

The relationship between traumatic events and depression:

A comparative study between Kuwaiti and Lebanese secondary school students

"Fahad Mubarak alrashedi

& Najwa Yahfoofi

The aim of the present study was to estimate the relationship between traumatic events and depression in Lebanese and Kuwaiti secondary school students. The sample included (500) students from the governmental secondary schools in both Lebanon and Kuwait. Their ages ranged from (12 to 18) years. The Lebanese sample was selected from the territory region of south Lebanon (Qana and Nabattiyah) as these regions were under occupation and Israeli bombardments, whereas the Kuwaiti sample was selected from three districts: The Capital, Farwaniya, and Jahra. The study used two scales: (a) The Traumatic Events Scale, and (b) The Multidimensional Child and Adolescent Depression Scale (MCADS). Both scales have good psychometric properties. It was found that the mean score of traumatic events for the Lebanese sample was higher than that of the Kuwaiti sample. The Kuwaiti sample has a higher mean score on depression than their Lebanese counterparts. The mean score on the traumatic events scale among males was higher than that in females in both countries. It was found also that the mean score on depression in females was higher than that among males in both countries. There were significant correlations between traumatic events and the pessimism, anhedonia, fatigue, somatic complaints, and the total score of depression (Kuwaiti males), with weak concentrating, and sleep problems (Kuwaiti females), and with weak concentration (Lebanese males), and sleep problems (Lebanese females).

**Memory and Subjectivity among Kuwaiti Youths: Child Witnesses of the 1990
Iraqi Invasion of Kuwait**

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The 1990 Iraqi invasion and seven-month occupation of Kuwait led to dramatic changes in the health and mental health of Kuwaitis, with 20% higher rates of mortality and increased post-traumatic stress disorder (PTSD) among Kuwaiti civilians who remained in Kuwait during the occupation (Public Health Impacts of Iraq's 1990 Invasion and Occupation of Kuwait, Harvard School of Public Health, June 29, 2005). Public health, epidemiological and psychiatric studies establish strong correlations between the Iraqi invasion, PTSD and depression, but they have not identified the meanings of these correlations (Abdel-Khalek 1997; Abdullatif 1995; Al-Naser et al. 2000; Hadi and Llabre 1998; HSRPH 2005; KISR 2005; Llabre and Hadi 1997; Nader et al. 1993). Our psychocultural research differs in that it focuses on the temporal and spatial relations of memory and subjectivity in the aftermath of the 1990 Iraqi invasion, and the ongoing meanings and emotions that shape Kuwaiti familial and social relations. Using multiple methodologies---library research, media collections, participant-observations, semi- and person-centered interviews, and family and community studies--our research focuses on four key questions: 1) what are the relations of environmental contamination, PTSD and depression pre and post the 1990 Iraqi invasion? 2) When does *a* memory become *the* memory, affecting subjectivity, meaning and emotion? 3) Is the U.S. War on Iraq triggering traumatic memories of the 1990 occupation? 4) How do memory and subjectivity, meaning and emotion, shape Kuwaiti familial and social relations?

Our preliminary findings suggest that young adult Kuwaitis experience intrusive images of tortured and mutilated bodies triggered by the current War on Iraq. Young Kuwaitis tend toward either obsessive anxious vigilance about the War on Iraq or complete disengagement; they experience increased post-invasion aggression, use of drugs and alcohol, and promiscuity. Many young Kuwaitis describe insecurity and confusion about human accountability—who to blame for their traumatic experiences during the Iraqi invasion and occupation. They report increased mistrust, nationalism and ethnic chauvinism, no sense of future or future planning, and numbness and emptiness. We address these issues within the contexts of health, mental health and well-being, and changing ideas of modern life among Kuwaiti youths.

The Effect of PTSD on Adjustment Methods Used by Women

Mona Qana'ee

أستاذة علم النفس بكلية التربية الأساسية

الهيئة العامة للتعليم التطبيقي - الكويت

التداخل الإرشادي ودوره في تنمية الأمن والتوافق النفسي والاجتماعي للأطفال في ظروف الحرب
إعداد

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لاشك إن الأطفال هم ثروة المستقبل وخسارتهم تعني خسارة فرص التقدم والنماء ولاشك أيضا إن تقدم المجتمعات يقاس بمدى ما توفره لأطفالها من خدمات ومن فرص جادة ومستمرة يحصلون من خلالها على حقوقهم ويتعلمون ممارسة مسؤولياتهم كمشاركين في حياة مجتمعهم. وبالمقابل فإن الحروب والنزاعات تصادر فرص الأطفال وحقوقهم وتعرضهم لمشاكل وأضرار اجتماعية ونفسية. ومن المعلوم إن الطفل في العراق تعرض لمشكلات وأزمات خطيرة ناجمة عن الحروب والحصار والاحتلال وأعمال العنف والإرهاب ودفع ثمننا نفسيا واسريا واجتماعيا باهضا يمكن اختصاره بعبارة (الافتقار إلى الأمن والتوافق النفسي والاجتماعي) وهو المفهوم الذي استهدفه البحث الحالي والذي يعد حديثا نسبيا حيث بدأ الاهتمام به مطلع التسعينيات. إن الغرض من الحفاظ على حالة الأمن وتنميته إنما يتمثل في حماية الجوهر الحيوي للحياة البشرية من الأخطار والأوضاع الحرجة والشاذة التي يتسع لها عالم اليوم. وتشمل هذه الحماية مجالات عديدة منها اقتصادية وصحية وتعليمية ومجتمعية وغيرها وسوف نتناول في هذه الدراسة مفردات أساسية منها :

- الإطار المرجعي للمفاهيم (الأمن الإنساني-الطفل في النزاعات والحروب-التوافق).
- مؤشرات انهيار الأمن الإنساني للأطفال والتوافق النفسي والاجتماعي في ظروف الحرب وتشمل المؤشرات الخاصة بالأمن (النفسي والحياتي والتعليمي والأسري).
- البرامج الإرشادية والعلاجية: حيث يتطرق الباحثان إلى بناء برنامج إرشادي علاجي للأطفال المدارس الابتدائية وكيفية تطبيقه على عينة من الأطفال والنتائج التي توصلت إليها الدراسة حيث تكون البرنامج من (12) جلسة إرشادية طبقت على مجموعتين تجريبية وضابطة كل مجموعة تكونت من (12) تلميذ من المدارس الابتدائية.
- خرجت الدراسة بالعديد من التوصيات والمقترحات.

The Effectiveness of a Counselling Program in Alleviating the Severity of (PTSD) Among Palestinian Children Who Lived Al Aqsa Intifada

Joltan Hijazi

The present paper aimed at studying the effectiveness of a counseling program in alleviating the severity of Post Traumatic Stress Disorders (PTSD) among Palestinian children who lived Al Aqsa Intifada. The study sample consisted of 20 children whose ages ranged between 9-12 years from Kan younis governorate .They were equally divided into two groups: control and experimental. The subjects in the two groups were uniform in age, academic achievement level, social and economic level and the severity of trauma. The researcher used the Measure of post traumatic stress disorders to the children (prepared by the researcher). The questionnaire of social and economical level, (Abu Mustafa, 2000). The personal interview. The counseling program (prepared by the researcher). The data were statistically treated by using a variety of statistical techniques, the most import of which are: Mann Whitney test, Wilcoxon test, and factorial analysis. The study reached the following conclusions: There were statistically significant differences in the overall degree of PTSD test between subjects of the experimental and control groups in post administration in favor of latter group. There were statistically significant differences in the subjects of the experimental group in the level of PTSD between the pre and post tests in favor of pre- test .There were no statistically significant differences in the level of PTSD of subjects of the experimental group in post and follow up measurements. The techniques used in the study with the aim of alleviating PTSD proved successful.

The Effect of Rational Counseling in Reducing PTSD among Adolescence

Saleh Saleh:

اثر الإرشاد العقلاني في تخفيض اضطراب ما بعد الضغوط الصدمية لدى المراهقين) علما انه سيتم ارسال البحث كاملا حال قبوله في المؤتمر

ا.م.د. صالح مهدي صالح

كلية التربية / الجامعة المستنصرية

أخذت الحياة المعاصرة تتصاعد في تعقيداتها وضغوطها ومشكلاتها المتنوعة من الحروب والصراعات والتحديات لذا فليس غريبا أن يشكو أبناء العصر من الاضطرابات النفسية إن في حياة كل شخص تقريبا اوقاتا محددة طويلة أو قصيرة يشعر فيها بالاضطراب أو يعاني من حالات يوشك فيها على الانهيار. وتدل الإحصائيات على إن نسبة (30%) من مجموع السكان في العالم يعانون من أزمات واضطرابات نفسية أو عقلية. ولهذا فإن إبعاد الاضطرابات النفسية هي أوسع بكثير مما تبدو ظاهريا وإن هذه الأبعاد في اتساع مستمر مما يجعل منها مشاكل رئيسية في أي مجتمع. لاسيما إن الدراسات والتوقعات المستقبلية تشير إلى احتمال زيادة الاضطرابات النفسية والعقلية. ومن بين هذه الاضطرابات اضطراب ما بعد الضغوط الصدمية (ptsd) الذي احتل التسلل الخامس في اضطرابات القلق في التصنيفات الدولية في الكتيب التصنيفي لمنظمة الصحة العالمية واحتل انتشار (ptsd) في العقد الأخير من القرن العشرين وعلى نحو متزايد في بداية القرن الحالي في ظل عالم ملئ بالتغيرات الاجتماعية والاقتصادية والأحداث الصدمية بأنواعها. ويعد العراق من أكثر البلدان التي تعرضت لحوادث صدمية مختلفة منها الحروب التي خاضها وتعرضه للاحتلال وماله من آثار وتداعيات سلبية مهددة وعمليات نهب وسلب واختطاف واغتيالات وتفجيرات إرهابية وغيرها. لقد أكدت الدراسات المحلية شيوع هذا الاضطراب في العراق إذ وجد إصابة (71%) باضطراب (ptsd) من الأسرى العائدين من إيران وإصابة (45%) بهذا الاضطراب من مراجعي العيادات الخارجية النفسية وإصابة (53%) من مراجعي العيادات النفسية لمستشفى الرشيد العسكري وإصابة (37%) من أقارب وأصدقاء ملجأ العامرية. كما وجدت إحدى الدراسات إصابة (76%) في هذا الاضطراب من مراجعي العيادات النفسية. كل هذا يستلزم علاجا يقف الإرشاد بجميع أساليبه لهذه الاضطرابات، وكما هو معلوم إن الإرشاد منه ما هو وقائي ومنه ما هو علاجي ففي الحالتين نحن بأشد الحاجة إلى هذا التداخل فقد أشارت أغلب البحوث إلى وصف هذه الظاهرة دون التصدي لها. وما هذا البحث إلا محاولة للتصدي لهذه الظاهرة بأسلوب إرشادي حديث هو الإرشاد العقلاني والبحث يهدف إلى: 1- بناء برنامج إرشادي بأسلوب الإرشاد العقلاني. 2- قياس اثر الإرشاد العقلاني من خلال فحص العديد من الفرضيات. وقد بلغت عينة البحث (24) طالبا من طلبة المرحلة المتوسطة حيث قسموا إلى مجموعتين ضابطة تكونت من (12) طالب وتجريبية تكونت من نفس العدد خضعت إلى (10) جلسات إرشادية اتخذت من الأسلوب العقلاني منهجا لها دون المجموعة الضابطة التي لم تخضع لأي جلسة إرشادية. وتوصلت الدراسة إلى نتائج تشير إلى فاعلية لبرنامج الإرشادي. واقترحت عديد التوصيات والمقترحات.

DEVELOPING PRO-SOCIAL COMMUNITIES:

Diane Mansour

– Alzheimer’s Association Lebanon

This presentation will expose the stress and burden inflicted on families faced with Alzheimer’s disease. It will give a short resume on the clinical deterioration taking place in the brain. Describe the impact of the word “dementia” throughout the ages. Highlight the stigma and discrimination surrounding mental health in our communities; and the challenges faced by modern life factors.

It will emphasize the benefit of programs and psychological support to help provide better quality of life to people with dementia and their families!

“The unique curse of Alzheimer’s is that it ravages several victims for every brain it infects. Close friends and loved ones are forced not only to witness an excruciating fade but also increasingly to step in and compensate for lost abilities. A person with dementia relies increasingly – and, in the fullness of time, completely – on the care of others. The caregiver!

The caregiver must preside over the degeneration of someone he or she loves very much; must do this for years and years with the news getting worse, must negotiate impossible requests and fantastic observations; must put up sometimes with deranged but at the same time very personal insults; and must somehow learn to smile through it all. The work shift in this literally thankless job lasts for twenty-four hours a day, seven days a week.

The stress facing caregivers is so extraordinary that it commonly leads to very serious problems on its own. “Caregiver’s Dementia” is widely used to describe the overpowering symptoms of fatigue and forgetfulness that often come with the role of Alzheimer’s caregiver. The term is not intended to refer to a biological dementia. Still, this stress- induced psychological condition can be very, very serious. One estimate has roughly half of all caregivers struggling with clinical depression.”

Parenting and mental health across cultures: Arab families between authoritarian and inconsistent parenting

Prof. Marwan Dwairy

Authoritarian, permissive, and rejecting parenting were identified as parenting styles that have negative impact on the mental health of adolescents. Based on regional studies in eight Arab countries and a worldwide research on parenting I would argue that authoritarian parenting has a limited association with psychological adjustment of Arab adolescents, while *inconsistent* parenting that mix authoritarian and permissive parenting has a significant association with psychological maladjustment of adolescents. The impact of situational and temporal inconsistencies in addition to inconsistency between the two parents will be presented. Inconsistent parenting is proposed as a dangerous parenting style that needs to be studied across cultures.

Family Violence and Psychiatric Disorders

Adnan Takriti, MD

Teyseer Elias Ahmad, PhD

This prospective study aims at evaluating family violence amongst outpatient psychiatric sample. A semi-structured interview was developed including relevant material regarding demographic and psychosocial history. The interview includes information on the type and severity of abuse; risk factors in the family including perpetrators and victims personalities, psycho- social and cultural factors that lead to abuse.

The sample consisted of 115 consecutive psychiatric out patients who were subjected to family violence was screened in the years 2002-2003.

The samples were males and females (30/70) Age range 6-62 (including 15 children). They were of different cultural and social economical strata.

The study showed the presence of risk factors in the families that exhibited violence. In addition cultural and economical factors played roles.

The victims were mostly females and children who sustained both physical and psychological harm.

The main psychiatric disorders associated with family violence were Anxiety disorders (including Post-traumatic stress disorder), Mood disorders (Unipolar and Bipolar) and Psychotic disorders including Schizophrenia. Sexual dysfunction such as erectile dysfunction in the male may lead to humiliation inflicted by wife. Also, Sadism is a cause of physical violence.

Personality Disorders (including Borderline personality disorder and Antisocial Personality disorder) are also associated with family violence

Perpetrators were characterized by impulsivity, low intellectual function, psychopathic traits and poor socioeconomic status. Violence of various forms could be the cause and /or the effect of psychiatric disorders. So a vicious circle is created as a consequence of the disorder.

While violence stands as a causative factor, it could be the result of Psychiatric disorder.

Conclusion: - Focus on violence is of prime importance in evaluating psychiatric disorders

The Effect of Trauma on the Mental Health of School Counsellors in Gaza Strip

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Islamic University

Gaza Strip

This study is done in Gaza strip-Palestine at the first half of the year 2007 on a group of school counsellors from governmental schools with a control group from school administrators, who faced traumatic experiences either directly or indirectly through the last two years.

This study examined the relationship between the exposure of the two groups to traumatic experiences, and its impact on the mental health of the two groups.

The sample from the two groups were (60), (30) school counsellors, and (30) school administrators.

Traumatic experiences scale, Posttraumatic Stress Disorder scale, and Hopkins's Symptom List were used in this study.

We used Chi square, T test, and Person correlation.

Regarding the exposure to the traumatic experiences it was low, and there were no significant differences between the two groups.

About the PTSD symptoms it was low level, but there were significant differences between the two groups for the benefit of school administrators.

The level of mental health to both groups was good, and there were no significant differences between the two groups.

Psychological Harassment at Work

Dr. Hachelafi Hamid

Subjects: Evaluation of "psychic" violence in hospital medium and the research of the bonds of causality while appreciating the individual and collective repercussion (physical and mental health).

Methodology: descriptive study about 50 persons of hospital personnel in Mostaganem medical and surgery services.

The study is carried out by the skew of a questionnaire which makes it possible to inform about:

- Usual socio-professional data.
- Working conditions.
- Working relationships: communication...
- Nature of the hostilities, their repetition and their origins
- Nature of the Effects on the professional course of the victim.
- The repercussion on health: physics and or psychic.
- Locatable Assistances requested by the victim and its defense reactions.

Discussion: The disturbance in the working relationships: defect of communication, disagreement, constraints organisational,

Are as many factors which take part in the creation of this environment these practices are not declared and various pathologies of psychosomatic decomposition or an organisational nature (frequent change of service), do not have summers integrated like symptoms of suffering reflecting lived of paid into work. No form of moral violence had been the subject of declaration by way of industrial accident or follow-up near the doctor of the work of the establishment

Conclusion: Our study with licence to detect aspects of this violence at the hospital whose factors of causality are multiple, and intricate: impact of violence of the current company and increased requirement of the working stresses at the hospital. These phenomena become a frequent reality with the daily newspaper; generate an important indirect human cost as well on the individual level as on collective operation: absences with work, deterioration of the relational climate and the quality of the care... Nor the recognition of carried out work is a source of demotivation and loss of interest. It is degrading and destroying for the professionals of health who lose the direction of their work and react often violently to the negation of our engagement, with a progressive investment withdrawal, even with somatic pathologies made up and individual or collective psychic decompositions.

The early assumption of responsibility of the victims of acts of violence is a need to develop, in order to not encyst the problem, of déculpabiliser the victims and to avoid the repetition. All the actions of prevention and fight against violence must be based on the participation and the engagement of all the professionals and the authorities concerned (Directions, CHS-CT).

Aspects of Aggressive Behaviour among Palestinian Children: Field Study on Problematic Children

Nathmi Abu Mustafa & Najah Smairy

Al- Aqsa University

Gaza Strip

This study aimed to identify the relationship between stressful events with aggressive behaviour among Al-Aqsa university students besides the statistically significant differences the dimensions constituting the stressful events measure and aggressive behaviour due to the following variables: gender academic level and cultural background.

The Two researchers designed and used Stressful events measure and the aggressive behaviour measure.

The Study results were:

- The most common dimensions of the stressful events measure among the study sample was as follows : political stressful events with a percentage as high as 90% followed respectively by : economic stressful events with a percentage of 80% , study stressful events , 76.7 % ,social stressful events 76.7 % personal stressful events 67.33 % , family stressful events 60 % ,health stressful events 56.67 % ,and emotional stressful events 53.33 %.
- The most common aggressive behaviour among the subjects is ordered as follows: aggression towards self whose percentage was 56%, followed respectively by: aggression towards others with a percentage of 46.33 % , aggression directed towards the university possession with a percentage of 42 %.
- There is a positive significant relationship at the level .01 % between the dimensions of stressful events and aggressive behaviour.
- There are statistically significant differences due to gender in the following dimensions: family stressful events economic stressful study stressful events, social stress events in favour of males. However, there is a statistically significant difference in political stressful events in favour of females additionally, there are statistically significant differences in aggressive behaviour directed is university possession in favour of males.
- There are statistically significant differences in family stressful events in favour of second level male students, on their hand, there are statistically significant differences in study stressful evens in favour of males at the second, third and four levels. However the significant difference in social , health and political stressful events in favour of the female fourth level Also there are statistically significant differences in aggressive behaviour directed towards the university possessions. in favour of the third level
- There are statistically significant differences in family stressful events in favour of camp students nevertheless , there are significant differences in social stressful events ,and

health stressful events in favour of town students .Likewise, there are significant differences in personal stressful events in favour of village students : in addition ,there are significant differences in the aggressive behaviours directed towards others and the total score of an the whole measure aggressive behaviour in favour of camp students . However, there are statistically significant differences in the aggressive behaviour directed towards the university possession in favours of village and camp students.

A Model for intra- Personal Communication

Prof. Basher Rushed

Kuwait University

التعامل مع الذات: مدخل إلى الارتقاء بالصحة النفسية نموذج

بشير الرشيدى

تتزايد الاتجاهات العلمية التي تدعو لضرورة أن تنحو نظريات وأفكار علم النفس إلى التطوير والتطور، وأن تقتحم المشكلات التي مازالت دون حسم، وأن تكون بمثابة الإطار المتكامل والصحيح لأن يكون علم النفس علماً نافعاً للناس. من هذا المنظور، تتضمن ورقة العمل الحالية عرضاً تحليلياً موجزاً لنموذج "التعامل مع الذات" كمدخل في الإرشاد النفسي والصحة النفسية، وهذا النموذج صممه الباحث، وقام بتطبيقه على ألوف الحالات التي تعاني من اضطرابات نفسية متنوعة، وكذلك الحالات التي تنشأ الوقاية من تلك الاضطرابات وبما يحقق لها الفاعلية والإثراء الذاتي وتنمية الشخصية من خلال السلوك المشبع وفق مفاهيم المسؤولية والواقعية والصواب. وتوضح الورقة أن نموذج التعامل مع الذات ينتقل بالإرشاد النفسي من دائرة العلاج الضيقة إلى دائرة الوقاية برحابتها، فالنموذج يفسر السلوك غير المتوافق، مثلما يرشد إلى تحقيق السلوك المتوافق. ونموذج التعامل مع الذات يعرف أحياناً بنموذج 4/3/2. ويتكون النموذج من ثلاثة أجزاء هي معرفة الذات، محبة الذات، ممارسة الذات، وتضم هذه الأجزاء تسعة متغيرات فرعية (التحكم – التمييز – تقبل الذات – حماية الذات – تنمية الذات – فلسفة للسلوك – رسالة – أهداف – خطة). هذه المكونات تتفاعل مع بعضها البعض بطريقة ديناميكية مستمرة، وما شخصية الفرد – من منظور السواء أو الاضطراب – إلا ناتج هذا التفاعل، بمعنى أن (الشخصية المتوافقة) هي ناتج التفاعل السيكولوجي الصحيح بين مكونات الذات ودينامياتها ضمن العناصر الموضحة في النموذج. أما إذا كانت الشخصية مضطربة، فهذا دليل مؤكد على اختلال تفاعل تلك العناصر. ومن منظور نموذج التعامل مع الذات، فإن الفرد صاحب الشخصية المتوافقة يمكنه الحفاظ على هذا التوافق وتحقيق أقصى مستويات النمو والإثراء والإشباع، كما أن الفرد صاحب الشخصية غير المتوافقة يمكنه أن يصبح متوافقاً، فينتقل من دائرة الاضطراب إلى دائرة السواء. وترتكز هذه الرؤية على قوة الاختيار والتحكم في السلوك كجزء من الذات الإنسانية، وما يترتب على إعمال تلك القوة الهائلة من إمكانية ضبط الأفعال والانفعالات والتفكير باتجاه محبة الذات وممارسة الذات بأبعادها الكلية كذات إنسانية مبدعة.

The relationship between stressful events and aggressive behavior among Al-Aqsa university students

Nathmi Abu Mustafa

& Najah Smairy

This study aimed to identify the relationship between stressful events with aggressive behaviour among Al-Aqsa university students besides the statistically significant differences the dimensions constituting the stressful events measure and aggressive behaviour due to the following variables: gender academic level and cultural background. The Two researchers designed and used Stressful events measure and the aggressive behaviour measure.

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The most common aggressive behaviour among the subjects is ordered as follows: aggression towards self whose percentage was 56%, followed respectively by: aggression towards others with a percentage of 46.33 % , aggression directed towards the university possession with a percentage of 42 %.

There is a positive significant relationship at the level .01 % between the dimensions of stressful events and aggressive behaviour.

There are statistically significant differences due to gender in the following dimensions: family stressful events economic stressful study stressful events, social stress events in favour of males. However, there is a statistically significant difference in political stressful events in favour of females additionally, there are statistically significant differences in aggressive behaviour directed is university possession in favour of males.

Peace-building with Thai Muslim and Buddhist communities in conflict

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The purpose of this paper is to describe peace-building efforts in the southern three provinces of Thailand, where ongoing ethno-political conflict between Muslims and Buddhists has escalated and led to tragic community ruptures. For the last three years, this author has collaborated with local Thai partners to develop peace-building teams comprised of community leaders who are addressing issues of violence and conflict.

The paper will begin by briefly describing the historical, social and political context of the violence in the southern three provinces of Thailand (Mahidol University Research Center for Peace, 2005). Next, I discuss how relevant concepts and practices drawn from feminist psychology, counseling psychology, critical theory, liberation psychology, and participant action methodologies inform the model that my Thai colleagues and I utilize in our work with the Buddhist-Muslim groups. This discussion will illuminate the ways in which indigenous wisdom and spirituality, participant-centered approaches, and processes that capitalize on already-existing knowledge and skills of local partners contribute to an empowering, culturally grounded process. This paper includes narrative self-representational sections in which the participants themselves describe their experiences with and analysis (at the structural, cultural, and community levels) of the ethno-political conflict of south Thailand; the effects of the ongoing violence on communities and families; partners' action plans for community peace work; and the healing that takes place in these processes of collaboration. I will describe our efforts to disrupt psychological colonization and neocolonialism through a mutual commitment by my local partners and me to a critical, culture-centered, liberatory process of research and practice, particularly given the power structures in Thailand and my positionality as a white, U.S. professional psychologist. Finally, I will discuss my own challenges as a white, U.S. counseling psychologist to effectively engage in these collaborative projects, particularly given the U.S. location globally.

Ethnic Identity and Psychological Well-Being among Fourth-Generation Armenian High School Students in Lebanon.

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For the past couple of decades, ethnic identity and psychological well-being have been the concern of many societies in the West as a result of perceived threats to the ethnicity and professed vulnerability of self-esteem among ethnic minority groups. The preservation of ethnic identity has also been an issue of vital importance for many psychologists and educators concerned with the psychological well-being of individuals. Thus, the purpose of this study was to investigate the relationship between ethnic identity and psychological well-being in particular, self-esteem among fourth-generation Armenian high school students in Lebanon as measured by the English or Armenian translated Multigroup Ethnic Identity Measure (MEIM) and the Rosenberg Self-Esteem Scale (RSES), respectively. The study also assessed the dimensionality of two of the Armenian translated scales, the MEIM and the Self-Liking/Self-Competence Scale (SLCS). The entire sample consisted of 648 students and a sub sample consisted of 525 students who answered the questionnaires only in Armenian. For the dimensionalities of the MEIM and the SLCS scales only the sub sample was used to assess their specificity to the Armenian sample .

Results concerning the dimensionalities of the two scales revealed that the two components of ethnic identity, ethnic identity search (EIS) and affirmation, belonging and commitment search (ABC) as measured by the Armenian translated MEIM and the two aspects of global self-esteem known as self-liking (SL) and self-competence (SC) as measured by the Armenian translated SLCS were not replicated among fourth-generation Armenian high school students in Lebanon. Hence, the total score of the MEIM was used as a measure of ethnic identity and the SLCS was not conceived in further analysis in relation to ethnic identity .Results revealed a statistically significant weak positive correlation between ethnic identity and self-esteem among the entire sample with $r(607) = .206, p < .01$ and the sub sample with $r(490) = .204, p < .01$. Ethnic identity was also revealed to be the only indicator of self-esteem out of factors such as age, sex and father's education level for both the entire sample and sub sample ($R^2 = .04$). The educational implications of the findings are discussed.