

Trauma Recovery for Landmine Survivors: *Research in progress at LSN*

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“I got a burst of energy and courage, because I began to think of everyone who depended on me, my son, my wife - when I thought of my family I became strong...”

A landmine survivor's thoughts

What promotes and what
hinders recovery?

*How does a victim become a
survivor?*

Why Research Trauma Recovery?

- To develop a comprehensive theory of trauma recovery
- To make LSN's programs/services as effective as they can be
- To help landmine survivors and people working with landmine survivors better understand trauma recovery across cultures

Literature on Trauma Recovery

- Highlights Post-Traumatic Stress Disorder (PTSD)
- Less culturally diverse than landmine survivor population

Post-Traumatic Stress Disorder (PTSD)

— a Western Concept based on a single, finite trauma

death of family members

Landmine survivors tend to live with

multiple chronic stressors.

No access to water

landmine accident

Lack of safety

Cultural Factors

- Cultures may reflect different resilience characteristics and coping strategies
- Incorporate local knowledge about trauma recovery

Qualitative Research

- Based on open-ended interviews with survivors, family members and service providers
- Survivors' experiences build the theory rather than forced into pre-established categories

Research Population

91 people from 7 countries interviewed

Bosnia – 11

El Salvador – 5

Eritrea – 10

Ethiopia – 10

Jordan – 9

Mozambique – 15

United States – 31

Analysis of Data

- Data coded then grouped into categories
- Categories are generalized to higher order concepts
- Higher order concepts become the core of the theory

Example of codes grouped into one category

Peer contact

Got to know my companions

Amputees at rehab were helpful

made friends with amputees

Amputees gave me courage

other amputees had more open minds

We will provide:

- Trauma recovery strategies specific to each country
- A broader, cross-cultural theory of trauma recovery constructed from commonalities among cultures

Stay tuned:

We will present results of the research
at the May, 2002 Intersessionals

For more information, contact:
Landmine Survivors Network
Email: lsn@landminesurvivors.org