

# **THE POST DISASTER AND PSYCHOSOCIAL IMPACT OF POST ELECTION VIOLENCE**

**KAPC 9<sup>th</sup> Counseling Conference, Safari Park Hotel, Nairobi  
2<sup>nd</sup> -4<sup>th</sup> September 08'**

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# BACKGROUND

**A catastrophe of such magnitude has never been seen in Kenya before; over 1000 died and another 300,000 displaced.**

**It could have been worse-----  
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# Background Conti...

**This caused psychological suffering and negatively impacted the entire socioeconomic trends COMESA region**

**The affected needed psychological and medical treatment.**

**efforts were mainly in addressing economic impacts than the much needed psychosocial interventions.**



# The Aftermath

- **Trauma**
- **Loss & Destruction of properties**
- **Physical assaults**
- **Sexual assault rape and defilements**



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# Aftermath

- **Lack of food**
- **Loss of life**
- **Loss of jobs**



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# Conti.....

- Family separations
- Genesis of CWS and DSA as coping mechanism



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# EFFECTS ON THE SURVIVORS

**Display of fear, episodic memories, sense insecurity, anger, sadness, anxiety, sense of powerlessness...**

**There was display of post traumatic stress symptoms e.g. denial, restlessness, shock, social withdrawal & aggression, depression, grief, revenge, hopelessness, suicidal thoughts,**





# Effects on the General Population

- **Deterioration of family, social ties**
- **Lack of food security.**
- **Lack of proper shelter**
- **Loss of trust.**
- **Tribal emotions**



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# EXPERIENCES Cont...

- **General sense of insecurity.**
- **Formation of gang groups for survival.**
- **Strong tribal identification.**
- **Increased cases of gender based violence( rape).**
- **Persecution and discrimination.**
- **Loss of basic services like transport, medical attention.**



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# FHOKs and Partners Contribution

- **Provision of SRH service to GBV survivors (6367 IDPs served Ksm, Eld, Nrbi, Nkr & Mbsa)**
- **Counseling and Psychosocial support.**
- **Food, clothing, sanitary donations**



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# FHOKs and Partners Contribution

- **Organizing Camp clinics**
- **Community Visits and follow ups**
- **Transportation Assistant**
- **Youth support in camp operation and activities (i.e. camp settings, counseling youth survivors)**







**A youth counselor having a one on one session with a survivor**

**A group session**



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# Lessons Learnt

- **Partnerships during the intervention was key in building trust from the both the public and the affected population**
- **Involvement of the local community in proving support is key in not only the general healing of the survivors also wining support from the local community**
- **Absence of a lead agent mandated to intervene with counseling services during such circumstances greatly hampered general coordination of the counseling services**



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# Lessons Learnt Cont.....

- **Need to understand that different people have different coping mechanisms in same or different traumatic events or adversities; resiliency depends on both the individuals coping capacity, nature of adversity and social support system.**
- **Provision of integrated services more important than segmentation**
- **Proper and consistent follow up key in the healing of the survivors**



# Way forward

- **Have professionally trained people perform and supervise counseling groups in such interventions.**
- **Trauma counseling should be avoided unless proper follow-up counseling plans are put into place.**
- **Discouraging use of traditional and/or faith -based coping mechanisms, as though these are a valid response, they need to be supplemented by other interventions since this cannot be applied in isolation.**





## Way forward Conti...

- **Care givers be supported through debriefing, motivation and supervision.**
- **Need for ongoing counseling to both individuals, families and communities affected.**
- **Strengthen the government blood donation program to assist in such events**



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# Partners acknowledgement

- **UNFPA**
- **GVRC – Nairobi Women's Hospital**
- **Ministry of Health**
- **Ministry of Education**
- **Kenya Red Cross Society**
- **GTZ**
- **Liverpool VCT and treatment**
- **KAPC**
- **Local administration and religious groups**

**And if we come together with the same focus  
then a lot will be achieved**

**Asante Sana**

**Thank you**

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