



CONCEPT NOTE ON PSYCHOSOCIAL SUPPORT TO VICTIMS & SURVIVOURS OF CONFLICT IN THE PROPOSED PUBLIC NATIONAL INQUIRY ON SECURITY AND HUMAN RIGHTS IN KENYA

1.0 INTRODUCTION

War and armed conflict often create humanitarian disaster(s) and may result in to insecurity and crisis not only among the affected group, but to entire country, destabilizing individuals or groups/communities growth and development within an area. In as much as conflict and human rights are intertwined and linked, conflict has a voluminous impact to individual or group's cognitive behavior and response to it, creating constant anxiety to those involved or affected conflict.

In light of the above, Kenya National Commission on Human Rights has embarked on a public inquiry as a means to address complex human rights situation that are historical and systemic in nature and that require comprehensive examination. This would mean that affected community or individuals will be engaged directly to give their views, testify and or submit a memorandum on causes of conflict. That notwithstanding, it is expected that the public would further raise their grievances to the panel, which can be emotive and traumatizing.

2.0 JUSTIFICATION & CONTEXT

Communal conflict can be such a complex situation to deal with, such conflicts could be classified as relationship conflict, value conflict or interest conflict. Civilians worldwide are exposed to traumatic events as a result of mass violence, often in the context of conflict affected settings. Individuals in such area are often forcibly displaced and suffer extreme loss as a result. In most cases, such individuals or community are likely to remain in conflict-affected areas characterized with limited resources various competing priorities. Children,

women and the older person in society are more susceptible to mental health consequences of conflict as traumatic event, and may display symptoms of psychological disorder and or maladaptive behavior.

Conflict impedes to development and lead to violation of human rights, injuries, death, disintegration of civil and social organizations, and the destruction of physical infrastructure. Additionally, the mental-health consequences of conflict have a far-reaching impact on multiple domains of life in a community. Before any psychosocial support can be offered to individuals, group (s) and or victims of the same, it is vital to appreciate that conflict has psychological, emotional and physical impact on peoples' life, that survivors and victims of conflict undergo loss, pain and varied hurting.

Conducting Public National inquiry on security and human rights is a re-opening of past traumatic events/wound. Victims and survivors will have to narrate occurrence during attacks such as cattle rustling, terrorism among others. Recitation of such event would lead to re-traumatization. As a result, psychosocial support then becomes a key component in the entire process to help deal with individuals who may be overwhelmed by emotions and distraught feelings during the sessions.

KNCHR will therefore integrate psychosocial support and counselling in the inquiry and avail these services to members of the community as and when they shall need the same. It is expected that as people share their ordeal, accusation and counteraccusation be experienced, arousing feelings of anger, bitterness. Such services may further extend to panelists whom by virtue of listening to various cases, are exposed to vicarious trauma. KNCHR will also reach out to other actors to lead the process of community reintegration and cohesion

3.0 OBJECTIVES OF PSYCHOSOCIAL SUPPORT

The overall objective of psychosocial support in the inquiry is to;

- i. Offer counseling services to members of the community as and when needed.
- ii. Conduct a debriefing session for KNCHR officers involved in the process when needed
- iii. Work closely with the panelist during pre-hearing and main-hearing on sensitive and emotive issues for effective outcome.

IMPLEMENTATION STRATEGIES

- i. Preparation** – community, victims and survivors of the conflict to be well informed and prepared psychologically before commencement of the session (pre-hearing and hearing). create trauma membranes around those who have survived a conflict
- ii. Assessment** – asses the veracity and sensitivity of emerging issues on individual perspective, its impact and raise the same with the panel.
- iii. Debriefing** - of KNCHR staff involved to avoid vicarious trauma and psychological distressed or burnout.
- iv. Rehabilitation intervention** - post-conflict therapy can facilitate healing and encourage stability on multiple levels and thus help prevent future conflicts.

TERMS OF REFERENCE OF PSYCHOTHERAPIST

The inquiry will require a psychotherapist with multicultural expertise, understanding on conflict, its psychological impact to community, individuals and groups. Good understanding of cultural diversity and approaches to deal with emerging issues.

SKILLS AND COMPETENCIES

The Commission will engage an expert in the area of psychosocial support and counseling to support the inquiry team, to enrich the panel’s objective as and when needed in the session through counseling.

The therapist should be acquainted with the following skills;

- i. Multicultural counseling
- ii. Group dynamics and counseling
- iii. Loss & grief, trauma counseling - PTSD
- iv. Critical Incident Stress Debriefing - CISD
- v. Emotional pain, wound and hurting
- vi. Emotional stabilization of overwhelmed individuals
- vii. Reprisal thoughts and tendency

Activity Dates: 8th May to 28th May 2016 – Baringo County
5th June to 11th June 2016 – Turkana County