



# COALITION FOR WORK WITH PSYCHOTRAUMA AND PEACE KOALICIJA ZA RAD SA PSIHOTRAUMOM I MIR

## ANNUAL REPORT 2022 DONOR VERSION

### INTRODUCTION

- The function of this report.
  - The function of this report is to set out what we have done in the past and to give us and others guidance as to where we and others should go in the future.
- For whom this report is meant.
  - This report is meant for past and future donors, to show them what we have done, of what we are capable, and what we want to do.
- We wish to show donors and the general public that we are using their contributions wisely. In that sense, we are trying to inspire the public to carry out similar work in their own communities.
- The versions of this report.
  - There is a version for donors and
  - There is a version for the general public.
- The functions of the organization.
  - The primary function of the organization is the creation of capacity to deal with psychological trauma in areas where such capacity is low or does not exist.
  - Unfortunately, the capacity in most areas is very low, and thus we have an enormous task ahead of us.
- It is obvious that current educational programs for physicians and others are inadequate in providing the numbers of people needed to deal with these needs. This also has to do with the attitudes of people within the community toward mental health and toward humanity, providing logistics and statistical results rather than humane support.
- Thus, our approach is to educate members of the community who have not been educated until now, not only current professionals, in order to increase capacity in community and to prevent institutionalization, and to destigmatize mental health by providing “barefoot therapists”, also known as “peer supporters”.

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**STANDPOINTS**

- The central role of trauma in conflict.
  - We see psychological trauma as a barrier to rational reasoning and to peace throughout the world.
- We thus see enormous needs for education on psychological trauma, bringing that work to the grassroots level and making it part of the education of all people, even at elementary level.
  - This is particularly true of regions in which ethnic and religious and economic conflicts, violent and non- are taking place.
- We see work on psychological traumas as an essential part of this conflict transformation and, in fact, as the first part of the process.
  - The same can be said of local and of domestic conflicts.
- Thus, in our view, finding the basic trauma is the first part of the process of working with people.
- Also, in that sense and in our view, there needs to be far more basic education to teach people how to elicit and deal with these traumas. We regard this crucial.
- Sense of Life, Taking Responsibility for One's Own Life.
  - Various professionals, including Viktor Frankl, have written about having several aspects of a sense of life as being essential to good mental health and surviving traumatic events. These aspects are:
    - an "occupation" – something with which a person is strongly engaged. This can be something academic, it can be work, it can be gardening, it can be family, or anything else that takes up the passion of the person.
    - Intimate relationships. These are people with whom the person can talk about their most intimate thoughts and feelings. People need at least one such relationship in their lives to maintain health.
    - Relationship with some sort of concept of existence. This frequently takes the form of religion, faith in G-d, a belief in nature, etc.
  - All of these assist a person to integrate internally and to recover from trauma when it occurs.
- Another important factor here is that the person takes responsibility for his/her own life and things that occur within it. This is essential. This is not to say that a person may not request assistance. However, many people become extremely dependent on others. Our standpoint is that this is not a good way of living.
- Patriotism and nationalism.
  - We see these as twin illnesses. There are two main causes.
    - One is an attachment disorder. When a person is looking for security, s/he must find someone/something that will provide that security. The state, an ethnicity, a religion or cult, and many other things may provide that security. Thus, the solution is to find ways that the person can have more confidence in him/herself.
    - The second is brainwashing. This includes schools, the media, etc. and, unfortunately, is extremely extensive. Politics plays a major role in it.
  - We see these as highly dangerous.
- We see a large amount of short-term superficial work going on, ignoring the real needs of beneficiaries.

- What we mean here is single or a few workshops, webinars, and meetings where the situation of the beneficiaries has not been investigated and the theme of the work is not necessarily focused on the needs of the beneficiaries.
- We feel strongly that there needs to be a good investigation of the needs of the beneficiaries and that all educational and therapeutic activities needs to be focused on those needs over a longer period.
- We have mentioned already the need for more work at the grassroots level. We find that the larger organizations expect the local organizations to come to them. We think that an opposite approach is necessary, namely that the larger organizations and donors should be going out to meet the smaller organizations and adapting themselves to their needs.
- In general, we are finding that people are being treated as “cases” rather than as individuals. This applies to medical and social work as well as to organizations, as indicated above. We find this extremely difficult. Thus, almost always, it is not Mr. Jones who lives isolated and alone and who has a heart ailment but Mr. Jones in bed 10 who needs a certain drug three times a week. This has profound psychological traumatic effects on people. While people may get material assistance, they develop very deep psychological difficulties. This may lead to further physical difficulties. Thus, in our view, the individual as a whole rather than only the “facts” must be kept in mind.

#### **STATE OF THE REGION**

2022 started with news that the COVID-19 pandemic was continuing to spread and that the Omicron Variant was spreading faster and was more infectious. As the pandemic's impact on mental health continues, psychologists are reporting a large increase in requests for treatment for anxiety and depression compared to last year. The situation of the real threat of infection with the coronavirus (SARS-CoV-2), self-isolation, isolation and other preventive measures are stressful for most people.

Everyone reacts to a threat in his/her own way. The most common reactions to stress are worry, fear, anger, sadness, helplessness and frustration. Concern arises due to fear for health, financial problems, caring for sick family members and other reasons.

As additional issue, a quarter century after the “Homeland War”, war is raging on European soil again, namely, to the shock of the whole world, Russia's unprovoked brutal aggression on Ukraine.

Since the start of the war in Ukraine, over 8,300 refugees have arrived in Croatia, many of them to the Slavonian villages. We, as all Europe, were stiffened for the growing pressure on three fronts: energy security, defense costs, and accommodation of refugees.

The government adopted an aid package for Ukraine, measures for the possible acceptance of refugees, including provision of healthcare, measures for gas supply, and a ban on the use of Croatian airspace by Russian airlines and Russian aircraft.

Agreement has been reached with the US side regarding the army fighting vehicles that have been discussed over the past few years.

The total value of the deal is \$196.4 million; the US donation will amount to \$51.1 million; which means that Croatia will pay \$145.3 million.

We note, sadly, that no funds have been allocated for the psychological care of refugees, be those in Croatia or in the Ukraine itself.

Prime Minister Andre Plenković said that, with the deal, which had been discussed since 2017, Croatia had achieved several strategic objectives - strengthening its alliance with the USA, lowering the price of the vehicles in relation to earlier talks, and securing a job for Đuro Đaković, which, he said, could become a "broader" service center.

By joining NATO, Croatia has assumed the obligation to form by 2026 a medium infantry brigade, which requires appropriate equipment for the army, the PM said.

At its summer meeting, the Eurogroup endorsed the positive convergence assessment of Croatia, agreeing that Croatia has fulfilled all convergence criteria required to join the Euro area, proposing that Croatia should introduce the Euro on 1 January 2023.

We note that there has been very little change in the psychological state of people since our last report and, in general, in the period that we have been in the region. We are the only organization in the region offering assistance on psychological issues other than drug therapy. The importance of mental health and wellbeing is still undervalued and stigmatized.

#### **EFFECTS OF THE PANDEMIC**

- Various restrictions limited our activities in 2022. This was primarily a local issue but also played a role in the gathering of various foreign groups.
- This meant that the amount of online work increased.

#### **EXTERNAL WORK**

- General Issues.
  - The primary aim of our work is to allow people to deal with their psychological issues and to make them independent. This applies to individuals and groups.
  - Furthermore, we cannot solve people's issues for them. What we can do is to provide a location, concrete or virtual, and a time that they can work on their issues.
  - We also can facilitate that work, sometimes through asking the "right" questions and stimulating them to work on basic issues.
  - We also can teach other people to do this kind of work.
  - We call all of this "Pragmatic Empowerment Training (PET)".
  - We are trying to spread this as widely as possible.
  - We work online in a number of places with clients and groups.
  - We also have a small number of face-to-face groups in the region in which we are located.
  - The process generally is a long one – a year or more – and our experience is that it takes substantial periods to be effective.
  - Thus, in general, while we see short-term programs having their uses, we do not believe that they solve basic issues.
  - In general, we do not ask payment for our work. This creates funding issues for us.
  - We are trying to create self-paced online courses for this work. Until now, our time to produce them has been limited. We see them as an increasing priority as they can reach more people than we can personally.

- We see an increasing need for this work.
- Some General Group Issues.
  - The first issue is that the participants understand the purpose of the group, that the aim is *not* a lecture but participation and that they are there to learn and *practice*. This sometimes is very difficult to convey.
    - This is not to say that, sometimes, the group facilitator must give information and techniques.
    - Yet, the methodology is such that the participants must incorporate the material and adapt it to their own situations.
    - Part of this is the educational cultures of various regions.
- Another part of this is coming to the group regularly and on time.
  - This is highly individual to the individual and to the group.
- Another part of this is timing – the day or days that the group occurs and the time of day that that it takes place.
- Thus, this is the general issue of commitment to the group and to the process.
- Still another factor within the group is the formation of relationships between group members.
  - Sometimes the relationships already are there and people know one another.
  - In most cases, the relationships form to good or bad effect.
  - A similar factor is the relationship of group members to the group facilitator.
  - Our experience is that this has been positive, in general.
  - In this sense, we seek to create community among group members.
- We already have mentioned participation and facilitation.
  - In some groups, the facilitator must take a strong role.
  - In other groups, the facilitator needs to say very few words, and the groups run themselves.
  - The relationship with the facilitator is important in this context.
  - In a similar direction, there is the question of the independence of the group. Is the group dependent on the facilitator or can it work independently? The aim, obviously, is that the group is able to work without an external facilitator and goes on to form other groups.
  - We see that some groups function independently quickly, and the facilitator is there “only” to provide the time and the (mostly virtual) space.
  - Other groups are very much dependent on the facilitator.
- Our experience is that some groups are quite short-term and that others last for a number of years. We encourage a process in which initial groups become solid and lead to the formation of other groups.
- Issues with funding.
  - There are issues of funding for both groups and for us.
  - With current funding, we cannot afford to support any external groups.
  - In this context, we have groups and individuals continually demanding funding from us. We do not like refusing, but have no choice.
  - This disrupts the relationship between us and the group members.
  - For the groups and individuals whom we are serving, there are a number of issues.

- The first is the so-called “data” charge, that is, the cost of the Internet, the cost per megabyte. Many organizations and individuals cannot support this, particularly on a regular basis. This becomes worse where individuals in a group are spread across a wide area.
    - Another cost is transport such that individuals in a group who do not have Internet can come together at a central point that does.
      - Some prefer to come together so that they can discuss the material before, during, and after the session. This also leads to solidarity and, in many cases, to new initiatives.
    - Internet companies seem insensitive to these issues and to the development benefits that this type of work affords. Thus, we call on them to finance educational schemes such as ours.
    - The same is true of governments, international agencies, and donors of various sorts.
    - We see this as an enormous gap.
    - The amounts of funding required are not extremely large and would have very large benefits for the individual beneficiaries and for the development of the regions.
    - We see this as a particular issue in Africa.
- Individual International Groups. These are shown by country and region.
  - Nigeria.
    - The work in Nigeria was initiated by Victor Aihawu of the Center for Youths Integrated Development (CYID) in Abuja and Lagos.
      - This organization has a wide range of programs, many of them concentrating on the return of migrants, as well as on abuse of various sorts, including trafficking, domestic abuse. and gender-based violence.
      - A large number of other Nigerian organizations are associated with CYID.
      - For a number of years, we have had a weekly group for roughly two hours with people associated with CYID in some way. This group is open. Most frequently, it runs itself.
      - Among others, it includes
        - People working with shelter, educational programs, abuse, trafficking, and training programs for people with few other skills.
        - A number of professionals working with people and students also are a part of this group regularly.
        - Various members of the CYID staff and associates join from time to time.
      - Topics discussed have involved
        - domestic abuse
        - trafficking
        - reintegration after having been trafficked
        - gender-based violence
        - shame
        - guilt
        - self-image

- schooling of children and the abuse of children in the schools
  - suicide
  - boundaries
  - perpetrators
  - addiction
  - and a variety of others.
  - Also, people bring individual cases to the group.
- This is a group of people who are very involved with what they do.
- Barefoot Therapy (PET) Training Groups
  - CYID initiated the training in Barefoot Therapy (PET) of two groups of about ten people in sequence. Both of these groups looked at the essentials of working with people. Topics were discussed in the order that they arose from the participants. The facilitator assured that the essentials were covered.
  - The participants were engaged in client care.
  - Here was no requirement for previous training. However, at least one pastor, several social workers, and several teachers took part.
  - There was a large amount of interest to have more similar groups.
- The groups of the Psychologists David Adeoye (the Broken But Mendable Foundation (BBMF)) and Emmanuel Adelodun (the Sowlight Foundation).
  - Both David Adeoye and Emmanuel Adelodun are practicing psychologists who have their own non-profit organizations.
  - We have worked with them on the basis of psychological supervision to increase the quality of the care that they are giving.
  - Others, that is, their students and coworkers, also participate in the groups, which have taken place weekly.
- Enitan Oluwa Sophie
  - Enitan Oluwa Sophie is an extraordinary person with a great deal of energy.
  - She is studying psychology and law.
  - She works with sexually abused people.
  - She is beginning a project with prisoners.
  - She participates in the groups with Emmanuel Adelodun and that with David Adeoye, as well as in the AMHEC group.
  - Thus, we regard her as an extremely valuable asset and hope to work with her further.
- We find our work in Nigeria extremely valuable and hope to expand it. It is clear that people are enthusiastic to obtain this sort of knowledge and these sorts of skills.
- Congo/Burundi.
  - We have had a number of groups in the Eastern DR Congo and in Burundi.
  - The conflicts are cross-border, as are the continual movements of people.
  - The conflicts are nationalistic, ethnic, tribal and, in some cases between clans.
  - In addition, there are continual natural disasters in this region.
  - The levels of traumatization are extremely high. Our impression is that traumatization is virtually universal.

- We thus see enormous needs for work and would like to expand our work.
- The issues involved with work there, even online work, are huge.
- One approach that we have taken that has been reasonably successful is to work with Quaker groups in the region.
  - There is a consortium of groups with which we have been in contact.
    - The head is Dr. Dieudonné Bisibo Alimasi.
    - We have had contact with and sessions with, among others, CEEACO, the association of Quaker Yearly Meetings in the Eastern Congo, with the CAAPD and Amos Malenga, and with Jérémie Mabala.
    - There have been several smaller offshoots of these groups.
- Further, we have been working cross-border, that is, with Burundi, with Socrate Matabaro and Olo Byolenganya of the Community Support Center (CSC ASBL). Both have Quaker connections.
- Independently of these, we have been working with Action pour les Femmes et Enfants Marginalisés (AFEMA) in Bukavu.
- The Rev. Joseph Cimpaye in Burundi.
  - We have worked with a group of about 15 of the Rev. Cimpaye's parishioners from various parts of Burundi, giving them skills and knowledge to work with the strong ethnic conflicts that exist in Burundi.
- The issues are highly complex.
- The first issue is funding.
  - The organizations expect us as a foreign organization to have large amounts of funds and that we can finance them. That is not possible.
  - As we have mentioned, there are many uses to which the local organizations can put the funds.
  - So-called "data" costs for the Internet connection to make the sessions possible.
  - Costs of transportation to bring the participants together.
  - These organizations are working with abused women and children and men.
  - Included in these beneficiaries are a large number of child soldiers, children who have been thrown out of their homes by their parents for financial and other reasons and who have formed gangs and/or who have become criminals, and unemployed men and women who again have resorted to criminality to survive.
  - There are living costs for the victims.
  - There are educational costs, particularly for the children but also for the adults.
- There are questions as to how to rehabilitate these people, especially in the numbers in which they are present.
  - This is not a question of punishment, and punishment is detrimental to rehabilitation.
    - There is a need that these people find a purpose in life.
    - There is a need to provide these people with positive attention and successes.



- There is a high need for counselling to diminish the effects of the traumatization.
- Thus, there is an enormous need for the kind of assistance and education that we give.
- This need will continue for long periods of time.
- Without this kind of assistance, the traumatization, and thus frustration and the physical and psychological issues will worsen. Further, this will be transmitted to future generations and the negative cycles will continue.
- We thus see the need for increased work in the Democratic Republic of Congo, Rwanda, Burundi, and surrounding areas.
- AMHEC Group.
  - This is a group of people from several places in Africa formed through our association with AMHEC (see below).
  - Particularly important in this group are Peter Birungi, a gifted psychologist and psychotherapist from Uganda and his colleagues and Enitan Oluwa Sofi as well as a number of others from Nigeria.
  - This group tends to work with cases, sometimes quite difficult people, and generalizes principles from them.
- Liberia.
  - In Liberia we are working with the New Life Recovery Center (NLRC), with Jefferson Knight and his colleague Menda.
    - NLRC works with people who are addicted to various substances, to gambling, etc.
    - Many of these people are so-called “zogos”, that is, people who would otherwise be out on the street.
    - Many of these are ex-combatants from the civil war in Liberia in the 1990s and their children.
    - We have had two groups with them, one for the directors of the program and one with the addicts themselves.
  - Aaron Debah and the Organization for Mental Health Promotion Inc. (OMEHPRO).
    - We have been approached by Aaron Debah, a nurse who is one of the very few mental health professionals in northern Liberia. He was trained by the Carter Center after the civil war in Liberia. Again, the organization is working on drug abuse and other mental health issues, especially post-traumatic stress issues.
    - We seek to work with them and they have contacted us.
- Desire for a Kenya Group.
  - A group from Kenya asked for assistance.
  - These were young people working with organic produce.
  - They had experienced the violence associated with the elections.
  - The group met a few times and then stopped.
- Prisoners in Libya.
  - Many people migrating from the Sahel, Ethiopia, and other regions end up in Libya. There, frequently, they are imprisoned under difficult conditions.
  - We have been approached by several of these people to form a group.

- There are difficulties for the usual reasons – gathering the people together, the unreliability of the Internet, and the reactions of officials.
  - We very much would like to move forward with this work, which we consider to be very important.
- Ukrainian Groups.
  - Group Georgia/Germany.
    - This group was set up by Mikhail Elizbarashvili, a Georgian member of the Friends World Committee for Consultation/European and Middle East Section Peace and Service Consultation.
    - There is an association with the group Act for Transformation, which has branches in a number of countries.
    - It consists of people working with Ukrainian refugees in Georgia and several also working with them in Germany.
    - One woman was working with mothers of school age and teenage children in Germany.
    - It covered basic concepts of working with refugees from conflict areas.
    - It is expected that the groups will resume in late 2023.
  - Further, we have held a number of sessions with Alexei Prokhorenko and Maryna Kuzmin, a Ukrainian psychologist.
  - Further, Mike Teskey of the International School in Warsaw has contacted us about the possibilities of working with Ukrainian refugee children and their parents.
  - We also have attempted to contact the Ukrainian community in Vukovar.
- Uyghur Groups.
  - We were connected with the Uyghurs through Asli Saban who is in the Global Psychosocial Network in Turkey, who connected us to Mamtimin Ala, a psychologist and a leader of the Uyghurs worldwide.
  - Mamtimin Ala formed a group of refugee women in various countries including Turkey, Canada, Australia and the U.K.
  - Also, out of this group, came a group of teachers.
  - Further, we worked with one individual, a young male in university, currently living in Edmonton, Alberta.
  - Aside from the one young male just mentioned, all others were female.
  - All were university educated, several continuing for higher degrees.
  - Virtually all had a number of children and/or were in the process of having more.
  - Thus, a large amount of the time in the group was spent in dealing with child psychology and the raising of children as refugees under a situation where atrocities were continuing in the home country of what they call East Turkistan.
  - During the period that the group continued, several atrocities occurred.
  - Also, communication with the home country and with relatives was extremely limited if it existed at all and thus there were high levels of anxiety.
  - Further, there were the issues of living in a region that is hostile to foreigners in the attitudes of the local people and in the legal system.
  - Despite a number of attempts from Mamtimin Ala, no group of men has yet formed. Efforts will continue.

- These groups will continue. We hope to expand them.
- Nepal.
  - We had a number of sessions with the Golden Vision Society, one of the few non-governmental organizations in Nepal.
  - The participants were mostly university students.
  - The group is working in secondary schools.
  - We are encouraging them to work longer and more intensively with the teachers and staff of each school, and then to hold regular – at least weekly – sessions with the school students.
- Turkey and Syria.
  - The origin of these groups was an Erasmus internship online from Jihad Ibnouelghazi (further JI), a Moroccan woman studying in the political science department at the University of Pavia in Italy and living in Turkey.
    - JI's idea was to study migration, particularly in the context of the current migrant situation.
    - After a few individual sessions, we determined to put together a group working on education on migrant issues.
    - Through JI's contacts, a group of students and people from NGO's came together.
    - The group met a number of times.
    - However, because of other commitments, the group did not stay together.
    - We are hoping to revive it.
  - Still another small group in Turkey arose through the Global Psychosocial Network.
    - Again, these were mainly academics, students, members of TODAP, the Turkish Psychological Association.
    - This group dealt with theory and specific cases, primarily with migrants.
    - Again, this is a group that we would like to revive.
  - We would like to form one or more groups in Turkey and northern Syria in light of the recent earthquakes and the continuing civil war in Syria.
  - The number of refugees and migrants in Turkey is enormous and increasing, as Turkey is on the main migrant route from Afghanistan and other places in South Asia and is on the border of Syria, Azerbaijan, Iran, Iraq, and Georgia, as well as having borders with the European Union.
  - We thus see the amount of work ahead of us as enormous.
- India -Snehalaya.
  - During an online course on working with trauma in children, Charles Tauber was asked to be an unpaid consultant to the institution Snehalaya in Ahmednagar, India.
    - Snehalaya is an institution for children whose families cannot maintain them. Among others, there are many children of sex workers present.
    - Snehalaya is a non-profit institution.
    - The children are given schooling and recreational activities.

- There are dormitories, each of which serves roughly 25 children. The genders are separated.
- The children are overseen by people known as caregivers.
  - These are people without any formal or informal education in childcare.
- One of the primary consultants to Snehalaya is Florence Koenderink, an expert in work with children in institutions. She provides education on such work.
- Weekly sessions were held with supervisory staff, with Joyce Conolly, Nick Cox, Florence Koenderink, and Charles Tauber.
- General issues and specific cases were dealt with.
- Some of these sessions were used by Florence Koenderink for training in work with institutionalized children.
  - Because of disagreement on a number of issues, we decided mutually to part.
- Guatemala.
  - A group was formed by a number of students studying abroad who had heard about us. At first, there were approximately 10 people in the group, most of whom were creatives or academics of some sort.
    - These also were the “elite” of Guatemala.
    - After about a year, two individuals remained. They chose for individual therapy.
    - This was disappointing to us because of the civil war, the migrant situation, and the human rights situation in Guatemala.
- Haiti.
  - A refugee radio journalist from Haiti who had escaped to the Dominican Republic when the violence broke out attempted to form a group.
  - We held several sessions.
  - The people involved could not maintain the conditions necessary to hold the group together.
- Other Groups.
  - We see the number of migrants, displaced people, and people affected by conflict as enormous. Thus, we see our work as vital.

### LOCAL PROJECTS

- We had several projects with main aims to provide service in community oriented on a mental health and recovery, through the model of peer support group. The participants were local people with living experience of mental health, as their family members. The main issues were lack of rehabilitation and recovery, the role of parents and their sense of guilt and shame, lack of self-esteem, problems of identity, etc.
- Some of the projects we provide in partnerships with the Association Susret, (Training for Mental Health), and Project Mental Health in the Community, which we run in partnership with the Association Ludruga, and the Association Vrapčiči from Slavonski Brod, and Feniks from Split.
- The big issue is the administration of the project, which we found taking inordinate amounts of time.

- As a member of SUMEZ (The Croatian Council Association for Mental Health) we participated in national capacity building training funded by Mental Health Europe.
- On December 8, Human Rights Day, we participated in the public debate "Mental health in Letters, Numbers and Lives" in the hope that the "Strategic Framework for the Development of Mental Health Until 2030." doesn't just remain dead letters on paper. This was organized by Solidarna - the foundation for human rights and solidarity, in cooperation with the Human Rights Film Festival.
- Throughout the year, we continuously organize and conduct support groups, as well as individual counseling, for people with experience of psychosocial difficulties.

## CLIENTS

- We work with a few clients on an individual basis.
- This gives additional insights into the psychological processes involved in various situations and circumstances and assists with the educational work. It also brings up issues that need to be dealt with in the PET groups.
- For reasons of privacy and ethics, we have anonymized the information here and summarized what we have done with the individuals.
- Supervision.
  - A
    - This man is very active in mental health care in Croatia.
    - He is a psychotherapist, and reputedly a very good one.
    - He is an only child.
    - He has different values and a different personality from his father in that, from what A says, his father is a dominating narcissistic capitalist and A is an "oversensitive" (his word) humanitarian who cares very much about his work and his clients.
    - A has issues of self-confidence and self-worth in himself and in his work as well as boundary issues on which we are working.
  - Clients in Other Countries.
    - FB1
      - FB1 is in his early 40s.
      - He is living in a country where he did not grow up.
      - He is of a mixed marriage.
      - He is the oldest of several children.
      - He is homosexual.
      - His mother had serious mental health issues and was hospitalized a number of times.
      - He and his siblings were virtually continually physically and psychologically abused by his parents.
      - From about the age of 12 onward, he was groomed and sexually abused by a number of men.
      - Despite this, he obtained a university education and a vocational education.
      - He is in a dysfunctional same sex marriage.

- He spent about a year in psychiatric hospital in the country in which he grew up.
- He is very much attached to animals.
- He has difficulty with human relationships.
- He now has a vocational job.
- Slowly but surely, he is working through the abuse and setting boundaries for himself.
- He uses the therapy sessions to work through his own issues. Here, we are providing the space and the time for him to do so.
- He is progressing.
- FB2
  - FB2 is a single human rights expert in her seventies.
  - She has several physical illnesses.
  - She is involved in a toxic relationship.
  - Very frequently, she refuses assistance.
  - We have decided not to spend a great deal of time with her.
- FB3
  - FB3 is an asylum seeker in his 30s from an African country who, at the last contact, was somewhere in a refugee camp on the Greek mainland.
  - He had been the victim of torture and massacres.
  - He had been a merchant and was accused of supplying the “wrong” side.
  - Further, he had respiratory ailments and was being treated in hospital.
  - He tried, unsuccessfully, to form a group of similar people.
  - The people running the camp were unempathetic to the psychological needs of the residents.
  - Even legal and medical assistance were difficult.
  - He broke contact at a certain moment.
- FB4 and FB5.
  - FB4 was a student at a relatively high level and was attempting to go to the USA for further study.
  - FB5 was his father.
  - This was a typical family situation that could have occurred anywhere but was made worse by the violent conflicts in the African country in which they lived.
  - FB4’s mother died.
  - FB5 wanted to remarry. His children were opposed to it.
- FB6.
  - FB6 was in his late 20s.
  - He was a member of one of our groups.
  - He had been sent to a boarding school.
  - He was sexually abused by other boys.
  - This also created doubts within himself with regard to his sexuality.
  - He seems to be doing well.
- FB7.

- He is a Quaker in his late 20s.
  - He is dynamic and was a leader of the group.
  - The issues he faced revolved around his relationships with women and with his family.
  - He became psychotic, believing that he was possessed by a witch who was telling him what to do.
  - We worked with him psychologically, which produced some results.
  - The issue of witchcraft and non-Western belief is extremely important in many regions. We do not dismiss it as psychosis. We attempt to incorporate it into therapy in the sense of responding to local culture.
- Local.
    - L1.
      - L1 is in his early 50s.
      - He is the product of a mixed marriage.
      - He escaped the war by going to Switzerland and Germany and then returned to Croatia.
      - He has a brother who is a number of years older than he is and who dominated him when they were children.
      - He is highly intelligent.
      - He has education as in two vocational areas.
      - He is obsessed by ethnicity.
      - He believes that he was a coward, not going to fight in the war.
      - He lives in the 1990s.
      - He has difficulty forming relationships with women, believing that they are putting him down.
      - He has a low self-image.
      - He is essentially non-functional, not being able to obtain or maintain work, essentially because of his inability to form relationships.
      - He is typical of a number of people whom we have seen in Croatia.
    - L2.
      - L2 is from a local village.
      - He now is in his mid-20s.
      - He has an older brother, who committed criminal acts and now is living elsewhere and who was favored over him.
      - His mother left the home to live with another.
      - He came to live with his grandmother.
      - He was an excellent student with a gift for literature and language.
      - He is homosexual, which made life difficult in this region.
      - He decided to leave the region.
      - We connected him with Quakers in another region.
      - In that region, he finished vocational education as a practical nurse.
      - He now is in university studying languages.
      - He found a partner and is married.
      - Notably, he changed his name, signaling a change in identity.
      - He is doing well.

- L3.
  - L3 is a man in his early 40s.
  - He is married with a daughter.
  - He does casual work, among other things as a waiter and assisting with construction.
  - He has a slightly younger sister.
  - His wife has a steady job.
  - The relationship with his wife is variable.
  - He and his sister were severely physically and psychologically abused as children.
  - His sister has some loyalty to their parents; he doesn't.
  - He is someone who obtains as much insight as possible into his situation through reading about psychology and psychotherapy.
- L4.
  - L4 is in his early 40s.
  - He is a Serb who lived in a Croat area.
  - The family became refugees in various parts of Croatia until finally emigrating.
  - He is an only child.
  - He has a strong link to his mother.
  - There is a distance with his father.
  - In the country to which he emigrated, he met a Bosnian woman.
  - They married and had two daughters.
  - They moved to still another country. At the time of writing, he was in the process of completing his doctorate on issues related to the Balkan Wars of the 1990s.
  - He was sexually abused in several incidents.
  - The first was by a close relative when he was five years old.
  - This was covered up by another relative and came out to the family and others only recently.
  - The second incident was in early teenage before emigration by a group of young people somewhat older than he.
  - This did come out.
  - He was never treated psychologically for either incident until recently.
  - Sexuality has been a major issue.
  - He cross-dresses frequently.
  - He has had a number of heterosexual affairs outside of marriage, though never a homosexual affair.
  - These affairs seem to be efforts to prove himself as a male.
  - Recently, he has divorced his wife and has been involved with a woman from this region, also an immigrant to the country where he settled.
  - Aside from the therapy with Charles Tauber, he has intermittently attended a group for sexually abused people.
  - One of his daughters, in her teens, has come out as transsexual.



- At the time of writing, he had broken therapy, finding it too stressful to combine with his doctoral work.
- L5
  - She is a woman in her mid 40s, divorced, with three adult children.
  - She left her violent husband and children when they were 6 and 9 years old.
  - She was one of the youngest of 10 children in a family from Bosnia.
  - Her father was worker constantly absent from the home.
  - She very rarely she talks about mother.
  - She had her closest relationship with a sister who committed suicide.
  - Her family helps her and has given her a loan to buy a house.
  - She has taken a job in order to earn money, as a waiter in a place where she grew up as a refugee.
  - She feels herself to be a loser, coming back after all these years to work at what she sees as a miserable job.
  - Her son approaches her from time to time, asking for material support. When he is unsatisfied, he treats her violently. After one incident, she called the police, and he was in prison overnight. She felt guilty.
  - Her physical appearance attracts males, so she unconsciously often ended in inappropriate relationships which make her sadder.
- FB8.
  - FB8 is about 30.
  - He lives in a Central American country.
  - He is of mixed race.
  - He belongs to an elite.
  - Both parents are physicians.
  - He has the expected issues of identity and relationships.
- FB9.
  - FB9 also lives in a Central American country.
  - She is a woman in her late 20s.
  - She is in university.
  - There is a complex system of family relationships in which she is relatively close to her father and relatively distant with her mother.
  - She grew up with her mother's mother, who was physically and psychologically abusive.
  - She is in love and is involved with a person of trans identity who is in the process of transitioning.
  - It seems that there is a small trans community in her home country with which she is involved because of her partner.
  - The economics and politics of the country where she lives complicate things.
- Special Categories of People Who Do Not Fit Elsewhere.
  - FB11, a Russian Quaker refugee in The Netherlands.
    - He had been one of the small group of Quakers in Russia, specifically in Moscow.
    - He had been involved with Friends House Moscow.

- He fled Russia because of conscription.
- His mother is dying of cancer.
- We came to know him through the online Meeting for Worship of Dutch Yearly Meeting.
- We have given him emotional support to a limited degree.

## RELATIONSHIPS

- Groups.
  - The Global Psychosocial Network (GPN).
    - This is an initiative of Psychologists for Social Responsibility, although it is an independent organization.
    - While members come from a number of countries, most are from the USA.
    - Most members are academics.
    - Online meetings are held monthly.
    - During these meetings, there may be an external speaker.
    - Alternatively, one or more members may speak about his/her work.
    - Charles Tauber attends these meetings regularly.
    - No joint action has yet been taken.
    - However, the meetings provide an opportunity for people to get to know one another and to exchange ideas.
  - Quakers.
  - As has been mentioned, Charles Tauber is a member of the Northeast Netherlands Monthly Meeting of Dutch Yearly Meeting.
  - This has resulted in small amounts of funding.
  - Further, we participate in the Peace and Service Consultation of the European and Middle East Section (EMES) of the Friends World Committee for Consultation (FWCC).
    - This has provided us with connections to other groups carrying out peacebuilding activities.
    - It also provided us with some funding, that is
      - A grant from Swedish Yearly Meeting.
      - Two monthly grants of €50 each from Sharon Gustafsson and Elske Scholte.
    - We are attempting to make contact with the other Quakers working in the Middle East. Our aim is to have groups in Turkey and Northern Syria because of the earthquake and the continuing wars.
  - Jewish Community of Osijek.
    - Charles Tauber is a member of the Community.
    - Our active participation as an organization dates to before 2000.
    - At that time, we and they attempted to find funds reconstruct the Vukovar Synagogue, which had been destroyed in the 1950s and to make the reconstructed building a monument to the Jewish culture of the region.
    - In the early 2000s, we and the Community carried out research projects on the Jewish heritage of the region. These had been financed by the Rothschild Foundation of the U.K.
    - Vukovar had been an important center of Jewish life and culture in the 19<sup>th</sup> and 20<sup>th</sup> centuries, this ending with the Second World War.

- The Jewish population of Vukovar itself had been slightly less than 20% and the Jewish contribution to the city and the region had been substantial.
  - For several years, we lost contact with the Community, which we now are in the process of restoring.
- Project Save the World.
  - This is an organization started by Metta Spencer, sociologist from the University of Toronto.
  - The organization has a worldwide membership of mostly academically oriented people and primarily works on political issues such as war and weapons, global warming, famine, cyber risks, pandemics and radioactive contamination.
  - The organization produces Peace Magazine.
  - The organization has a Global Town Hall online monthly in which Charles Tauber participates. This is a useful place for making contacts. Several groups and individual contacts have arisen from our participation.
  - The organization has an online archive of interviews on various topics.
  - We have given them several interviews.
- African Mental Health Consortium (AMHEC)
  - This is a pan-African group based in Nigeria.
  - Its convener is Ameh Zion Abba.
  - We have had one very expert group together with them.
- Mental Health Innovation Network (MHIN)
  - This is a worldwide forum of mental health practitioners that encourages connections between people and programs.
  - We are members.
  - We have given them at least one interview.
  - We intend to participate more in this forum, especially with our online courses and, where possible, with live PET groups.
- InPACT.
  - For the last several years, Charles Tauber has been asked to be an evaluator of papers for the International Psychological Applications Conference and Trends. This is part of the World Institute for Advanced Research and Science (WIARS).
- ECOSOC.
  - We have consultative status with the Economic and Social Council of the United Nations (ECOSOC).
- PICUM.
  - We are members of the Platform for International Cooperation on Undocumented Migrants (PICUM), which is a network of organizations working to ensure social justice and human rights for undocumented migrants. PICUM is based in Brussels. We have not played an active role in the organization because of time pressures. We are attempting to concentrate more at the grassroots level rather than at policy level. However, we strongly support PICUM's policies and directions.

### **MISCELLANEOUS GROUPS AND EVENTS**

- Paideia.
  - In January of 2022 and in the same month of 2023 Charles Tauber gave an online seminar to Reed College (Portland, Oregon) students on migration and psychological traumatization. This was part of the informal study period known as “Paideia”.
- Reed Career Alliance.
  - Charles Tauber participated in the Reed College Career Alliance.
  - This group assists current students and alumni who are at a crossroads decide what to do next.
- Online talk at Woodbrooke with Kate McNally and Tracey Martin.
  - Charles Tauber and Kate McNally were invited by Tracey Martin, the then coordinator of the peace, social justice, and climate crisis program at the Quaker study center, Woodbrooke, to give short online seminar on the effects of psychological trauma on peace processes.

### **ISSUES THAT WE HAVE DEALT WITH IN GROUPS AND INDIVIDUALS**

- In the course of our work with groups and clients, the following issues came up.
- We will be writing courses on these and more.
  - We feel that part of our work is education on trauma to the widest degree possible.
- Listening.
  - The most basic issue in healing and trauma work is finding people to listen to one another and to express their emotions.
- Confidentiality.
  - This also is fundamental.
- The Basics.
  - Here, we mean the basic causes of trauma and basic therapeutic methods.
- Getting to the root cause of the trauma.
  - Each person has one or more root causes of the traumas that go deeper than the surface. It is necessary to search for these in order to work with the trauma.
- The Sense of Life and Viktor Frankl’s Method of Logotherapy.
  - It is essential that people have three types of sense in their lives.
    - A “job” or general purpose. This can be paid work, a garden, a family, etc. – something that occupies their being.
    - Relationships. People need at least one “intimate” – not necessarily sexual – other person to whom they can say anything.
    - A relation with the infinite. This may or may not be a religion. It is the person’s concept of why we exist.
- Boundaries.
  - A person must recognize his/her physical, energetic, and psychological boundaries and those of other people.
- Abuse.
  - Physical and psychological abuse, including sexual abuse, is extremely widespread.
  - It is necessary to work with the victim and with the abuser to deal with the consequences of the abuse and to prevent further abuse.
- Child abuse.
  - This is one of most difficult forms of abuse.

- It must be dealt with and stopped as early as possible.
- The consequences of child abuse later in life also must be dealt with.
- Sexuality in in both women and men.
  - The spectrum of sexuality is wide. The acceptance of various forms of sexuality is different in different regions and ethnic groups. The acceptance of a person's sexuality, both on an individual and a group basis is important.
- Gender-Based Violence, both in women and men.
  - Unfortunately, gender-based violence toward and by people of various genders is very widespread.
  - We believe that the victims and the perpetrators must be dealt with.
- Guilt and Shame.
  - These are very widespread, with internal and external provocations. They can be highly disabling.
- Self-image.
  - The issue of self-image is extremely important in virtually all people. It is a topic that comes up very frequently.
- The concept of "the other".
  - This issue comes up very frequently in our sessions. Who is the other? Is the person someone of another tribe, of another race, of another sexual orientation, of someone who has been abused or an abuser?
- How does the group/client relate to "the other"?
  - Perception of how we see others and how others see us.
  - Related to this is how we see others and how others see us and how we think that others see us.
- The necessity for taking responsibility for one's own life.
  - One issue that comes up continually is people taking responsibility for their own lives. Frequently, they do not. It is almost always our aim to get them to do so.
- Trafficking.
  - Trafficking, and persons returning/being rescued from trafficking is a constant issue. Several of the groups that we are working with have these issues as their main concern.
- Suicide.
  - Suicide is very frequent in the beneficiaries of the groups with which we are working.
  - We feel that it is becoming more so, especially in younger people.
  - One group in Zagreb with which we are working, Lifeline (Životna Linija) is concerned almost exclusively with this issue.
- Resilience.
  - We find that the term "resilience" frequently is misused.
  - We encourage people to use their positive qualities to work with their issues.
  - However, the term frequently is used to ignore and gloss over basic psychological issues and thus to create false senses of wellbeing, which then deteriorate.
- Teen mental health.
  - Teen mental health comes up frequently in our groups.
  - It seems that, currently, there is an epidemic of depression and suicide.
- Disarmament, Demobilization, Rehabilitation, and Reintegration (DDRR)
  - This is an issue that comes up in war-torn societies.

- Again, psychological traumatization frequently is ignored.
- Child soldiers and their rehabilitation.
  - This is a frequent topic in war-torn societies.
  - Here, there are issues of attachment to parents, to “fellow soldiers”, to the leaders, and others.
  - There are questions of reestablishment of trust.
  - Further, there are issues of education.
  - Again, there are issues of reintegration into society.
- Gangs.
  - The issues of gangs are similar to the issues with child soldiers.
- Work with men.
  - For cultural reasons, men in many if not most societies are resistant to any work that could expose any sort of weakness.
  - Yet, we find work with men essential if traumatized societies are to heal and if the men are to become non-violent and productive.
- Perpetrators.
  - It is our view that, if violence and traumatization is to be reduced, perpetrators must be treated.
  - Almost always, perpetrators have an underlying trauma.
  - Perpetrators also frequently are present in authoritarian cultures.
  - Very frequently, perpetrators are dealt with punitively rather than in a healing or restorative manner.
- Torture.
  - Unfortunately, torture is present in many if not most societies.
  - Methods can be highly creative.
  - Both victims and perpetrators must be treated.
- Mental health in older people.
  - Mental health issues are highly prevalent in older people because of isolation, feelings of powerlessness, illness, and other factors.
- Witchcraft.
  - While not frequently spoken of openly, supernatural forces are a factor in people in many cultures. We speak about these factors openly and seriously with individuals and groups and do not put them down.
- Transmission of psychological trauma and Secondary Traumatization.
  - Transmission of trauma occurs at many levels.
  - Inter-generational transmission over a number of generations is very common.
  - There can be transmission within families, neighborhoods, and entire societies.
  - An important aspect of transmission is that from client to therapist, this known as secondary traumatization. Thus, by listening to and empathizing with clients, the therapist becomes traumatized and can burn out.
  - Regular supervision, that is, therapy for the therapist, is essential to reduce these effects.
  - Further, there is almost always interaction between the professional situation and the situation outside of work. It is essential for therapists to work with these issues.
  - It is extremely important to deal with such transmission. Lack of doing so leads to illness and violence at various levels.

- Grief.
  - Grief occurs after all losses to a greater or lesser degree.
  - Trauma is one sort of loss and vice versa.
  - There are various stages and processes for dealing with grief and loss, and teaching about these is an essential part of our work.
- Drugs and addiction.
  - We have had a number of groups of addicts and a number of clients addicted to drugs and other factors, such as gambling. We also are working with people dealing with addicts.
  - We find that it is essential to deal with the underlying trauma and not only with the physical or psychological addiction. The actual drug or other addictive element is not essential. If the underlying trauma is not dealt with, the addict will switch from one element to another.
  - This can result not only in self-harm but in harm to others and to society.
- Rehabilitation.
  - We speak about schemes of rehabilitation after trauma in specific individual and group contexts.
  - It is important here not to use “template” schemes of rehabilitation but to adapt the rehabilitation plan to the individual and/or the group and to adjust it as the process progresses.
- Barefoot therapy.
  - The principles of barefoot therapy are discussed in virtually all groups.
- The therapeutic conversation.
  - The therapeutic conversation is seen as an essential element of all educational work.
- Techniques of therapy in general.
  - General techniques of therapy are a key part of virtually all groups.
- “Memorized” behavior.
  - This is the pattern of automatic behavior that occurs in virtually every relationship, formal or informal.
- Alternative therapies.
  - The therapies discussed here are not only Western therapies but therapies used in various cultures as standard. This is extremely important in our work.
- Drugs and their effects and side effects.
  - These are discussed in virtually every group, because of their widespread use.
- Living in a repressed region.
  - Many if not most of our groups and clients live in regions where there is repression by government or other forces.
  - Such repression also can include high levels of conformity to norms, even in Western societies.
- Growing up in a foreign country, especially asylum seekers and refugees.
  - Here there are conflicts of values and strong questions as to which values children – and adults – should adopt.
  - The solutions frequently are individual and difficult.
- Nationalism and patriotism.
  - We have mentioned that we consider nationalism and patriotism to be diseases. Virtually all regions are infected by them to one degree or another.

- This is a frequent topic of discussion.
- Analysis of conflicts and causes of conflicts.
  - This is a major topic of discussion in virtually all groups.
  - This includes the general area of how conflicts arise and the analysis of the specific conflicts in which the group and/or individual is involved.
- Mediation and the mediator.
  - This topic comes up in most groups at some point.
- Non-violent conflict transformation.
  - This is an important topic in the transformation of violent conflicts into non-violent solutions.
  - We discuss this in general and in the specific situation in which the group or client finds itself.
- Civil society.
  - Civil society is not present in a wide form in many of the regions in which we are working.
  - Thus, frequently, we must teach the basics of it.
- Restorative justice and forms other than punitive justice.
  - This is a topic that comes up not only in the context of war and conflict but also in societies and individuals in general.
- As can be seen, the range of topics dealt with within groups is extremely wide.
- Each group and client is individual.
- Because of the needs, we intend to write a series of self-paced online courses on all of the above and more.

### **THE MIGRANT SITUATION**

- The situation with regard to migrants seems to be inhuman all over the world.
- In Europe, which is supposed to be humanitarian, there is virtually no acceptance of migrants and asylum seekers, and laws and logistical measures are taken at international, national, and local level to prevent entry of migrants.
- This also is true in countries of Africa, Asia, and the Americas, as well as Australia.
- Phases of the migrant journey and issues at each phase.
- At virtually every phase, there is little understanding for the human situation of and empathy with the migrant.
- The first location of abuse and torture and other reasons for migration is in the region of origin.
  - People do not leave home for no reason.
  - There may be discrimination on the basis of religion, skin color, gender identification, tribal/ethnic status, and a variety of other reasons.
  - There may be war and other trauma, some of it longstanding, some of it being transmitted from generation to generation.
  - There may be economic reasons for departure.
  - Migration always has been present in the world.
  - Thus, in our view, trying to prevent it is a futile illusion.
- Further, migrants are abused underway, physically and bureaucratically.
- The next phase of migration is the journey.
  - This may be relatively simple for people with the right papers, background, etc.



- What is more frequent is that there is physical and psychological violence and injury.
- People will use any means possible to migrate and be injured and killed in the process. The situation in the Mediterranean Sea between Asia, Africa, and Europe is a very clear example, even of the physical barriers, let alone the administrative and official ones. The number of lives lost and the number of people injured is tragic.
- Another aspect of the situation is the administrative and bureaucratic violence that occurs underway.
- People are held for months and years in refugee camps where facilities are poor and there is little or no access to medical and legal assistance, where regulations are unclear and are ignored, and where everything possible is done to make life as difficult as possible for migrants. In many cases, those people assisting migrants, especially those from non-governmental organizations, are fined and jailed.
- Further, there are people smugglers who exploit the migrants.
- This can be physical in that they put too many people into small boats and/or use other inhuman ways of moving people from place to place.
- The smugglers may force people to work or to carry out other tasks.
- There also is widespread sexual and other personal exploitation.
- Finally, there is the phase of integration into the new society.
  - There are a number of aspects to integration.
  - There is the administrative legal side of obtaining permanent resident status, which can be difficult and fraught with barriers.
  - There is the occupational side, which involves obtaining equivalence of qualifications. This is almost impossible sometimes, and highly qualified people end up doing menial tasks or having to completely redo their education, frequently without subsidy or assistance.
  - There is the “usual” adaptation to the new culture – food, religion, language, housing, shopping, available items in stores, etc.
- At virtually no point in this entire process, from the initial traumas in the region of origin through to the integration into the new society is psychological assistance given to deal with these enormous traumas.
- We consider this to be part of our work.
- Several models have been put forward.
  - One is that of Peace by Chocolate.
    - The Hadhad family were refugees from Syria in eastern Canada.
    - There was a family tradition of making chocolate.
    - The son, Tareq, was studying medicine at the time that they became refugees.
    - Unfortunately, he had to give up his medical studies and was not accepted into medical faculties in Canada or elsewhere.
    - they formed a factory where refugees were employed.
    - Further, they formed a translation/language teaching service.
    - We think that this is an excellent model, that is, refugees forming entities to assist other refugees.
  - Another is the model of Refival.
    - One aspect of this is to give asylum seekers and refugees work where they are, that is, frequently online. They may be in the region of origin, underway, or in an area of final settlement. The goal here is for them to use the skills and

- knowledge that they have and/or to be educated in areas needed by the society in which they are living.
- Another aspect of this model is to move migrants into areas where people are leaving and where there is a need for labor. One example is to move people into the agricultural sector.
    - We think that, with creative thinking and action, the migrant “problem” can be turned into an enormous asset.
  - Essential to this is work on the psychological traumas of each of the phases. As mentioned, this is present virtually nowhere.
  - Also, fundamental to this is change in the attitudes of governments toward migrants and sensitization of the public toward rather than against migrants.

### **COURSES CURRENT AND PLANNED.**

- As we have noted, there is a great need for this work on psychological trauma and conflict transformation, with trauma virtually always being at least a strong contributing factor.
- As a relatively small organization, we cannot possibly meet the need by ourselves in person.
- Thus, we are in the process of writing a series of self-paced online courses.
- These courses will be on the topics indicated above as well as others.
- We very much welcome suggestions for courses as well as suggestions for the modification of the courses once they are online.
- Languages.
  - The courses initially will be written in English.
  - As quickly as possible, we will translate them into French.
  - Because we are in the Western Balkans, we also will translate them fairly quickly into those languages.
  - We see the need for translation into at least Arabic, Russian, Ukrainian, Spanish, and other languages.
  - As we are a non-profit voluntary organization, we do not have the funds to pay for translation and thus welcome people who will translate the courses without charge.
- We do not see the production of these courses going quickly. However, we are reorienting ourselves to spend more time working on them.
- From the courses, we also intend to produce shorter podcasts on similar topics.
- Possible additional courses include
  - Communication and Facilitation
    - General introduction
    - The person-centered approach: subject vs object.
    - The NLP Model
    - Types of communicators
    - Factors in communication
    - Interpretation
    - The diagnostic conversation
    - Difficult clients
    - Group communication
    - Working with specific groups
    - Conflict situations
    - Electronic communication.

- Basic psychology and therapy.
  - Facilitation
  - The principal of support - knowing that someone is there
  - Giving control
  - Freud
  - Behaviorism
  - Rogers
  - Frankl
  - The History of the person/group
  - Group and individual therapy
  - Trauma and physical health
  - Types of trauma
  - Kübler-Ross
  - Horowitz-Kleber
  - The standard reaction line
  - Syndromes
  - Identity-individual and group
  - Influence of culture
  - Trauma definition
  - Meditation
  - Secondary Traumatization
  - Supervision and intervision
  - Transmission
  - Alternative methods
  - Drugs
  - Stigmatization
  - Sensitization
  - Religion and sense of life
- Special Courses.
  - Domestic violence
  - Gender-Based Violence, female and male
  - Basics of abuse
  - Asylum seekers up to acceptance
  - Asylum seekers integration
  - Children in general
  - Child soldiers
  - Former soldiers
  
  - DDDR
  - Chronic patients
  - Addiction
  - Trafficking
  - Sexuality
  - Mourning
  - Special patient groups
  - Institutionalization of clients and staff - separate courses.
  - Secondary Traumatization.

- Transitions in life
  - Suicide
  - Psychiatric and psychological institutions - residential and non-residential
  - Economics and psychology a human rights based and a person based approach
  - Recovery in mental health as an alternative to life long illness
  - Work with nurses and people in direct contact with clients/patients
  - Brain washing, in particular by governments
  - Education
  - Barefoot therapy
  - Nutrition
  - Exercise
  - Well being
- Non-Violent Conflict Transformation.
    - Basics
    - Restorative Justice
    - Rehabilitative Justice
    - Trauma and Justice
    - Perpetrators
    - Mediation
    - Arbitration

### **INTERNAL AFFAIRS**

- Introduction.
- It was a busy and hectic year internally.
- Costs are increasing for a variety of reasons.
- Fundraising remained a very large issue, as there is little desire among most donors to finance mental health issues.
- This year, there were more local sources of funds.
- With regard to IT, our devices are old and need replacement.
- Our two vehicles functioned, albeit with issues.
- The building that we are renting served its purpose. However, costs are increasing.
- With regard to personnel
  - There is no tradition of volunteering in this region.
  - As yet, we have not found volunteers to do online work.
- Charles Tauber is taking on a very large load.
- Sandra Marić is taking on an increasing amount of management, fundraising, and other duties, and is performing them excellently.
- Structure of the organization in general.
  - Theoretically, we have two organizations, one Dutch and one Croatian.
  - A previously registered Bosnian organization no longer exists.
  - The goals and aims of both organizations are the same.
  - Chair.
    - The Chair of the Dutch organization is Erik Kupers, who is a registered public accountant in The Netherlands.

- Charles Tauber is nominally the Chair of the Croatian organization.
- Finances.
  - See the financial report for a full accounting of the expenses and income in 2022.
  - We note with alarm the increasing costs of running the organization and keeping our heads above water.
- Fundraising.
  - There is a lack of funds available for mental health in general and for long-term grassroots work in particular.
    - This is particularly true for work in conflict areas.
  - Donors miss the points of
    - Solving conflict before it becomes violent through the use of strategies directed at solving trauma and thus keeping tension down.
    - The need for this kind of work within the community and thus preventing the breakout of violent conflict.
    - The need for long-term work for similar reasons.
    - The need for education within the community to make this knowledge and skills widespread.
- Current Sources of Funds.
  - For about 15 years, Robert Jaeger and his wife Ursula gave us between fifty thousand and seventy thousand US Dollars annually, which served as the basis for our existence. Bob died several years ago. However, he left us a small legacy..
  - Through a Belgian colleague, we were connected with the King Baudouin Foundation of Belgium. This has resulted in a grant of €5000 per year.
  - Through the grant from Robert Jaeger, we were forced to channel the funds through a US tax-deductible foundation. This was the King Baudouin Foundation of the USA, through which we obtain funds given to us in the USA.
  - Funds obtained for the local organization.
    - ACF project Mental Health and Human Rights €10 557,
    - Mental Health in a Community €14000
    - HEP €1450
    - Vukovar Sirmium County grant for Project Mobile Psychological Team €530
    - Fund for development and reconstruction of town Vukovar € 6000
    - Ministry of Health for Project Training for Mental Health €1000
  - Charles Tauber is a member of the Dutch Yearly Meeting of the Quakers.
    - A number of the members of the Yearly Meeting, as well the Quaker Hulpfonds, a charitable arm of the Yearly Meeting, have contributed to the organization
    - Also, we received a one-time grant of several thousand Euros from Swedish Yearly Meeting.
    - Further, two members of the coordinating group of the European and Middle East Section of the Friends World Committee for Consultation, namely Sharon Gustafsson and Elske Scholte, have made monthly contributions of €50 to us.
    - Still another contributor of a small amount of funds is David Hartsough, a Quaker of long standing from the San Francisco area.
    - Through Charles Tauber's online participation in the Save the World discussions in Toronto, we receive a small monthly contribution from David Millar in Montréal.

- We intermittently receive contributions of various sizes from other donors.
- IT.
  - All of our IT equipment is at least ten years old and needs replacement.
    - We do not have the funds to purchase new equipment, which we estimate to cost around sixteen thousand Euros.
  - During the year, the power supply for Charles Tauber's computer failed. The crisis lasted for several months. It took a great deal of improvisation to continue operating as an organization.
  - The website is another major issue.
    - In fact, it must be multi-lingual.
    - The primary language of the website must be English.
    - Also, we have developed at least some content in Croatian.
    - Further, for the work that we are doing in Congo, we must have at least some content in French, which we do not have now.
    - We also need content in other languages, notably Arabic.
    - For these languages, we need interpreters.
    - We also need a great deal more content for the website.
    - This should include blogs and vlogs, courses, papers, continual news about what we are doing, etc.
    - We intend to put self-paced online courses onto the website (see elsewhere in this report).
- Cars
  - While both had problems, they both served their function.
  - Someone ran into the Clio near Sandra's home, crossing the intersection, from the opposite direction despite the red light and the obligation to stop, our car was hit by a car at full speed. Total damage was determined, and we received compensation of € 1900, with which we made the car ready for further use after 2 months.
  - Both cars required repairs at various points during the year.
- Housing.
  - The house/office at Marina Držića 12 in Vukovar served its purpose.
  - There was a crisis of electricity, where one of the main circuits serving the computer system in Charles Tauber's office failed.
  - We are very much aware of the increasing utility charges.
  - These will increase even further with climate change.
  - We also expect the rent to be increased in 2023.
- Personnel.
  - Personnel is one of the main issues for us.
  - General issues.
    - There is a lack of competent individuals in the region.
    - People who are competent are leaving the region rapidly in search of better conditions and better pay.
    - There is a lack of interest in the region in what we are doing.
    - There is a lack of a tradition of volunteering, particularly on a long-term basis. In this sense, there is a certain stigma to the word "volunteering" from the communist era. This stigma is not even conscious in many people and has been transmitted.

- We have had difficulty in finding people online who will take over some of the groups. Our aim is to get people to run more groups in their own regions.
      - We are trying to solve this through training in barefoot therapy/PET.
    - One issue here is that people have the attitude that outsiders can do the facilitation better than they themselves can. These are attitudes on which we need to work.
  - Individual Staff Members.
    - Charles David Tauber, M.D.
      - General.
        - Charles Tauber is highly dedicated to the work. In fact, he frequently disregards his personal welfare for the good of the work.
      - Taking on most of the international work.
        - Charles Tauber conducts most of the international work of the organization. He does this online, forming groups using the methodologies described in the sections on groups and clients. In most cases, these are long-term client-centered methodologies. Many of the challenges are presented below.
      - Court cases.
        - Charles Tauber and our organization have been harassed by the Croatian attitudes toward them and our openness toward all ethnic groups. We regard the system as highly prejudiced. Thus, charges were brought against Charles Tauber for insulting a policeperson, for ignoring an order to stop for a traffic check by police, and for revving the motor of one of our vehicles excessively. On the advice of our lawyer, we paid the small fines involved to avoid further difficulties.
      - Bureaucracy.
        - The amount of bureaucracy involved in maintaining the organization and personal status, including in banking, etc. has been very high. We decry this bureaucracy, which takes us away from our dedicated tasks.
      - Learning French for Congo, Burundi, etc.
        - Charles Tauber began to revive his French to be able to speak with people from the DR Congo, Burundi, etc.
        - He used Duolingo and Babel.
      - Supervision and Bryn Jones.
        - Bryn Jones, a Quaker from Wales, continued to be Charles Tauber's psychological and professional supervisor in 2022.
          - .
      - Religion/spirituality.
        - Charles Tauber clearly separates his Jewish and Quaker religious beliefs and practice from the organization.
        - Another aspect of this is that these beliefs form a strong part of the humanitarian basis on which Charles Tauber works.

- Further, the contacts made through some religious organizations have brought people and funds into the organization.
- The Quaker connections have had deep effects.
  - Charles Tauber has used the CWWPP Zoom link to host the Sunday online Meeting for Worship of Dutch Yearly Meeting, especially during the pandemic. This ended in the middle of 2023.
  - There also have been financial consequences.
    - Through the Dutch Quaker Hulpfonds, individual members of Dutch Yearly Meeting and the Yearly Meeting as a whole have contributed to the organization. Among other assistance, this has paid for Charles Tauber's health insurance.
    - An individual Quaker, Elske Scholte, contributes €50 per month to us.
  - There also has been the creation of good will among the Dutch Quaker community and wider Quaker communities.
  - We have morally supported a Quaker who fled conscription in Russia.
  - Further, Charles Tauber has been a member of the Peace and Service Consultation of the European and Middle East Section (EMES) of Friends World Committee for Consultation (FWCC). This provides us with a variety of contacts with people working on peace issues in various parts of the world, including Africa and the Middle East. It already has resulted in the formation of several groups and is expected to lead to more educational groups in the future.
  - Further, this has resulted in a one-time contribution from Sweden Yearly Meeting and a monthly contribution of €50 from Sharon Gustafsson.
  - Through connections with Kate McNally, Charles Tauber was invited to give a talk online at the Quaker Study Center, Woodbrooke, in the U.K.
  - This also resulted in Charles Tauber obtaining Assistant Tutor status at Woodbrooke.
- Metta Spencer and Project Save the World.
  - Through the organization InterChange, which had been based in Toronto, Charles Tauber became acquainted with the sociologist Metta Spencer, who has a "Global Town Hall" online on the last Sunday of each month, resulting in a number of contacts in various places.
  - It led a group in Burundi for us.
  - It also has provided a forum to express what we are doing.



- It also led to a small contribution by David Millar of Montréal.
    -
  - Sandra Marić.
    - We find Sandra Marić an exemplary person.
    - She has been with the organization since 2006 and has shown extraordinary growth.
    - She cares passionately about work with people and about the directions that the organization is taking.
    - She has a great deal of empathy and compassion and warmth.
    - At the same time, she is critical, both within the organization and with regard to events in the outside world.
    - She spends very large amounts of time outside working hours working on organizational issues of various sorts.
    - She has learned a great deal about therapy and teaching while here and has become expert in individual and group therapy and in teaching “pragmatic empowerment training (PET)”, that is, getting people to take control of their own lives.
    - In the same context, she has given emotional and psychological support to other staff members, namely Charles Tauber.
    - Still other areas in which Sandra Marić has become extremely competent are fundraising and dealing with bureaucracies. She thus has the patience and can gain insight into what both groups are looking for.
  - Alexandra Terzić serves as our secretary and administrator.
  - Darko Ravkić served as our IT consultant.
  - Snežana Edelinski, is a volunteer is with us involved in local projects as a peer facilitator.
  - Miscellaneous.
    - We continue to have two “therapy dogs” who now are coming into old age.
- Conclusions.
  - In general, the organization is functioning internally.

### **CONCLUSIONS AND PLANS FOR 2023**

- We will continue work with groups and clients to the greatest degree possible.
- The amount of work that has been put in front of us is enormous.
- We find it important to write the self-paced online courses, this to share the knowledge and experience that we have gained as widely as possible.
- We feel that this work is important and will continue as long as we are able.

**Expenses 2023**  
**All amounts in Euros**

	Total Expenses	Total Category	Total Sub-Category 1	Total Sub-Category 2	Total Sub- Category 3
<b>Personnel Costs</b>					
<u>Salaries</u>					
<i>Head of Mission</i>				36000.00	
<i>Deputy Head of Mission</i>				12000.00	
<i>Assistant to the Head of Mission for Administration</i>				4901.08	
<u>Total Salaries</u>			52901.08		
 <u>Professional and Advisors</u>			612.24		
<u>Additional Financial/Bookkeeping Services</u>			597.39		
<u>Cleaner</u>			569.25		
<u>Supervision</u>			952.38		
 <u>Health Costs</u>			6579.84		
 <u>Pension and Insurance Costs</u>			3462.37		
 <u>Personnel Development</u>			59.40		
 <u>Miscellaneous Costs</u>			21.75		
<b>Total Personnel costs</b>		<b>65755.69</b>			
 <b>Plant Equipment and Building Costs, Including Maintenance and Repair</b>		<b>1739.92</b>			
 <b>Office Equipment Costs, Including Maintenance and Repair</b>					
<u>Computer</u>					
<i>Hardware</i>				1598.92	

<i>Software</i>			2058.83
<u>Total Computer</u>		<u>3657.75</u>	
<u>Miscellaneous Costs</u>		<u>193.00</u>	
<b>Total Office Equipment Costs, Including Maintenance and Repair</b>	<b>3850.75</b>		
<b>Rent and Utilities</b>			
<u>Rent</u>		<u>4800.00</u>	
<u>Electricity</u>		<u>1214.71</u>	
<u>Water</u>		<u>165.39</u>	
<u>Gas</u>		<u>1200.18</u>	
<u>Garbage</u>		<u>118.83</u>	
<u>Vukovar City Taxes</u>		<u>248.47</u>	
<b>Total Rent and Utilities</b>	<b>7747.59</b>		
<b>Telephone, Fax and Internet</b>	<b>1025.82</b>		
<b>Office Supplies</b>	<b>758.69</b>		
<b>Office Operational Costs</b>	<b>24.01</b>		
<b>Travel Costs</b>			
<u>Fuel</u>		<u>1259.82</u>	
<u>Maintenance</u>		<u>3054.59</u>	
<u>Insurance</u>		<u>289.34</u>	
<u>Registration, Importation and Taxes</u>		<u>270.95</u>	
<b>Total Travel costs</b>	<b>4874.71</b>		
<b>Other Operational Costs</b>			
<u>Administrative charges</u>		<u>8.85</u>	
<u>Bank charges</u>			

<i>Netherlands</i>			514.87
<i>Croatia</i>			255.09
<i>Pay Pal</i>			47.61
<u>Total Bank Charges</u>		<u>817.57</u>	
<u>Credit card charges</u>		<u>30.00</u>	
<u>Membership fees</u>		<u>113.51</u>	
<u>Library</u>		<u>39.76</u>	
<u>Legal costs</u>		<u>729.16</u>	
<u>Costs for fundraising</u>		<u>47.65</u>	
<b>Total Other operational costs</b>	<b>1786.50</b>		
<b>Particular Project Costs</b>			
<u>Cheers Caffè HEP</u>		<u>97.10</u>	
<u>Costs paid to program participants</u>		<u>395.20</u>	
<u>Miscellaneous</u>		<u>133.49</u>	
<b>Total Particular project costs</b>	<b>625.78</b>		
<b><u>Total Expenses 2022</u></b>	<b><u>88189.46</u></b>		

**Income 2022**  
**Amounts in Euros**

<b>Name of Donor</b>	<b>Total for This Donor</b>	<b>Total AI Income</b>
ACF	18522.95	
Client Contribution	550.71	
Euroherc Osiguranje d.d.	1864.00	
Gusafsson Sharon	555.60	
Hartsough David	90.00	
HEP d.d.	1964.11	
King Baudouin Foundation Belgium	5000.00	
Ludruga	2439.04	
Mateski Igor	500.00	
Millar David	56.00	
Roth Judy	148.66	
Scholte-Bakker Elske	500.00	
Tauber, C.D.	25332.20	
Udruga Susret	1137.84	
Vukovarsko-Srijemsko Zupanija	545.70	
		59206.81