Session II: Internal Displacement

Long-Term Measures
and Cooperation Mechanisms

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Victim and Victim Identity

- People are victims of actual events
- Victim Identity is co-constructed
  In the interaction with the various interventions that offer assistance.
Cycle of intervention

Epistemological model
- Conceptualising phenomena, effects

Action
- Implementation
  Techniques

Positioning
- Methods
Implications

- Appreciate the close interconnection among these three

- When we wish to improve something, we need to also (re)consider the initial conceptualisation.
Types of assistance

- Safety, health, material, legal, psychological, social, etc

- Psychosocial:
  - Attempt to consider the totality of a person
    - Emotional-psychological: individual, family, group, community
    - Social, cultural, ethnic, spiritual, etc
    - A coherent package with all these facets.
Psychosocial

- Not just one of the many types of assistance
- It should be part of the initial conceptualisation
- Each element of assistance should be informed by the psychosocial perspective.
Assessment of needs

- Each intervention is based on the proper assessment of needs

- Needs: improvement of conditions for short and long term recovery

- Often:
  - Inappropriate emphasis on deficits, symptoms, pathology (trauma)
  - Totality of persons and communities also includes
    - Existing strengths
    - Newly acquired strengths.
Post Traumatic Stress Disorder

- Dominated psychosocial interventions for a long time
- Limiting the conceptualisation of what is psychosocial
- Creating one-sided ‘positioning’
- Fostering disempowering relationships

- It is going to be substantially modified in the new psychiatric classification.
Wellbeing

- New focus: on ‘wellbeing’
- Two different definitions of ‘wellbeing’
  - ‘Hedonic’: happiness and suffering-avoidance
  - ‘Eudaimonic’: meaning and purpose

- Increasing research on the importance of ‘Eudaimonic wellbeing’
- ‘Eudaimonic’: focusing on uniqueness, own culture, history, strengths-weaknesses.
Three-dimensional model

- Creates a coherent framework for appreciating the wide range of responses to adversity
- Appreciates the disabling nature of negative responses
- But also
  - Existing strengths (Resilience)
  - Newly acquired strengths (‘Adversity-Activated Development’).
- Individuals, Family, Community, Wider society.
## Adversity Grid

**range of responses to adversity**

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<thead>
<tr>
<th></th>
<th>Negative</th>
<th>Existing Strengths</th>
<th>New Strengths</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Resilience</td>
<td>Adversity - Activated Development</td>
</tr>
<tr>
<td><strong>Individual</strong></td>
<td></td>
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<tr>
<td>Family</td>
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<td>Community</td>
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<tr>
<td>Society / Culture</td>
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Examples of applications of the three-dimensional psychosocial model

- Lebanon (recovery) IOM
- Haiti (emergency) IOM

Ingredients of the programmes:
- Body and psyche (strengths and weaknesses)
- Individual and cultural
- Attending to suffering but also acknowledging strengths and creativity (drama, dance, painting, story-telling, etc).
Assessment on Psychosocial Needs of Iraqis Displaced in Jordan and Lebanon
Adversity-Activated Development

- a) renewed sense of being part of a collectivity
- b) personal organizational and solidarity skills
- c) stronger coping mechanisms than expected.
Long-term measures and Cooperation Mechanisms

To counteract ill effects of internal displacement and promote reintegration:

- Sound assessment, listening and talking with beneficiaries
- Adopt an appropriate psychosocial perspective
- Not to rely exclusively on trauma and hedonic conceptualisations, methods and techniques
- Focus on inclusive, holistic, three-dimensional models that include eudaimonic approaches
- Hence, close collaboration with other actors (and identify new actors) to promote strengths and address weaknesses
- View reintegration not as a passive return to previous states but as an active and dynamic process that incorporates the new strengths gained.