

Psychological support and social reintegration for landmine survivors

Dr. Reykhan Muminova
VA Officer
Tajikistan Mine Action Center

People behind landmine accidents

153 survivors: 137 – m, 16 – w, 23 –children;

Level of education:

- high, incomplete or middle professional – 26 %
- secondary – 56 %
- primary school & uncompleted secondary – 18%.

Professional status before incident:

- Engaged in physical labour - 66,7%
- Engaged in intellectual labour - 22,2%
- Unemployment - 11,1%.

Survey results

- Didn't get psycho-social support – 72%
- Received psycho-social support in the disabled people organization - 2%;
- Received psycho-social support during summer camp – 26%;
- None are involved in sport or have a hobby.



Quality of Life for survivors

#	Items	Norma	Survivors
1	Physical mobility	90	48,51
2	Emotional wellbeing	96	52,23
3	Sexual functioning	100	87,50
4	Social functioning	90	72,32
5	Cognitive function	100	80,00
6	Economic condition	100	26,79
7	Integral index	93	63,99

Psychological and psychiatric impact of landmines

- Acute stress (four group symptoms);
- Post Traumatic Stress Disorder (PTSD);
- Prolonged Depression;
- Neurotic disorder;
- Sub depression;
- Somatoform disorder;
- Chronic Personality Disorder.

Risks for PTSD

- Intensity of the stress factors;
- Duration of the stress exposure;
- Absence of social & emotional support;
- Late psychological support;
- Introvert personalities;
- High level of personal expectation;
- People with antisocial behaviour;
- Loneliness;
- Impact in respect of Age in time of accident;
- Social context (low socio-economic status).

Socio-economic condition

- Economic hardship & Unemployment;
- Poor living conditions;
- Lack of psychologists in cities and their total absence in rural areas;
- Absence of rehabilitation centers;
- Villages are far from each other and big cities;
- Low level of pensions for disabled persons;
- Access to the rehabilitation services

Protective Factors

- Extended family;
- Low level of personal expectations;
- Enthusiasm;
- Disabled Persons Organizations;
- High level of intellect can facilitate coping process;
- Occupation / Significant activity;
- Groups of self-support.

Survey Results

- Are working - 26,8 %;
- Have willingness to go to Russia (labour migration) - 24,8 %;
- Do not work, need assistance in finding work – 32,7 %;
- Need in improving professional qualifications – 10,5%;
- Need to continue education – 7,8 %;
- **Psycho-social support – more than 70%.**

Psychological Rehabilitation

- Psychology sessions (individual & group);
- Family therapy;
- Training of communication;
- Role plays;
- Creative Activity Therapy;
- Peer-to-peer support.



Creative Activity Therapy

- ✓ library therapy;
- ✓ art-therapy;
- ✓ therapy by music;
- ✓ vocal-therapy
- ✓ dancing therapy.



Recommendations to Experts

- Early beginning of psychological rehabilitation;
- Complex rehabilitation;
- Individual approach to rehabilitation;
- Psychological assistance throughout recovery;
- Survivors should act as constructive partners of program (peer-to-peer support).

Psycho-social Rehabilitation What to Do?

- Implementation of the WHO recommendation;
- **National and local capacity building;**
- Providing assistance devices / learning equipment for social adaptation;
- Career guidance and professional training;
- Support in providing employment opportunities;
- Integration with other projects;
- Education for survivor's families in post-accident recovery and care.

What to do? Cont'

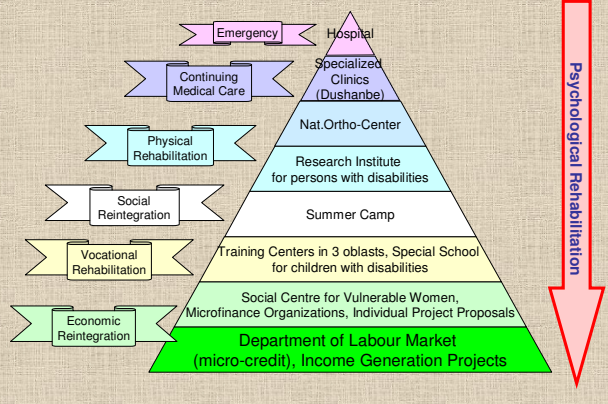
Survivors as partners

- Have better understanding of challenges
- More trust between fellow survivors
- Positive example of rehabilitation and prosperity

Survivor participation:

- in NGOs, associations
- in VA activities, VA Coordination Group, meetings and International Conferences
- in support groups, peer-to-peer support
- in mine awareness activities

Scheme of Rehabilitation



**THANK YOU FOR YOUR
ATTENTION!**

Dr. Reykhan Muminova
VA Officer
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