



- * **Socio-political Challenges in the Mediterranean Region: Implications for NCD Prevention and Control, December 3-4, 2014, Beirut, Lebanon**

Professor Tanja Pless-Mulloli



Preparing for the healing of war-trauma in Syria: Thoughts from a psychotherapy, public health and auto-biographical standpoint

Professor Tanja Pless-Mulloli



* Outline

- * The three standpoints towards trauma: autobiography, public health, psychotherapy
- * The UNHCR and WHO positions
- * What do they mean for Syrian refugees in 2014?
 - * Challenges
 - * Domains requiring coordinated and integrated effort

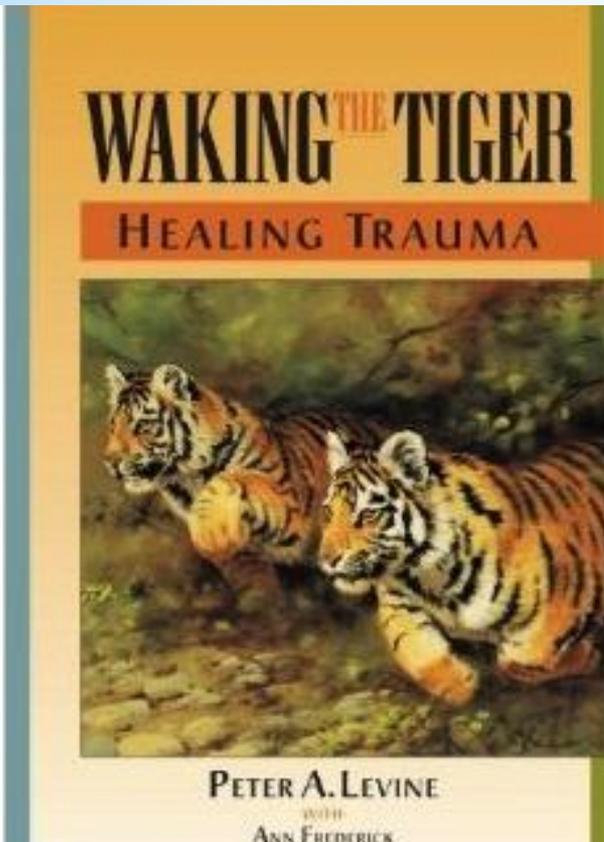




Auto-biographical standpoint: Born 1955, Lueneburg, Germany

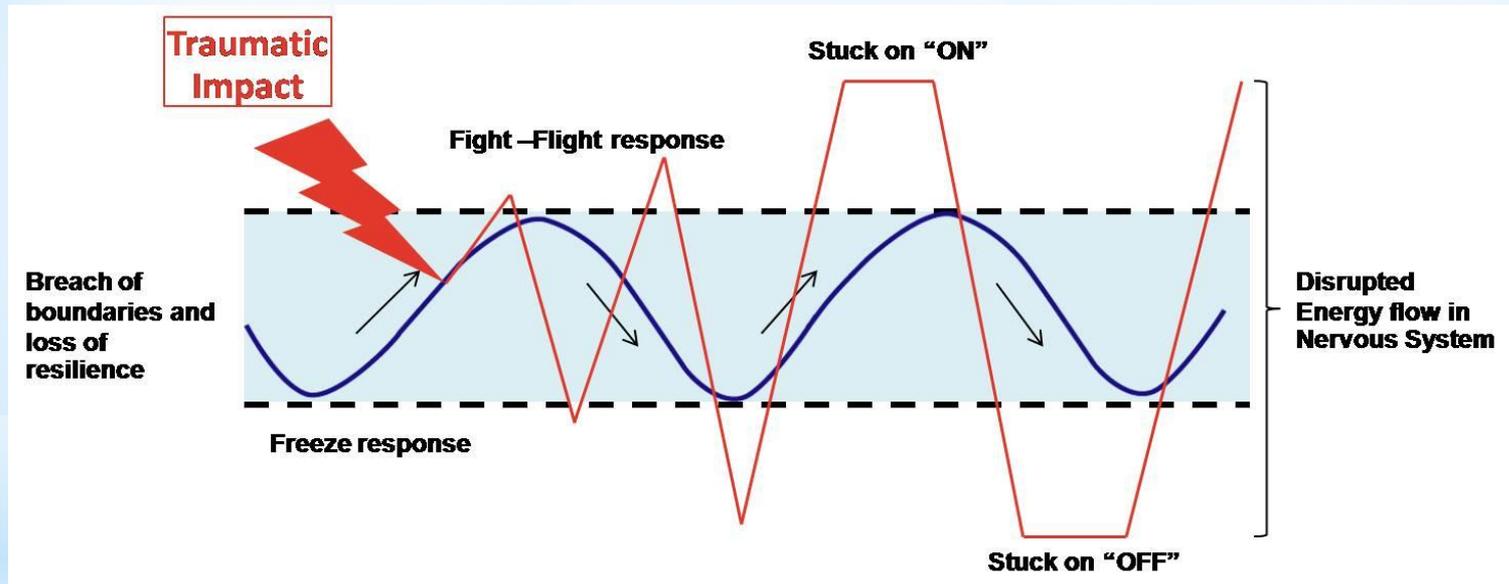


* The psychotherapy standpoint 1/4: The human animal's instinctual capacity to heal



“Much of the violence that plagues humanity is a direct or indirect result of unresolved trauma that is acted out in repeated unsuccessful attempts to re-establish a sense of empowerment.” Peter Levine in: Waking the tiger, healing trauma, the innate capacity to transform overwhelming experiences, 1997

* The psychotherapy standpoint 2/4: The universality of human response to trauma: Fight, flight, freeze



* The psychotherapy standpoint 3/4: Universality of human suffering and emotion



Gilgamesh mourns Enkidu



* The psychotherapy standpoint 4/4: Universality of human attachment



MODEL OF SELF (Dependence)

Positive
(Low)

Negative
(High)

Secure	Preoccupied
Dismissing	Fearful

Positive
(Low)

MODEL OF OTHER (Avoidance)

Negative
(High)

* The public health standpoint: Burden of disease from mental health

The NEW ENGLAND JOURNAL of MEDICINE

REVIEW ARTICLE

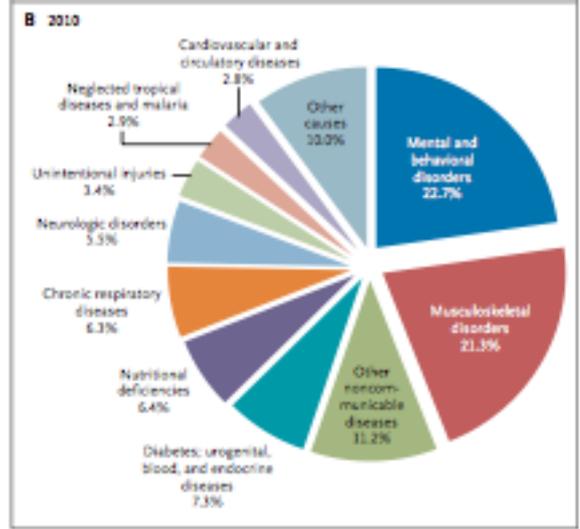
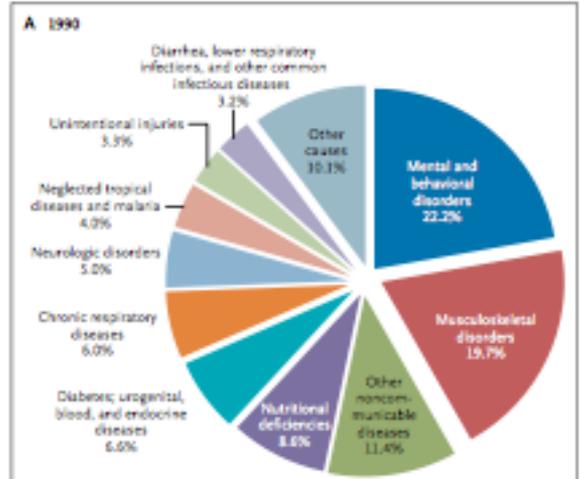
GLOBAL HEALTH

Mental Health and the Global Agenda

Anne E. Becker, M.D., Ph.D., and Arthur Kleinman, M.D.

WHEN THE WORLD HEALTH ORGANIZATION (WHO) EUROPEAN MINISTERIAL Conference on Mental Health endorsed the statement “No health without mental health” in 2005,¹ it spoke to the intrinsic — and indispensable — role of mental health care in health care writ large. Yet mental health has long been treated in ways that reflect the opposite of that sentiment. This historical divide — in practice and in policy — between physical health and mental

NEJM 2013;369:66-73



* The integrating standpoint: Cultural embeddedness of trauma healing



* The public health standpoint: UNHCR assessment December 2013



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ASSESSMENT OF MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES FOR SYRIAN REFUGEES IN LEBANON

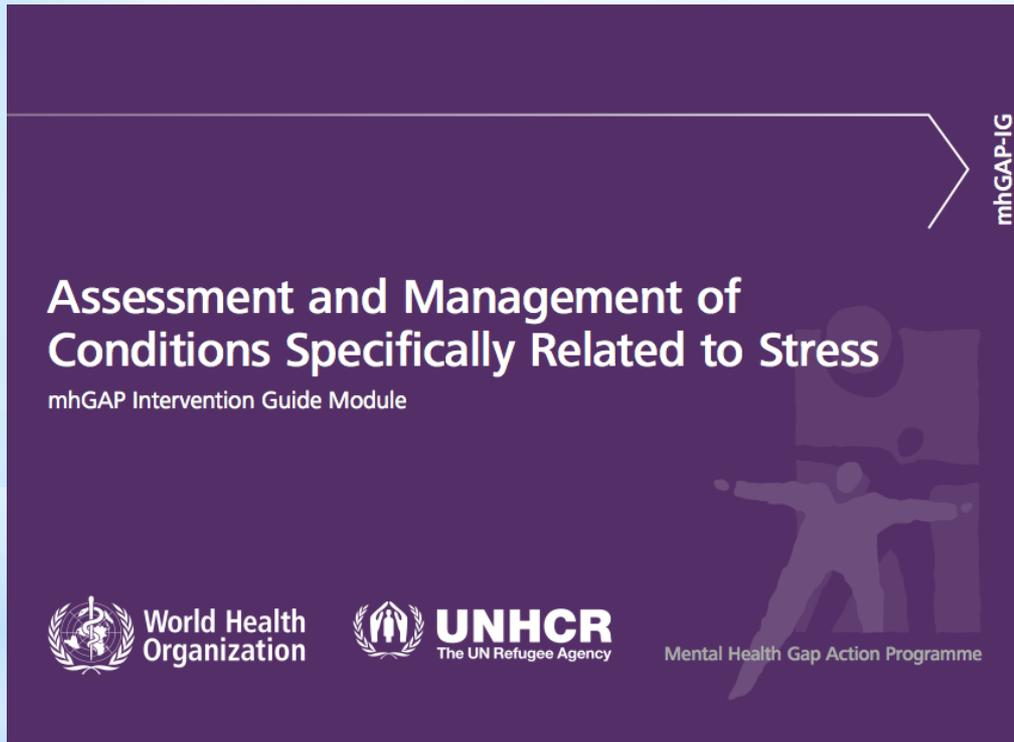
by
Rabih El Chammay, MD
Wissam Kheir, Hala Alaouie

DECEMBER 2013
BEIRUT, LEBANON

Four levels of service:

1. Basic needs and security
2. Strengthening community and family support
3. Focused non specialised psychosocial support
4. Specialised or clinical services

* The public health standpoint: WHO/UNHCR Mental Health Gap Action Plan



Recommending CBT,
EMDR, breathing
exercise and
medication as evidence
based treatments only



* Example of trauma healing using art therapy and creativity



* Suggestions for coordinated and integrated effort

