psychosocial Support Capacity in Low Resource Setting."



For more information regarding training publications, please contact Marwa M. Ibrahim at [marwa567@live.com](mailto:marwa567@live.com) - Community Outreach Office.

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AhfadTraumaCenter