



GLOBAL TRAUMA PROJECT IMPACT



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Since 2015, GTP has worked on strengthening Trauma- Informed Supports within South Sudan to bolster peace-building and development efforts. GTP is working in partnership with New School for Social Research on assessing our impacts within the society.



“It is only thanks to God that I was called to come here (community workshop) today. You don’t know, but I have felt so terrible and alone with all of this. I hate myself and my life. I feel that I was worthless. I had actually planned that tonight at 11:00pm, that I would kill myself. It is only by the grace of God that I was brought here today, and am hearing these things. Now, I cannot do this tonight. I need to know more about all that we are learning here.” – Male police officer, Juba



Over 50% of surveyed South Sudan residents report symptoms consistent with PTSD diagnostics*

Of a surveyed population from Juba 36% displayed symptoms of PTSD*

Of the surveyed population from Juba, 50% met the symptom criteria for depression*

Over 70% of women in South Sudan experience some form of domestic/ sexual violence*

* Amnesty International (2016) Our hearts have gone dark

THIS LEADS TO:

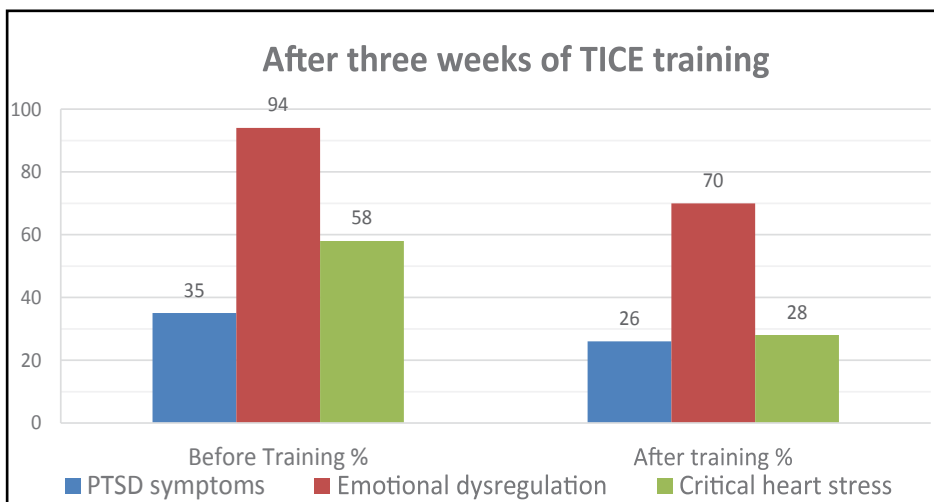
- Diminished rational thinking
- Increased reactivity
- Physiological & emotional dysregulation
- Increased fight/flight/freeze response
- Fear, victimization, helplessness, and vulnerability
- Unhealthy relationships and social behaviour

WITH TICE TRAINING:

PTSD symptoms decreased by 64%*

Emotional dysregulation decreased by 26%

Critical heart stress decreased by 15%



* The “Gold Standard” for PTSD treatment studies in the USA show 15% decrease in PTSD symptoms.



TOGETHER WE CAN BRING HEALING, PEACE AND TRANSFORMATION

“I have changed. Before I couldn't even concentrate or calm myself down. My 'thinking brain' was not functioning well. But now I am relaxed. I don't think about revenging all the time. I can actually forgive, even those people who hurt us so badly. Because I know that they have been traumatized too. We need this healing very much. This is something that can change us and promote peace within our community.” - Male Community Facilitator, Juba

“This training is important to a state of peace. If we can get people to come out of their tents, and gain this information, we can be more in the right state of mind. We can get some vision and hope for the future. But without this, we may stay stuck and be like those in the pictures- victimized, fighting, and violent.” – Female Community Facilitator, Bor.

For more from GTP

<https://vimeo.com/242930303>

<https://dignitasproject.org/tice-with-teachers/>

We have been learning about the dog and the hyena and the lion. The community is trapped as the dog, and wants to revenge like the hyena. They are only thinking with their ‘survival’ brains. But now, through what we have learned, we know we need to keep our ‘thinking brains’ on. We need to be like the lion, not the hyena. That is what will make change. It is hard, but this time, we are proud that we are like the Lion.” – Female Community Facilitator, Aweil



"Before this training, I was so traumatized. I was living with my 'survival brain' and always becoming aggressive with people. Fighting with my wife and family. I didn't know that it was because of everything I have been dealing with. Even we were going to divorce. But now I am different. I've learned how to deal with my emotions, and how to calm myself. I am talking with my wife, instead of fighting her. Our family is much happier now and we feel hope.” – Male Community Facilitator, Bor

