

Nov
21 - 25



ISHHR | International Society for
Health and Human Rights
CONFERENCE
2022 | BOGOTÁ

*Traducción simultanea

Sanación Colectiva:

Restaurar la relación entre la
humanidad y la naturaleza

Pontificia Universidad Javeriana
Bogotá, Colombia

Contents

1. Foreword
2. ISHHR Team & Council
 - i. ISHHR Secretariat
 - ii. Local organising committee and Volunteers
 - iii. ISHHR Council
 - iv. Scientific Committee
3. About ISHHR
4. 11th International Conference and Capacity Building Workshops
 - i. Program
 - ii. Keynote speakers – biographies
 - iii. Cultural activities
 - iv. Description of the sessions, see final section

1. Foreword

The 11th Conference of the International Society for Health and Human Rights (ISHHR), *Collective Healing: Restoring the Relationship between Humanity and Nature*, took place from November 21 to 25, 2022, at the Pontificia Universidad Javeriana in Bogotá, Colombia.

After five years of postponements and three years of general pandemic, global unrest, and donors' apparent lack of interest in Human Rights, the ISHHR Secretariat was uncertain that Bogotá 2022 would become a reality. Fortunately, the generous support of the Norwegian Human Rights Fund (FNDH), ImaginAction, Re-Conectando, the Pontificia Universidad Javeriana (PUJ) and the New South Wales Service for the Treatment and Rehabilitation of Survivors of Trauma and Torture of Australia (STARTTS) made the conference possible.

As outgoing Secretary General, I am proud to bring you the official report of the **11th International Capacity Building Workshops and Conference on Health and Human Rights** organized by ISHHR in Bogotá, Colombia. After a week spent in this exciting society poised on the brink of democracy, the ISHHR Secretariat returned enriched with insights, contacts and friendships.

Participants from 21 different countries included professional counsellors, psychologists, human rights advocates, lawyers, psychiatrists, social workers, students and community development workers. In spite of its smaller scale than usual, ISHHR capacity building nurtured global information-sharing and led to multilateral exchanges between attendees.

The ISHHR approach to international networking in this time of crisis led to investing our limited resources wisely to maximize our potential to build capacity among those working with the health consequences of human rights abuses, both in Colombia and in our homelands. Among the secretariat, a majority paid their own travel expenses to Bogotá, in order to free funds to support attendees from Low Income Countries LIC.

This factual report is followed by a descriptive account of the conference, presenting the two opening days of hands-on, skills-based workshops on a range of topics and three days of keynotes and explorations of

health and human rights with paper presentations, discussion groups and interactive activities, both *en vivo* and online from Italy and Norway. Our experience was enriched by immersion in a society in political transition, emerging from years of conflict and oppression onto the threshold of democracy.

Below please find an overview of the staff, volunteers, and contributors that made the conference possible.

The energy, enthusiasm and sharing spirit of all our volunteers, presenters, keynote speakers, scientific committee, the very committed local organising committee, the ISHHR Council, and of course, the participants made the conference a formative experience and left us motivated to begin to plan the next one. We are most thankful to the generous donors that made the conference possible: the Norwegian Human Rights Fund (FNDH), ImaginAction, Re-Conectando, the Pontificia Universidad Javeriana (PUJ) and the New South Wales Service for the Treatment and Rehabilitation of Survivors of Trauma and Torture of Australia (STARTTS). Without their support we would not have been able to put together such a successful and productive event.

2. ISHHR Team & Council

i. ISHHR Secretariat

Chairman: Rolf Vårdal, Clinical physiotherapist

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ii. Local Organising Committee & Volunteers

Local Organising Committee (Colombia)

Alexandra Bernal Pardo

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Local Coordinator

Luís Manuel Silva PhD

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Head of the Psychology Department, Pontificia Universidad Javeriana

Hector Aristizabal

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Psychologist, facilitator and inspirator

Steven Orozco Arcila

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Dean, National Institute for Public Health, University of Antioquía

Marta Ines Villa

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Member of the Colombian Truth Commission in Medellin

Volunteers

El Juego

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Multicultural community that accompanies processes of personal and collective growth using their own conflict transformation techniques

Laura Colmenares

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Psychologist, Corporación Humanas: <https://www.humanas.org.co/>

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STARTTS, Australia

iii. ISHHR Council (out-going)

For more information on Council Members, see <https://ishhr.com/Council>

Mariano Coello

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Former ISHHR Secretary General. Clinical psychologist, STARTTS, Australia

Patrick O'Loughlin

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Clinical psychologist, Spanish Commission for Refugees (CEAR)

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Psychiatrist and psychotherapist, director of the Summer School of Psychotrauma in Dubrovnik, Croatia

Gwynyth Overland, PhD

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Loes van Willigen (Honorary Member)

Refugee Health Care Consultancy, the Netherlands

iv. Scientific Committee

Mariano Coello (Au)

Boris Droždek (NI)

Birgit Lie (No)

Javier Pedraz (Es)

Carmen Wurst (Pe)

Steven Orozco Arcile (Co)

Elisabeth Langdal (No)

Joana Becker (Br)

Domnine LeCoq (Fr)

Ozgur Erdur Baker (Ty)

3. About ISHHR

The **International Society for Health and Human Rights (ISHHR)** builds dialogue and capacity amongst health professionals engaged in work with individuals and communities affected by human rights abuses. ISHHR has followers in almost 50 countries worldwide. ISHHR aims to:

- Gather knowledge and provide resources about the effects of human rights violations on health, exchange experiences and information about treatment methods, psychosocial and psychological care, and
- Contribute to the development of psychosocial interventions both on individual and community levels

The issue of human rights is a very important one for health workers, and health professionals deal with this in many different ways. We live in a world where these rights are being violated and challenged every single day. In this context ISHHR aims to contribute to strengthen the dialogue between professionals in this area and by emphasizing the need for the active defence of human rights.

ISHHR promotes public and professional awareness of the consequences of human rights violations on individual and community mental health. Exchange of experiences in the development of professional action – identification and assessment of the consequences of gross human rights violations as well as methods of intervention are prioritized focus areas. By becoming a member of ISHHR one becomes part of a world wide network of people working in the field of health and human rights. It provides colleagues with closer contact with others both in their region and abroad.

Courtesy of former Secretary General Jorge Aroche

The Activities of ISHHR

The World Health Organization has defined health as a “state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” At the individual level, early recognition and adequate care of health problems caused by human rights violations may help prevent subsequent more serious health problems. At the community level, psychosocial interventions play an important role in strengthening the coping abilities and resilience of those affected by human rights violations. On this basis, ISHHR seeks to:

- i. Build the capacity of professionals working in the field of health and human rights through organizing regular international conferences. ISHHR has successfully organized eleven International Conferences: France (1987), Costa Rica (1989), Chile (1991), The Philippines (1994), South Africa (1998), Croatia (2001), India (2005), Perú (2008), Georgia (2011), Serbia (2017), and finally, Colombia (2022). Comprehensive information about ISHHR capacity building workshops and conferences is available on ISHHR website (<https://.ishhr.com>).
- ii. Make information and texts on health and human rights effortlessly accessible to ISHHR members and the general public through our website and PsycheVisual.
- iii. Maintain and establish contacts between relevant national and international organizations to promote accessible mental health care for problems related to human rights violations. ISHHR has signed letters of

cooperation with The Reference Centre for Psychological Support, the International Federation of Red Cross and Red Crescent Societies (IFRC) and the World Health Organization (WHO).

- iv. Monitor and campaign for adherence to international legal instruments which relate to human rights.
- v. Establish a rapid response network to support and protect health workers involved in the care of persons whose human rights have been violated, particularly in times of crisis such as mass refugee movements.

4. 11th International Capacity Building Workshops and Conference by ISHHR: Collective Healing – Restoring the Relationship between Humanity and Nature

Location/Venue: Bogotá, Colombia – Pontificia Universidad Javeriana

Attendance: c. 80 participants from 21 countries

The Conference was held in both languages, Spanish and English. On the 23rd, 24th and 25th of November simultaneous translation service was provided.

i. Conference Program

Days 1 and 2 Capacity-building Workshops

November 21

Auditorium

- 09:00 **Uri Noy-Meir & Hector Aristizábal**
Exploring the Connections of the Earth-Self-System
- 10:15 **Sofia Colorado & Rolf Vårdal**
Teaching Recovery Techniques (TRT).
- 11:15 Coffee break
- 11:30 **Sofia Colorado & Rolf Vårdal**
Teaching Recovery Techniques (TRT).
- 12:30 Lunch in local cafes

13:30 **Patrick O'Loughlin**
International Child Development Programme ICDP

14:45 Coffee Break

Patrick O'Loughlin, Carmen Lucia Andrade and Luis Fernando Lopez

The International Child Development Programme (ICDP) <https://www.icdp.info>

15:00 *How ICDP works with parents / Cómo trabaja ICDP con los padres*

Mani Ram Sharma, Nabraj Khanal, Netra Bdr Khusari, Praksah Kumar, Man Bahadur Khatri

Educating Rautes in Nepal: a Human Rights Perspective *Unfortunately, the five young teachers were not granted visas

November 22

09:00 **Héctor Aristizabal & Helena Terr Ellen**
Reconectando workshop

Elisabeth Langdal, (mhhri.org) & Sofia Colorado Valencia

10:15 *Mental health and gender-based violence, helping survivors of sexual violence in conflict*
– a training manual for helpers.

11:15 Coffee break

Elisabeth Langdal, (mhhri.org) & Sofia Colorado Valencia

11:30 *Sexual violence against boys and men in war, conflict and migration – a mental health manual for helpers*

12:30 Lunch in local cafes

13:30 **El Juego workshop**

Developing innovative conflict-resolution techniques, through a blend of scientific knowledge and ancestral wisdom

<https://eljuego.community/es>

14:45 Coffee break

15:00 **El Juego (Cont.)**

Developing innovative conflict-resolution techniques, through a blend of scientific knowledge and ancestral wisdom

<https://eljuego.community/es>

17:00 **Welcome Gathering**

November 23

Auditorium

Conference Opening and Reflections:

- **Pontificia Universidad Javeriana**, Welcome by our host Luis Manuel Silva
- **Faculty of Psychology**, Reflections by Johanna Burbano Valente, Dean
- **Royal Norwegian Embassy**, Counsellor Dag Nagoda
- From Rome, Father **Francisco de Roux** former Leader of the Colombian Truth Commission

09:00 **Hector Aristizábal**

Trabajando en el territorio sagrado, La interdependencia entre humanidad y naturaleza

Thematic sessions

Post-conflict reconciliation, reconstruction and re-socialization

Ruth Wells & Shaun Nemorin

Physical Activity as a Psychosocial Intervention among Rohingya Refugees in Bangladesh

Uri Noy-Meir & Hector Aristizábal

Exploring the Connections of the Earth-Self-System

10:15

Gulsah Kurt

Development of patient-reported experience measures for the mental health service use in the displacement context

Ariel Zarate, Shaun Nemorin, Habib Ullah, Imran Mohamed, Yeasmin Aktar

Bringing a Social equity Lens to mental health work

Thematic sessions

Treatment methods after traumatic human rights abuse

Auditorium

Room 1

- 11:30 **Ruth Wells, Scarlett Wong, Sabiha Jahan, Salah Lekkeh**
Caring for Carers: A virtual psychosocial supervision intervention to improve the quality and sustainability of mental health and psychosocial support in humanitarian crises
- Olga Montoya Hurtado & Gloria Isabel Bermúdez** presentará ECR
Dolor y conciencia corporal durante un programa de abordajes corporales en víctimas del conflicto armado
- Dilia Abdala Jimenez**
Taller: Memoria y vida a través del significado del movimiento y cuerpo

12:30 Lunch

Parallel Sessions

- Symposio Psicojurídico y de Derechos Humanos**
Laura Colmenares y Maria Paola Molina
El dúo psicojurídico como clave del litigio estratégico
- Clara Castro y Alejandra Melo**
 13:30 *Procesos integrales de cuidado en la defensa de los derechos humanos.*
- Juana Luisa Lloret**
“No hay peces en la laguna” – fue un grito de auxilio para la comunidad
- Héctor Aristizabal & Helena Terr Ellen**
Reconectando workshop
- Anamaria Silva Saavedra**
Sobre los recursos y las expectativas. Una mirada personal. ONLINE

November 24

Auditorium

- 09:00 **David Danto**
Allyship, Indigenous Knowledge and Mental Health: a Global Perspective
- Maria Alcantara**
Stigma: illness and the Perceptions of Cure. Indigenous narratives about Mental Health
- Chiara Redaelli**
Reconciliation, amnesties and the peace versus justice conundrum
 Audience response

Thematic session

Symposium on legal Issues and Human Rights

Auditorium

Chiara Redaelli & Shaun Nemorin

Refugees` Right to Self-determination

Giulia Bosi, Claudia Schettini & Mariagrazia Alabrese

Food Insecurity and the Insurgency of Eating Disorders: A Legal and Policy Appraisal

ONLINE

Hanne Sophie Greve

The rule of law – the alternative to violence and injustice - ONLINE

11:30 **Irene Giovanni Aguilar, PUJ**

Supervisión clínica de la atención psicológica de casos de violencia intrafamiliar: aportes para la garantía del derecho a la salud y la erradicación de las violencias

Claudia Victoria Girón Ortiz

Pedagogía de la memoria en clave de re: recuperar, resignificar, reconstruir

Thematic Sessions

Auditorium

Paula Ramirez, Breathe International

Trauma-sensitive mindfulness and restorative-practices for GBV first-responders

Olga Montoya Hurtado

Corporeidad y aprendizaje motor en víctimas del conflicto armado.

13:30

Simon Rosenbaum & Shaun Nemorin

Barriers to Physical Exercise for the Rohingya diaspora living in Sydney, Australia

Georgina Lewis, University of Exeter

Vio-lens in Europe... refugees and asylum seekers, and the role of senses in violent acts, impact, and recovery.

Room 1

El Juego workshop

Developing innovative conflict resolution techniques, through a blend of scientific knowledge and ancestral wisdom
<https://eljuego.community/es>

Thematic Sessions

Gender Based Violations GBV

15:00

Auditorium

Ana Maria Osorio & María Begoña Subiría

Sobrevivir a la Violencia de Género: Tejiendo Nuevos Lazos

Håkon Stenmark

Challenges of LGBT asylum seekers and refugees in Western countries

Claudia Botero-Garcia et al. PUJ

Sexual violence, trauma and socio-political violent contexts

Trauma and Religion

Anders Lundesgaard

Religion, Spirituality and Rituals in the Treatment of Trauma and Grief.

Gwynyth Øverland

Human Values and Survival -Forgotten Facets of Religion in Contemporary Society?

18:00 **Conference Dinner**

November 25

Auditorium

Carmen Wurst

Diagnóstico de Salud Mental de la Población Refugiada y Migrante

ONLINE

Anamaria Silva Saavedra

09:00 *The German Compensation Act for victims of violence: Preventing mental health damage.*

ONLINE. **Dr Silva Saavedra was hindered by Covid**

Claudia Botero-Garcia et al. PUJ

10:15 *Sexual violence, trauma and socio-political violent contexts*

13:30 **ISHHR General Meeting**

ii. Keynote speakers

Luis Manuel Silva PhD. BSc in Psychology, MSc in History, PhD in Experimental Psychology. Currently an Associate Professor at Pontificia Universidad Javeriana and Head of the Department of Psychology. ISHHR's main support and mentor for this conference.

Johanna Burbano Valente. PhD in Psychology (Universidad de Buenos Aires), Master in Political Studies (Pontificia Universidad Javeriana), Specialist in Conflict Resolution (Pontificia Universidad Javeriana), Psychologist (Pontificia Universidad Javeriana). Dean of the Department of Psychology at Pontificia Universidad Javeriana (PUJ).

Dag Nagoda. Connected to the Norwegian MFA, is advisor to the Norwegian Embassy in Bogotá.

Father Francisco de Roux. Jesuit priest and ex-provincial, philosopher and economist. He is the founder of the Magdalena Medio Development and Peace Program, the first peace laboratory in Colombia, and was director of CINEP. He was the president of the Colombian Truth Commission from 2016- 2022.

Hector Aristizabal. Psychologist, performance artist from Medellín, and leader of <http://www.reconectando.org/>, has since 2016 supported the work of the Colombian Truth Commission by implementing eco-dialogue among former antagonists and survivors in the forest “on the bosom of Mother Earth”.

Ruth Wells. Research Fellow in Psychiatry and Mental Health at the Trauma and Mental Health Unit, University of New South Wales, Sydney, Australia, focusing on improving MHPSS¹ service provision in humanitarian settings globally and how conflict and social exclusion can impact on the well-being of displaced communities.

Shaun Nemorin. Experienced psychotherapist, community development practitioner and mental health researcher with experience in complex emergency settings. Prior to working with STARTTS, Shaun served internationally with the United Nations High Commissioner for Refugees (UNHCR) in conflict and post conflict areas. Shaun holds a Bachelor's Degree in Psychology, a Masters in Social Work and has further Post Graduate degrees in Peace Studies and Development Studies.

Gülşah Kurt. Clinical psychologist with experience in mental health of immigrants. She is postdoctoral research fellow at University of New South Wales, Sydney, Australia. She is also a research fellow at the Migration Research Center (MiReKoc) at Koc University, Istanbul, Turkey. Her academic studies focus on the mental health and integration of different refugee groups in Turkey. She works as a research assistant at several projects about mental health of refugees and the effectiveness of psychosocial interventions on psychological distress among refugees.

Scarlett Wong has worked as a Clinical Psychologist in Sydney, Australia for 11 years and has been a trained Clinical Supervisor for 6 years. She has received degrees from the University of New South Wales, Macquarie University and Western Sydney University in Australia. Scarlett is currently working towards a PhD with the School of Psychiatry, UNSW. Her research is investigating the role of clinical supervision in reducing burnout and attrition in psychosocial workers living in humanitarian contexts such as Turkey and Bangladesh.

¹ *Mental Health and Psychosocial Support (MHPSS) is an institutional priority for the UN and UNICEF and critical to the achievement of the 2030 Sustainable Development Goals.*

David Danto PhD. Dean, Faculty of Health and Community Studies. Professor, Department of Public Safety and Justice Studies MacEwan University, Canada. Chair of the Canadian Psychological Association Standing Committee on Reconciliation. Author of the book *“Indigenous Knowledge and Mental Health - a Global perspective”*.

Chiara Redaelli. Visiting Research Fellow at Harvard Law School and Geneva Academy of International Humanitarian Law and Human Rights. Author of *“Reconciliation, amnesties and the peace versus justice conundrum”*. With Shaun Nemorin: *“Refugees` Right to Self-determination”*

Giulia Bosi. Online

PhD Candidate in Public International Law (PhD programme in Human Rights and Global Politics) at Sant'Anna School of Advanced Studies in Pisa, Italy. Her main areas of interest are International Human Rights Law (IHRL), International Humanitarian Law (IHL), and Global and European Health Law. Giulia worked as research assistant for the Transnational Law Institute in London, as legal trainee for the United Nations Office of the High Commissioner for Human Rights in Geneva and for the European Organisation for Rare Diseases in Brussels. She also volunteered for various NGOs in countries such as Brazil, Peru, Tanzania and South Africa.

With Prof. Mariagrazia Alabrese, Giulia Bosi, Claudia Schettini published the research *“Food Insecurity and the Insurgency of Eating Disorders: A Legal and Policy Appraisal”*

Hanne Sophie Greve. Online

Judge at the Gulating High Court, Norway, has served as expert on the UN Commission of Experts for Former Yugoslavia and at the European Court of Human Rights (1998–2004); mediated for the UN Transitional Authority Cambodia, and provides consultancies on International Law, Human Rights, Refugee Law, Law of war and Criminal Justice. Author of *“The Rule of Law: The Alternative to Violence and Injustice: the importance of law enforcement for Human Rights protection”*.

Irene Giovanni Aguilar. PhD in Humanities (Tilburg University), Master in Clinical Psychology (Pontificia Universidad Javeriana), Philosopher (Pontificia Universidad Javeriana) and Psychologist (Pontificia Universidad Javeriana). Areas of interest: Peace education, clinical psychology, systemic-constructionist work, peacebuilding studies, collaborative methodologies and dialogical practices, mental health, Disarmament, Demobilization and Reintegration (DDR), and intrafamily violence. Professor at the Department of Psychology, Pontificia Universidad Javeriana. Author of *“Supervisión clínica de la atención psicológica de casos de violencia intrafamiliar: aportes para la garantía del derecho a la salud y la erradicación de las violencias”*.

Claudia Victoria Girón Ortiz. Psychologist from the Universidad de Los Andes, Bogotá, Colombia. Research professor in the field of social and political psychology; in charge of the pedagogical area of the University Network for Peace *Gabriel Izquierdo*; Coordinator of the *Costurero* Kilometers of Life and Memory; Activist and defender of Human Rights; expert in pedagogies of memory and the construction of cultures of peace and new citizenships through art, testimonial narratives and performative political action. Master's Degree in Fundamentals of Human Rights at L'Institut des Droits de l'Homme (IDHL) of the Catholic University of Lyon (France). PhD Candidate at the University of Granada, Spain.

Author of *“Pedagogía de la memoria en clave de re: recuperar, resignificar, reconstruir”*

Ana María Osorio. Bachelor of Social Work Sociology from the Pontificia Universidad Católica, Lima Peru. Master's in Psychology with a major in Prevention and Intervention in Children and Adolescents, from the Women's University of the Sacred Heart Psychoanalytic Psychotherapist from the Graduate School of the Center for Psychoanalytic Psychotherapy of Lima (CPPL) Couple and Family Psychoanalytic Psychotherapist from the Peruvian Society of Psychotherapy Couple and Family Psychoanalytic – SPF. Professional

experience working with rural women in Cajamarca and in the area of rights and community development. Design and implementation of psycho-educational workshops for tutors and teachers of regular basic education Universidad Peruana Cayetano Heredia. Education Faculty. Development of projects (private consultancies) in the execution of psychosocial development proposals with children and women with CEDAP. Private clinical work as an individual psychoanalytic psychotherapist, couples and family. Design and execution of a community link psychoanalytic clinical proposal, in Pamplona-SJM. Lima.

María Begoña Subiría. Degree in Social Work Sociology from the Pontificia Universidad Católica, Lima Peru. Diploma in Gender Studies and Development Policies, Faculty of Social Sciences of the Pontificia Universidad Católica, Lima Peru. Psychoanalytic Psychotherapist from the Graduate School of the Center for Psychoanalytic Psychotherapy of Lima, Pontificia Universidad Católica, Lima Peru. Psychoanalytic Couple and Family Psychotherapist by the Peruvian Society of Couple and Family Psychoanalytic Psychotherapy. Experience in managing development projects, both in rural and urban areas of Peru. Consultant in Adult Education programs; design, execution, evaluation, as well as in the design of educational materials. Private clinical work as an individual psychoanalytic psychotherapist, couples and family. Design and execution of a community link psychoanalytic clinical proposal, in Pamplona-SJM.

Nora Sveaass. Professor Emerita in Psychology, University of Oslo, decorated by HM King Harald for her work with Human Rights.

We regret that technical problems prevented Dr Sveaass from connecting to Bogotá

Claudia Carolina Botero Garcia. PhD in Psychology and Master in Psychology, Universidad de los Andes (Colombia), Master in Interventions in Psychotherapy, University of Salamanca (Spain), Psychologist National University of Colombia. Areas of interest: Individual and dyadic stress in the face of various life events, migration, illness, life transitions, post-traumatic stress associated with violence, child abuse and family violence, violence/bullying at school, physical and psychological partner aggression, coping with conflicts in couple, family and between peers, well-being and psychological discomfort associated with stressful events. Professor, Facultad de Psicología, Ponteficia Universidad Javeriana. Author of *“Sexual violence, trauma and socio-political violent contexts”*.

Carmen Wurst. Clinical Psychologist, Women's University of the Sacred Heart - UNIFE. Graduated as a psychoanalytic psychotherapist at the CPPL with studies in rehabilitation of torture victims. Postgraduate in Administration and Compac - MBA at CENTRUM, Graduated from the Master's in Social Management from the Pontificia Universidad Católica del Perú. Executive Director from 2001 to 2003.

iii. Cultural activities

Monserate

On the 20th of November, the eve of the Conference, a crowd of contributors and participants made their way by taxi, foot, and funicular, ascending from Bogotá's busy streets to the Parador par excellence, *Monserate*, a mountain-top with endless vistas and intimate alleyways. Magnificent views of the mountains stretching into infinity contrasted with the sprawling city of Bogotá below with its 10,000,000 inhabitants stretching as far as the eye could see.

On *Monserate*, the cathedral vibrated with folk music that carried out through the open doors to reach the many visitors, and a warren of ancient pathways lined with tiny shops provided delicious tastes, colors, experiences and curbstones to sit upon, before the gondolas carried us down an almost perpendicular slope to the bustling city.

Welcome event

After two exciting and fulfilling days of capacity building workshops, ISHR was proud to welcome new and old friends, - arrivals from all over the world - to speeches, wine and snacks on the 9th floor of a faculty with an outdoor terrace that floated on a level with sunset and drifting clouds.

Final dinner

On the last night of the conference both contributors, local volunteers, and participants climbed on busses to a magical event that included an approach not only to local gastronomy but also to Colombian popular music of *gaitas*.

*In the following conference narrative, Local Coordinator **Alexandra Bernal Pardo** will also give scope to a full description of the conflict that has dominated Colombia for over 50 years and the resultant meaning of the conference for Colombians.*

Narrative Report on the Proceedings of the 11th ISHR Conference

Researchers and professionals from different nationalities and areas of knowledge held keynotes and presented their work and experience with individual and collective healing, with both evidence-based and alternative approaches, especially from the mental and physical health sector.

This appendix has two main objectives:

1. To summarise the themes addressed in the Conference.
2. To analyse the conference's contributions to the Human Rights discussion in the Colombian context.

"Collective Healing: Restoring the relationship between humanity and nature" was the name chosen for the 11th ISHR Conference. It called on researchers, professionals and societies to integrate nature as a necessary element in the collective healing of populations that have suffered the ravages of war, forced displacement, and the general inequality caused by armed conflicts.

The conference also addressed the inattention to mental health in Colombia, reflecting on the country's social conflict and the peace treaty signed by the Revolutionary Armed Forces of Colombia (FARC) and the

Colombian government in 2016, and how this could be used as a platform to promote a national discussion about the impact of organised violence on the mental health of victims.

Context: Current Human Rights in Colombia

Severe human rights violations involving the state and illegal armed groups have remained unpunished; judicial processes hampered; and the compensation for victims hindered (e.g., land restitution to those forcibly displaced). Moreover, the situation is more complex as violence continues to affect vulnerable populations, particularly those living in remote areas, indigenous peoples and Afro-Colombian communities.

In a recent report, *Human Rights Watch* concluded that while the peace treaty between the government and the FARC signed in 2016 significantly reduced the violence related to the armed conflict, new forms of violence have emerged. The perpetrators include FARC dissident groups, the National Liberation Army (Ejército de Liberación Nacional – ELN) paramilitarism and other illegal armed groups, who continue to perpetrate crimes against civilians (murders, massacres and forced internal displacement).

Furthermore, the UNHCR reported the presence of illegal armed groups in zones where FARC is demobilized. Meanwhile, the state efforts have been predominantly military and ineffective in not offering development alternatives to territories affected by violence, exacerbating the already precarious situation.

Added to these problems are those experienced by refugees, asylum seekers and migrants. These populations are also exposed to violations of their rights by illegal armed groups, particularly in border or wider reception areas. In addition to the Venezuelan population, there is a migratory phenomenon with serious consequences and little state attention in the area known as the Darien Gap, where thousands of migrants, mostly Haitians, Cubans and Africans, cross into Panama seeking to reach the United States. On this journey, many people reported having suffered abuse, including rape, by illegal armed groups.

Gender violence appears to be another of the massive violations of Human Rights in Colombia, not only that perpetrated by legal and illegal armed actors (explained in detail in the volume "my body is my truth" of the CEV Report), but that which permeates Colombian society. *Human Rights Watch* attributes the latter to lack of training and poor implementation of treatment protocols, preventing victims' timely access to medical services and justice.

In terms of abuses against nature, these have been and continue to be devastating, mainly in terms of deforestation, particularly in the Colombian Amazon. *Human Rights Watch* states that, as a result of climate change, there have been increases in temperature and droughts, on the one hand; and extreme rainfall and floods, on the other. This requires greater efforts by governments, whose responses so far have been inadequate, hindering the enjoyment of environmental rights by affected communities. An example of this are the Wayuu indigenous people in La Guajira, who suffer time and again from food and water shortages, increasing the rates of deaths of children due to malnutrition.

The Report of the Truth Commission offers a series of cases that exemplify how the internal armed conflict has seriously affected, for decades, ecosystems and ways of life of peasant communities, ethnic peoples and relations with their territories.^[5] Nature appears in the stories as places of rearguard, rivers as cemeteries and illegal armed groups as actors seeking domination of the territory. Once again, systematic violations of the rights are observed, this time those of Mother Earth.

Finally, in August 2022, the UNHCR produced a document of recommendations to the new government that includes the implementation of the Peace Agreement, strategies for collective submission to justice by

other illegal armed groups present in the territory, a strategy to protect civilians and a process of regaining confidence in the State.

However, the legacy of the Colombian Truth Commission (CTC) contains various audiovisual resources that provide testimonies in which victims explicitly expose effects on their mental health or that of their families due to the armed conflict^[6]; and recommendations for a sustained public policy for emotional recovery, beyond the immense capacity for resilience manifest in many Colombian victims of the armed conflict.

Thus the Commission opened new doors that had remained closed in the collective consciousness, including mental health. At the start of the conference it was relevant to understand the particular moment, the collective awakening that Colombia was experiencing and the efforts to continue opening conversations that integrate the body, mind, spirit and territory to address the many truths of the conflict and walk towards reconciliation and non-repetition. The 11th ISHHR Conference helped broaden the conversation.

The event, which lasted five days, was divided into two moments: the Pre-Conference and the Conference. During the first two days, the workshops aimed to share techniques and theories with a wider audience and generate a space conducive to the exchange of knowledge. The approach to mental health and collective healing, from different perspectives, was central throughout.

11th ISHHR Conference, Collective Healing: Restoring the Relationship Between Humanity and Nature

Pre-Conference (21-22 November 2022)

On the first day, psychologist Sofía Colorado (Colombia) and clinical physiotherapist Rolf Vårdal (Norway), both members of the board of directors of the ISHHR, held a workshop on TRT (*Teaching Recovery Techniques*) self-care techniques. This is a group intervention that has been used with groups of refugees exposed to potentially traumatic events. The work presented was carried out with a group of Syrian adult asylumseekers that live in a transitional reception center in Bergen, Norway. Although infrequently used in therapy, the TRT model is helpful for addressing people's reactions in post-traumatic situations. In a contexts such as Colombia, it provided therapists and social workers with practical tools.

Next, psychologist Patrick O'Loughlin (Ireland/Norway), together with Carmen Lucia Andrade (Colombia) and Luis Fernando López (Colombia) shared the methods of the *International Child Development Programme* (ICDP) in their work with mothers, fathers and caregivers for the prevention of violence against children. One of its main contributions is to generate space for reflection by parents, which strengthen conscious upbringing and enable the empowerment of children.



Finally, Uri Noy-Meir (Israel), practitioner of social art, with the help of psychologist Hector Aristizábal (Colombia), facilitated the workshop *Return to Earth 2.0*. There, theatrical techniques enabled participants to generate a new experience by personifying animals, plants or other elements of nature, expressing, through their characters, how we see, feel, act and understand our relationship with ourselves, with others and with the Earth. This space, which was developed simultaneously in person and virtually, allowed us to share reflections and visions on the contribution of creativity and aesthetics

to the health and well-being of people and ecosystems.

On the second day, psychologist Héctor Aristizábal (Colombia) and the facilitator of "Work That Reconnects", Helena Terr Hellen (Netherlands), invited participants to experience the methodology based

on deep ecology that has been used in the *Re-Connecting laboratories*, spaces that invite transformation through connection with other human beings and nature. The methodology, designed by themselves, has been used with people affected by the process of dehumanization experienced throughout the Colombian armed conflict; and accompanied the work of clarifying the truth for the coexistence and non-repetition of the CTC.

Later that day, human geographer Elisabeth Langdal (Norway) and psychologist Sofía Colorado Valencia (Colombia) presented the manual developed by the initiative (MHHRI for its acronym in English) for addressing *mental health in situations of gender-based violence* (GBV). This manual seeks to assist people who provide psychosocial help and support to GBV survivors in the context of disasters, conflicts or emergencies. Likewise, the manual contributes to the existing material on the subject, emphasizing the effects that this type of violence has on mental health; and giving it a Human Rights perspective. The idea is that the assistance staff, through experiential exercises, can relate to their own reactions to traumatic situations and their coping strategies, to be increasingly sensitive to the trauma related to GBV. The goal is to support survivors to take charge of their own lives.

In a separate session, the experts presented a *handbook for those who offer help to children and men victims of sexual violence in war, conflict and migration contexts*. Although of great prevalence and importance, there is a need to raise awareness of its existence among care personnel working with boys and men in educational settings, health institutions and workplaces. The aim of the manual is to provide information on the effects of GBV on mental health and how to use it when it comes to male survivors, including the LGBTQI+ population and other vulnerable populations. Through five stories based on real cases of therapists and patients, the manual is designed to identify and understand reactions to experienced trauma and how to manage the immediate and long-term responses that children, men and LGBTQI+ people victims of sexual violence.

Finally, *El Juego*, a multidisciplinary and international community based in Antioquia (Colombia), generated a collective experience applying the methods they have developed from their own experiences, and inspired by scientific knowledge and ancestral traditions, in order to change the internal structures that prevent us from living fully. Challenging and transforming these structures leads to processes of personal transformation and conflict resolution at the individual and collective levels. *El Juego* proposes to take advantage of conflicts as bridges to new forms of relationship to experience healing as a constant and collective process.

Conference (November 23-25, 2022)



The conference was formally opened by Johanna Burbano, Dean of the Faculty of Psychology of the PUJ; Dag Nagoda, Minister Counsellor of the Norwegian Embassy in Colombia, and Father Francisco de Roux, former president of the CTC. All speakers highlighted the need for generating spaces for debate, considering the Colombian context so deeply affected by its long internal war.

After the opening, two thematic sessions were held simultaneously, one on post-conflict reconciliation, reconstruction and resocialization; and the other on post-traumatic treatment approaches for victims of human rights abuse.



In the first session, Ruth Wells, senior researcher at UNSW (Australia), Shaun Nemorin, psychotherapist and ISHHR council member (Australia), and other associate presenters shared their experience on developing inclusive and participative mental health assessments and interventions with Rohingya refugees from Myanmar in Bangladesh. The speakers reflected on physical activity as a tool for psychosocial intervention and its advantages, given its low-cost intervention and effectiveness in addressing mental health problems and treating noncommunicable diseases. After consulting with the community about their needs and mental health care, it turned out that physical activity is considered as a bio-psychosocial strategy to alleviate distress, according to the refugees themselves.

However, resources and support were limited for research development, plus cultural barriers, particularly for women.

In addition, psychologist Gülşah Kurt (Turkey) presented the *Model of Patient Experience Reporting Measures* (PREMs) with displaced people in Bangladesh. This method consists of systematizing the personal experiences of users of health services robustly. In contrast to satisfaction surveys, PREMs can capture aspects of users' experience that improve the quality of care, patient satisfaction and clinical effectiveness. These types of methodologies allow clear suggestions to be made to health providers.

Finally, Ariel Zárate, psychologist (United States), and the Rohingya advisors Habib Ullah, Imran Mohamed and Yeasmin Aktar, talked about social equity variables in the analysis of mental health work. Moreover, they discussed the barriers to refugees' meaningful participation in Bangladesh and reflected on the dual role (as providers and consumers) that Rohingya refugees play in mental health services. The presentation highlighted the need to ensure that refugees are heard and their opinions considered in service delivery.

In the second thematic session, the presenters spoke about their project *Caring for Carers (C4C)*, an online clinical monitoring programme on the well-being of health service providers to improve the quality of services provided. This programme is delivered to Mental Health and Psychosocial Support Professionals (MHPSS) working with Syrian refugees in Syria and Turkey and Rohingya refugees in Bangladesh, considering that current MHPSS programmes do not include supervision as part of professional support and development.

Ruth Wells addressed the quantitative and qualitative design of the study, while psychologist Scarlett Wong (Australia) presented the qualitative analysis of video data from a C4C pilot program, taking into account cross-cultural variables. Although psychosocial Problem Management (PM+) interventions have been designed to fast train care professionals, there is little supervision by experienced professionals to support MHPSS workers. The study was conducted by Australian psychologists who met regularly to facilitate online group supervision with MHPSS workers in Syria, Turkey and Bangladesh between 2019 and 2021.

The pilot program was useful to develop the C4C Program in 2021, and the results of the analysis suggest that it is necessary to have a trauma-informed approach that:

- ensures that supervision offers a safe space, and
- requires cultural humility, knowledge of cultural orientation and learning styles of supervised professionals; that is, culturally sensitive supervisory practices and behaviour.

Additionally, Sabiha Jahan, psychologist (Bangladesh), presented the findings of focus groups conducted with professionals from the Rohingya community (Bangladesh), supervisors, managers of humanitarian organizations and local experts to identify needs and opportunities to improve support for professionals in the field. Some mental health problems identified were excessive worry, sleep disorders and anger

problems. Regarding the perception of mental health and psychosocial support services, they found different points of view that depended on gender and the recipient of the service, among other factors. The results have the potential to contribute to developing more appropriate programmes for the Rohingya community and for the supervision of mental health and psychosocial support personnel.

Finally, psychologist Salah Lekkeh (Syria) presented the results of similar focus groups conducted in northwestern Syria and Turkey. This is important considering that mental health services and psychosocial support interventions in low- and middle-income countries are still considered irrelevant, recreational and non-vital. However, joint efforts between Syrian and Australian professionals have been developed to provide training and supervision from 2017 to 2021. C4C supervision style was designed to integrate concepts in a multicultural environment and generate an atmosphere of respect among professionals, regardless of their degree of specialty, language or current position.



On the other hand, the session held simultaneously in a different room was conducted by the physiotherapists Olga Montoya Hurtado (Colombia) and Gloria Isabel Bermúdez (Colombia). They presented the paper *"Pain And Body Awareness During A Program Of Body Approaches In Victims Of The Armed Conflict"*, a study that documented the changes presented in chronic pain and body awareness in victims of the armed conflict in Colombia. This research, funded by the Colombian Association of Physiotherapy (ASCOFI), the

International Organization for Migration (IOM) and USAID, emerged from the Institutional Strengthening Program for Victims. This program sought to strengthen low-complexity rehabilitation in municipalities with a long history of violence in the country, where physiotherapeutic interventions have been carried out to improve the quality of life of the population.

It was observed that chronic pain behavior and body awareness changed positively in the people who participated in the program during the research process. This may suggest that alterations in body perception and presence of chronic pain can be improved by working body awareness and proprioception through breathing techniques and narrative and body mapping exercises. Moreover, the physiotherapist Dilia Abdala Jimenez (Colombia) ran the workshop *Memory And Life Through The Meaning Of Movement and Body*, in which the session attendees recreated some of the activities used in the research study.

Later in the afternoon, psychologist Laura Colmenares (Colombia) explained the psycho-legal and human rights thematic axis that targets women searching for justice and reparation in Colombia, particularly those facing multiple obstacles in peripheral territories of the country. Laura reflected on strategic litigation as an alternative to represent women in cases of gender-based violence within ordinary and transitional justice. This strategy is led by a lawyer and a psychologist, seeking a comprehensive response to the violence experienced by women.

Simultaneously, psychologist Héctor Aristizabal (Colombia) and Helena Terr Ellen (Netherlands), facilitator of *"Work That Re-connects"*, carried out a workshop based on deep ecology methodology, which has been used in the *Re-Connecting Laboratories*. These spaces promote transformation through the connection with other human beings and nature. The methodology designed by the presenters has been used with people affected by the process of dehumanization experienced throughout the Colombian armed conflict and accompanied the Uncovering the Truth For Coexisting And Non-Repetition work from the CTC.

November 24



On the second day of the Conference, Dr. David Danto, Dean of Health and Community Studies at MacEwan University (Canada), presented his research entitled *Partnership, Indigenous Knowledge and Mental Health: A Global Perspective*, addressing mental health in indigenous peoples in America, Asia, Africa and Oceania. This work allowed the exchange of knowledge, perspectives and methods for research and delivery of mental health services in these communities, given the impact of marginalization, rapid cultural change, and absorption in a global economy with little consideration of their needs or autonomy.

The presenter explained the relationship between these socioeconomic issues and the high rates of depression, substance abuse, suicide and violence in many indigenous communities, especially among young people. The research concluded that even under this scenario, indigenous knowledge, tradition and practice have been and continue to be fundamental for the well-being, resilience processes and mental health of these populations.



On the other hand, Chiara Redaelli, professor of law (Italy), presented her research on the effects of the protracted refugee crisis, affecting refugee well-being and livelihoods. This work demonstrates the need to recognize refugees' right to self-determination in refugee camps. The case study with Rohingya refugees in Bangladesh resulted in the need for international actors running the camps to grant them the right to self-determination. Unfortunately, these refugees have not been accepted as citizens and have not been recognised as a nation or able to establish their own government,

so they cannot exercise their right to self-determination with international agencies and governments that manage camps.

Numerous studies demonstrated that the lack of possibilities to reach economic, social and cultural development has a negative impact on the mental health and general well-being of Rohingya refugees. Recognizing their right to self-determination would mean enabling them to play a central role in their development as a group and thus improving their overall conditions.

Subsequently, Giulia Bosi, PhD candidate in International Law (Italy), Mariagrazia Alabrese, Associate Professor of Agri-food Law, and Claudia Schettini, Food Engineer, presented their research *Food Insecurity and Eating Disorder Insurgency: A Legal and Political Assessment*. The researchers challenged the medical literature that associates eating disorders with the stereotype of western, white, affluent girls and women, called the SWAG stereotype. Their findings are consistent with other studies showing the link between food insecurity and eating disorders, demonstrating that people from poor and marginalized communities are also likely to suffer from such disorders.

The researchers explored how the Food Security Policy Framework and International Human Rights Law addressed increasing eating disorders associated with food insecurity. The analysis showed that the Food Security Policy Framework Developed by FAO had not taken into account eating disorders nor the relationship between food insecurity and eating disorders from a human rights perspective. The study highlighted the need to recognize that disadvantaged groups can suffer from these pathologies, and the UN Human Rights system needs to align with the most recent scientific literature.

Judge Hanne Sophie Greve (Norway) then presented her work *The Rule of Law: The Alternative to Violence and Injustice*, in which she emphasizes the importance of law enforcement for Human Rights protection.

Then, Professor Irene Giovanni Aguilar (Colombia) from the PUJ presented her research *Clinical Supervision of Psychological Care In Cases of Domestic Violence: Contributions for ensuring the Right to Health and the Eradication of Violence*. It analyzes significant experiences in supervising clinical psychologists working with domestic violence cases. The study aimed to produce knowledge from practice to improve clinical psychologists' training and develop therapeutic accompaniment processes that contribute to preventing, mitigating and overcoming domestic violence.

Some issues were related to the emotional demand of working in this field and the difficulty in identifying particular supervision demands. It also identified the need to train supervisors in pedagogical supervision strategies, legal aspects of cases, support routes and referrals, and specific support for cases of violence against women, children and adolescents, and other vulnerable populations.



Finally, the psychologist Claudia Victoria Girón Ortiz (Colombia) presented her work in *Pedagogy of Memory In The Key Of Re: Recover, Resignify, Reconstruct*, through the project *Sewing Kilometers of Life and Memory*, a collaborative work performed by social leaders, youth, seniors, artists, teachers, students and victims in Bogota and remote areas affected by the conflict, such as Catatumbo, North Santander State.

Although this initiative began by bringing together families of victims of extrajudicial executions in Soacha, it later welcomed other organisations for victims of the conflict, students, school and University teachers to promote the individual and collective elaboration of narratives through weaving, embroidery and sewing. This work has contributed to uncovering acts of violence while denouncing and mobilizing people and institutions around cases of impunity from Colombia's past. The program is aligned with reparation and social mobilization through art.

In the second thematic session, anthropologist Paula Ramírez (Colombia) shared the findings and reflections of her work on *Trauma-Sensitive Mindfulness And Restorative Practices For First Responders In Humanitarian Settings*, part of qualitative research in 7 countries (Bangladesh, Colombia, Ecuador, Iraq, Myanmar, Nigeria and Yemen) led by Dr Grace McKeon and Professor Simon Rosenbaum, from School of Clinical Medicine of the University of New South Wales (UNSW). It is an online restorative practice and mindfulness programme that recognises the high risk of experiencing physical and mental health problems, burnout and psychological distress experienced by first responders in humanitarian and conflict settings, particularly in gender-based violence. Although connectivity was one of the obstacles of the research, participants reported the positive impact that the implemented strategies had on their mental and physical health, and on team cohesion.

Physiotherapist Olga Montoya Hurtado (Colombia) shared the results of the research *On Corporeality and Motor Learning in Victims of the Armed Conflict*, carried out with the support of ASCOFI, IOM and USAID in the municipalities of Vigía del Fuerte and Bojayá, Colombia. The study proposed a different understanding of the body through exercises of body awareness, conscious perception, narratives and body cartographies. This approach considers the body as the materialization of the self in the world, allowing

expression through communication and movement. Participants recognized the importance of listening to the body, its history and its pains as a form of healing.



The next session was conducted by Georgina Lewis, PhD candidate from the University of Exeter (UK), who shared the findings of her project *Vio-lense: A Model for Understanding How Violence and Senses Relate during Refugee Journeys in Europe, and How This in Turn Can Foster Collective Healing*. This ongoing PhD project explores the role of senses in violence committed towards refugees and asylum seekers in Europe. Lewis developed a sensory "map" of the violence depicted in Europe and argued that understanding how excess stimulation and deprivation of senses cause trauma is essential to fully understand the violence exerted towards refugees and asylum seekers. It proposes to include them as

part of the trauma recovery model, developing collective healing mechanisms and, more widely, defining and understanding violence.

Later, psychotherapists Ana María Osorio (Peru) and María Begoña Subaría (Peru), from the Center for Psychosocial Care of Peru (CAPS) presented their work *Surviving Gender Violence: Weaving New Ties*, developed in agreement with UNHCR. It consists of a series of reflections from the therapeutic process with a young woman and a family who migrated from Venezuela to Peru, who were victims of gender violence. The project is based on Relational Psychoanalysis, which states that meaningful encounters with others lead to new forms of relationship, generating spaces of production of subjectivity by "effect of presence" (Berenstein, *et al*, 1997; Puget, 2013). This work highlights therapeutic listening and a reflection on what is woven [in the mind], violence endured by victims, intersectionality and the vulnerabilities that cross their existence.

Then, the clinical psychologist Håkon Stenmark (Norway) from the Competence Centre for Violence, Traumatic Stress and Suicide Prevention (RVTS Midt) presented his work on the *Challenges of LGBT Asylum Seekers and Refugees in Western countries*. The situation of lesbian, gay, bisexual and transgender asylum seekers and refugees has received little attention. In recent years, a higher percentage have applied for asylum or arrived as refugees due to persecution because of their sexual orientation. Stenmark concludes that LGBTIQ+ refugees face particular challenges when arriving in Western countries, in their relationship with other refugees and with the local population and authorities.

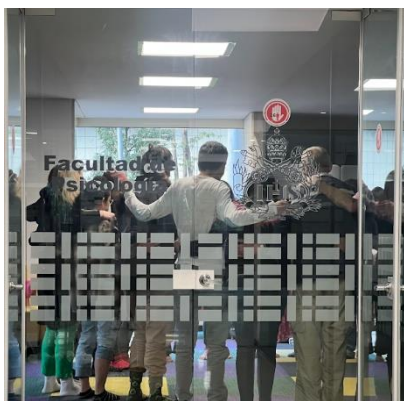
Subsequently, psychologist Anders Lundesgaard (Norway) of RVTS Nord, presented his work *Therapy Stories: Religion, Spirituality and Rituals in the Treatment of Trauma and Grief*. He argued that at all times, human beings have resorted to religion, spirituality and rituals to cope with suffering. The search for meaning in the face of suffering is universal. All religious narratives seek to bring comfort and convey a sense of meaning to their believers. After trauma, a spiritual search for comfort and meaning can foster resilience and growth. For some, shame and exclusion based on cultural and religious beliefs may be at the very core of their problems. For others, a collective identity based on religion can fuel resentment on behalf of the oppressed.

Lundesgaard says it is essential to consider religious and spiritual orientations when working with refugees from a broad spectrum of cultural backgrounds. Through his work, the speaker advocated for professional respect and curiosity about a person's unique experience and attitude towards spirituality and religion, especially during grief and healing, as they tend to evoke personal and cultural values. Therapy stories of clients from different cultural backgrounds were presented to show the need for adapting therapy to a

common search for meaning, which at the same time, strengthens the intimacy and trust between therapist and patient.

Finally, one of the closing sessions was conducted by sociologist Gwyn Overland (Norway), CEO of ISHHR, who presented her research *Overcoming Potentially Traumatic Events, A Role for Culture, Religion and Values*. This work is based on her doctoral research, in which Overland found some critical elements for the successful survival of refugees who had survived wars, recovered, and moved on. The findings contribute to the understanding of resilience, defined as the ability to overcome misfortune or change, and to the psychosocial rehabilitation of survivors of war crimes and other traumatic events.

One of the findings about resilience is its foundations in pre-religious moral teaching inherited from parents in early childhood, perhaps universal moral values. However, while psychosocial guidelines for accessing patients' cultural backgrounds are available, health and social workers often fail to access the cultural explanatory models used by survivors to build personal and group resilience. Therefore, project proposals are incorporated into a cultural resilience interview scheme for use by health and social workers who wish to conduct resilience work with war survivors.



Simultaneously in another auditorium, the community *El Juego*, invited participants to join the activities and experience the methods they developed from their own experiences, inspired by scientific knowledge and ancestral traditions. They aimed to change internal structures that prevent us from living fully. *El Juego* methodologies challenge these structures leading to personal transformation and conflict resolution at the individual and collective levels. *El Juego* proposes to take advantage of conflicts as bridges to new forms of relationship and experience healing as a constant and collective process.

November 25

The Psychologist Carmen Wurst (Peru) presented her work *Diagnosis of Mental Health of the Refugee and Migrant Population* in Peru. This research was conducted with Janet Aliaga, Ayda Rodrigo, and Carlos Jibaja from the Center for Psychosocial Care (CAPS) in Peru. The authors explained how they identified the mental health situation, psychosocial needs and support strategies in women, men, migrant children and adolescents in Peru.

The Conference concluded with the session conducted by Dr Claudia Botero-Garcia (Colombia) from the Pontificia Universidad Javeriana, and she shared the results of *Sexual Violence, Trauma and Violent Sociopolitical Contexts*, which she conducted with Daniela Rocha, María Rodríguez and Ana María Rozo. The research aimed to identify trends, approaches and disciplinary demands of psychological trauma due to sexual violence in contexts of socio-political violence. Reports from victims included high levels of avoidance, re-experience, guilt, shame and sadness, as well as social, affective and family ruptures related to the experience of this type of violence. It was concluded that the characteristics of the traumatic event and its contextual consequences define the development of trauma. They also found multiple risk factors in the context of war, which worsened the psychological effects of the traumatic event. In addition, there is a limited body of research on the relationship between sexual violence, trauma, and socio-political violence, so the researchers highlighted the need for more studies to promote interventions and advocate for victims at political and social levels.

III. Conclusions



The ISHHR Conference left valuable reflections and practical tools to continue working for healing, reconciliation and non-repetition of violence in the host country, where government actions and state organizations focus on aspects such as land tenure, overcoming poverty, the fight against drug trafficking and establishing opportunities for ex-combatants. In this context, the lessons and challenges left from multiple experiences worldwide include extensive work to support individual and collective mental health.

The conference highlighted the need to restore the relationship between humanity and nature, where methodologies such as *Re-conectando* and *El Juego* appear innovative, practical, and transformative. They use elements *in situ* to build relationship restoration and reconciliation gradually. Both methodologies are conducted in Colombia by local and foreign teaming up to address collective healing through arts and ancestral knowledge. Both proposals emphasized the need for greater dissemination and implementation. Since the Colombian Truth Commission (CTC) concluded its operations, the institutions created under the Final Agreement must continue with the CTC legacy. A clear contribution to the human rights situation in Colombia relies on national and international organizations favouring approaches that integrate Mother Earth into healing processes within the post-conflict within the conflict.

The second significant contribution of the Conference to the situation of Human Rights in Colombia is the very fact of putting mental health within the Colombian context instead of using standardized programs.

In line with the above, the Conference brought specificity to the conversation on mental health with national and international case studies, which were addressed from two dimensions: 1. people directly affected by the armed conflict, and 2. people currently dealing with processes of justice, truth and reconciliation (victims, support workers, law, etc.).

An additional contribution has to do with gender-based violence and the different considerations that would be worth implementing as part of the lessons learned from the experiences of other countries. In particular, it is of the utmost importance to include in the analyses, strategies and support methodologies of boys and men in general and within the armed conflict. Despite the current efforts and initiatives to change the meaning of masculinities stereotypes built around war, there is still an enormous challenge to support this population for reconciliation and non-repetition.

Likewise, it is essential to understand the consideration of mental health as a central issue for comprehensive support for victims in the country requires multidisciplinary approaches and victims' active participation as agents capable of exercising their rights.

Finally, the Conference pointed out actions to approach mental health within socio-political conflict. Thus, it is essential to integrate approaches that account for the effects on mental health in ethnic communities such as indigenous and Afro-Colombians, respecting their culture and understanding their traditions as an integral part of their individual and collective healing.

"There is a future if there is truth" is the phrase at the heart of the Final Report of the Colombian Truth Commission (CTC). Truth can put an end not only to the insurgent and counterinsurgency war of more than six decades that Colombia lived, but also to the social, economic and cultural conditions that are the roots of the conflict. "But neither peace nor truth is easy," says the report, since the multiplicity of historical truths reveals a complex network of relationships, interests and responsibilities that need to be welcomed, reflected on and healed, as well as judicialized through either the Specialized Jurisdiction for Peace (JEP) or the ordinary justice.

The ISHR Conference, presenters, allied organizations, and participants joined in an open conversation about truth, coexistence and non-repetition of violence in Colombia by opening spaces for discussion, knowledge diffusion, and the provision of tools to achieve these ends.



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[5] For more information see <https://www.comisiondelaverdad.co/impactos-afrontamientos-y-resistencias/la-naturaleza-herida-por-la-violencia>

[6] For more information see <https://www.youtube.com/watch?v=SmTV1qfw9KU> and <https://www.youtube.com/watch?v=J-v5uhwci8s> Retrieved January 28 2023.