Trauma Recovery for Landmine Survivors:

Research in progress at LSN

January, 2002 Intersessionals
Geneva, Switzerland
“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

Landmine survivors tend to live with multiple chronic stressors:
- Lack of safety
- Death of family members
- No access to water
- Landmine accident
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:
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