



Coalition For Peace in Africa-COPA

Training on Healing the Healer: Towards Sustainable Community Based Peacebuilding and Development Work

Dates-9th to 13th May 2022

Language of facilitation: English

Venue: Convent International Hotel, Convent Drive, Off James Gichuru Road, Nairobi, Kenya

Mode of delivery: In person

Charges: Option 1: US\$800: (covers tuition, resource materials, certificate of participation, lunch and refreshments during the training days).

Charges: Option 2: US\$ 1300 (covers tuition, resource materials, lunch and refreshments and a certificate of participation. It also covers accommodation and dinner charges from 8th May in the evening to breakfast on 14th May 2022)

Target Groups: The course is ideal for practitioners working in complex and fragile contexts in Africa, first responders including journalists, mental health practitioners, human rights defenders and the police and all those whose work is impacted by trauma.

Contact

Coalition for Peace in Africa

P.O. Box 61753-00200 City Square, Nairobi, Kenya

Tel: +254 020 38666686 / +254 703429667

Email: copa@copafrica.org/trainings@copafrica.org/copafricatrainings@gmail.com

Website: www.copafrica.org

Introduction

This introductory course on healing amongst first responders in peacebuilding and development work is part of the efforts of Coalition for Peace in Africa (COPA) to promote peace, justice, human rights and development through training.

Entitled, **Healing the Healer: Towards Sustainable Community Based Peacebuilding and Development Work**, the proposed course is inspired by the believe that there's crucial need for efforts towards breaking cycles of violence. Recent studies show that trauma amongst peacebuilders themselves considerably compromises efforts for reconciling and rebuilding societies after violent conflict (Davis, 2019). This finding is consistent with not only peacebuilders but first responders in general including; **Journalists, mental health practitioners, human rights defenders and the police**. Building long term sustainable peace therefore, must be sensitive to the presence of trauma in the communities in conflict as well as the trauma experienced by the very agents of peace.

For instance, in the broader Eastern and Horn of Africa regions, efforts towards sustainable peace continue to be undermined as warring groups continue to engage in series of raids and tit-for-tat attacks that have left thousands killed and hundreds of thousands displaced. Similarly, government efforts and humanitarian aid often does not address the historical trauma allowing it to be carried forward to the younger generation. Studies from various countries have shown that people exposed to traumatic experiences run a greater risk of poor life outcomes, including compromised physical health, risky behaviors like dropping out of school or substance abuse, poor economic self-sufficiency or poor parenting skills for the next generation (Lambourne, 2013). In short, individual and collective traumas is a driver of current violent conflicts including the structural violence that exist in organizations that ought to be transforming the conflict. Too often, organizations are a big source of distress for their staff instead of enabling these agents of peace to work at their best resulting in burnouts. And, it is also evident that stakeholders may exploit these traumas to incite contemporary violence.

The proposed course will explore with adult learners how trauma undermines peace building and development work while collectively identifying the tools and skills that are culturally

sensitive to commence the individual and collective healing journey within their communities. The course will specifically focus on seeking answers to the following questions:

- (a) How do we address the individual, collective and historical trauma in conflict zones?
- (b) How does healing and unhealed trauma intersect with concepts of truth, justice, peace and forgiveness?
- (c) How do we handle burnout in our lines of work, as first responders and agents of peace?
- (d) In what ways can governments complement and support community-based healing processes?
- (e) What practical ways are practitioners addressing their acquired trauma and unhealed trauma, to ensure sustainable peace in the conflict transformation process?

This course will explore, in a holistic way, the healing process of the agents of peace as well as post-conflict healing of communities. Beyond the healing of the affected, the participants will acquire tools and skills for practicing psychosocial wellbeing within their everyday work and communities they engage in.

Goal

Explore with adult learners how trauma undermines peace building and development work while equipping these agents of peace with the tools and skills to commence the healing journey within their communities towards sustainable peace.

Methodology

This course will be an in-person training, conducted over Five days, totaling to 30 hours of contact. With a maximum of 12 participants, the training will make use of a wide range of participatory adult learning models including inquiry, case study analysis, individual and group tasks and reflections from participants' experiences. All learning will be focused on finding practical pathways towards healing in one's individual context.

The small number of learners will create space for each participant to (re)discover the power of their vulnerability as a pathway of rediscovering their inner healer so as to be more effective as community healer and peacebuilder.

Topics Overview

1) [Day One: Leveling the ground](#)

Objectives

1. *Participants share their organizational experience and level of engagement in the community.*
2. *Participants identify the gaps in their interventions in the community.*

Efforts towards building sustainable peace have been here for some time, what are the gaps in our contexts?

What do the cracks in our societies that hinder sustainable peace look like? How is this unhealed trauma affecting peacebuilding and development work in our specific contexts? How have some managed to survive and hold on to resilience and grow through their experiences? Who have avoided victimhood by taking an aggressive stance or seeking revenge?

2) [Day Two: Approach to Conflict](#)

Objectives

1. *Participants will define their approaches to conflict as an individual as well as their organizations'*
2. *The participants define burnout in their contexts, and develop an organizational intervention to address this.*

Being cognizant of one's biases; personality, social economic status, gender, and state of mind. Who am I? How am I? Whom am I not? How do I resolve conflict in the following groupings/relations and what informs these resolution styles? Are there existing patterns in my: Family (values); ethnic group; (culture, gender); Religion

How do organizations interact with the nation/country in terms of patterns, governance, historical injustices, economic prowess and culture

3) [Day Three: Needs and Interests, Understanding Cycles of Violence](#)

Objective: The participants will discuss the needs of the victims in a given conflict, the interests of the perpetrators and finally exploring practical ways to break free.

What does the cycles of violence look like in our various contexts? How have we broken free? What are the existing biases in these groupings? How can they be best mitigated?

What has worked in your different contexts?

- Collective trauma, Internalized victimhood, oppressive cultural practices, Oppressive governance system and Historical injustices.

4) Day Four: Healing alongside development and peacebuilding

Objective: The participants will define healing and elaborate what that looks like in their various contexts.

Main focus for the day will be on:

Individual Healing: Steps and processes towards individual healing exploring what this means subjectively. Recognizing routines and rituals in our daily lives that foster healing and build resilience?

Healing in our Context; this will entail exploring already existing healing practices within the community, allowing for group conceptualization of what the healing journey would entail; Native approaches to the healing process, Wellness practices, and Healing Rituals & Routine.

5) Day five: Healing in the Bigger Picture

Objective: The participants describe how healing looks like in the bigger picture aligning it with agenda 2063 of the AU.

The participants will enumerate how they will align their organizations with the larger 2063 agenda. Healing effectively reduces trauma and burnout, revenge tendencies as well as anger, and builds positive psychological resilience, social trust and tolerance. These outcomes have direct benefits for individuals and broader society in terms of increasing general psychosocial wellbeing, economic participation and social cohesion.

Application process

The application form can be accessed [here](#)

The training prospectus can be accessed [here](#)

Filled in application forms should be sent to COPA by email. All received applications will be acknowledged and if successful a corresponding letter of admission and other necessary documentations will be sent to the applicant. Please send your completed application to any of the following emails:

1. copa@copafrica.org
2. trainings@copafrica.org
3. copafricatrainings@gmail.com

Profiles of the Trainers

1. Ms. Eugenia Mpande:

Eugenia is a psychosocial trauma professional, counselor and a mental health activist working in Zimbabwe. She has devoted much of her 20 years profession to extensive work with individuals (adults and children), families, community groups and members from civil society organizations who have lived both traumatic and trauma genic experiences. Over the years, she has developed trauma informed care programmes and materials for communities, volunteer facilitators and frontline workers

Eugenia is deeply committed to holistic, survivor-driven, and community owned trauma healing interventions that help to interrupt repetitive cycles of violence. She has specialist skills in transcultural mental health and highly experienced in communicating psychological concepts in a localized context for easy practical use by communities.

She has highly developed writing and critical skills which have seen her contributing to an article in the American Journal of Peace Psychology “Community Intervention During Ongoing Political Violence: What Is Possible? What Works?” She holds a Master of Social Sciences degree in Child and Family Studies (Specializing in Psychotherapy) with Africa University.

2. Ms. Winnie Orodi

Winnie is trauma informed psychologist and mental health practitioner in Kenya. In the last 5 years, Winnie has implemented trauma informed mental wellness practices in grassroots communities crippled by violent conflict. From this transformational involvement, she has garnered tools and skills for holistic healing informed by existing traditional practices in Africa. Her work has centered on gender, social justice and multicultural issues with a major focus on Trauma-Informed Practice.

She has facilitated for individuals and groups to understand how their environment, past and present, impacts their well-being and how they can find ways to break free from cycles of violence. She has worked in various settings including NGOs, and private practice and has held various roles including Mental Health Therapist, Community Advocate, Associate Counselor, and Advisor on Trauma-Informed Practice.

Winnie is an avid writer and has coauthored a psychosocial support manual for the National Police of Kenya, *MuamkoMpya¹-Healing the Uniform*. The manual has been instrumental in providing police officers with tools for re-examining of traumatic events and support the development of trauma-informed skills to enhance mental wellbeing and resilience.

3. Dr. Simon Fisher

Simon is a widely respected conflict transformation specialist and academic with extensive global experience. He is a facilitator, writer, educator and trainer who has worked in over 40 countries over the past 25 years. He has spent many years living and working in Africa, Europe, the Middle East and Asia supporting action for change. His background is in education and development, as well as conflict transformation, with governmental and non-governmental organizations.

In 1991 he founded Responding to Conflict (RTC), an internationally renowned education and training organization based in Birmingham, UK, which continues to train policy makers, academics and practitioners from all over the world. Simon has been an Honorary Research Fellow at the Department of Peace Studies, University of Bradford and holds a PhD from Oxford Brookes University, where he currently lectures in the Centre for Development and Emergency Practice (CENDEP). He also teaches at universities in Zimbabwe and Cambodia. His focus is always on helping people think about change within and without, both individual and organizational.

¹ New Beginning

Payment Process

Charges: Option 1: US\$800: (covers tuition, resource materials, certificate of participation, lunch and refreshments during the training days).

Charges: Option 2: US\$ 1300 (covers tuition, resource materials, lunch and refreshments and a certificate of participation. It also covers accommodation and dinner charges from 8th May in the evening to breakfast on 14th May 2022)

Kindly note all payments should be made before the commencement of the training and can be done by either cheque payable to the Coalition for Peace in Africa (only for Kenyan organizations) or by direct bank transfers (for international participants) (please ask for banking details).

Selected organizations in Africa whose staff members have attended some of COPA trainings;

1. American Friends Service Committee-Kenya, Somalia & Zimbabwe
2. Equal Opportunities Commission (EOC)-Uganda
3. GIZ/CPS-Burundi, Ethiopia, Kenya, Nigeria, Rwanda, South Sudan,
4. Network of Traditional & Religious Peacemakers organization-Somalia
5. Saferworld-South Sudan and Somalia
6. SOS Sahel-Sudan
7. Tearfund-South Sudan, Sudan & Nigeria
8. Trocaire-South Sudan
9. Different Universities in Sudan-(Al-Fasher, Blue Nile, Daraj, Diling, Gadarif, Khartoum, Nyala and Red Sea)
10. AGIAMONDO-Burundi and the Central Africa Republic
11. UNICEF-Mali
12. UNFPA-Burundi
13. Ministry of Youth & Sports-Liberia
14. United Nations African Union Mission in Darfur-UNAMID-Sudan
15. UNDP-DRC, Libya, Mali, Rwanda, Somalia, South Sudan, Sudan, Tanzania
16. United Nations Multidimensional Integrated Stabilization mission in CAR
17. United Nations Organization Stabilization Mission in DRC (MONUSCO)
18. United Nations Mission in South Sudan-UNMISS
19. UN Women- Burundi, South Sudan, Sudan and Tanzania
20. ZOA-Ethiopia, Liberia, South Sudan and Sudan

Selected comments from some past trainings participants

- ❖ *Each and every session was a learning point for me. I liked the discussions held and examples shared, these connected the theory to the practical-Participant from Liberia in the Peacebuilding & Conflict Transformation Course*
- ❖ *I will keep referring to the resources that were provided-A participant from South Sudan*
- ❖ *I appreciated the organizational aspects of the course from the registration, the obtaining of visas, the airport pick-up and the reception at the Convent International hotel. It was all very well planned-A training participant from Somalia*

Selected organizations that have contracted COPA to conduct in-house trainings;

1. Danish Demining Group-Somaliland
2. Eastern Africa Standby Force Coordination Mechanism
3. Intergovernmental Authority on Development-IGAD
4. Social-Life & Agricultural Development Organization-Somalia
5. UNFPA-Uganda
6. UNDP-African Union Project/Peace & Security Project-Ethiopia

For more information please contact:

Coalition for Peace in Africa

P.O. Box 61753-00200 City Square, Nairobi, Kenya

Tel: +254 020 38666686 / +254 703429667

Email: copa@copafrica.org/trainings@copafrica.org/copafricatrainings@gmail.com

Website: www.copafrica.org