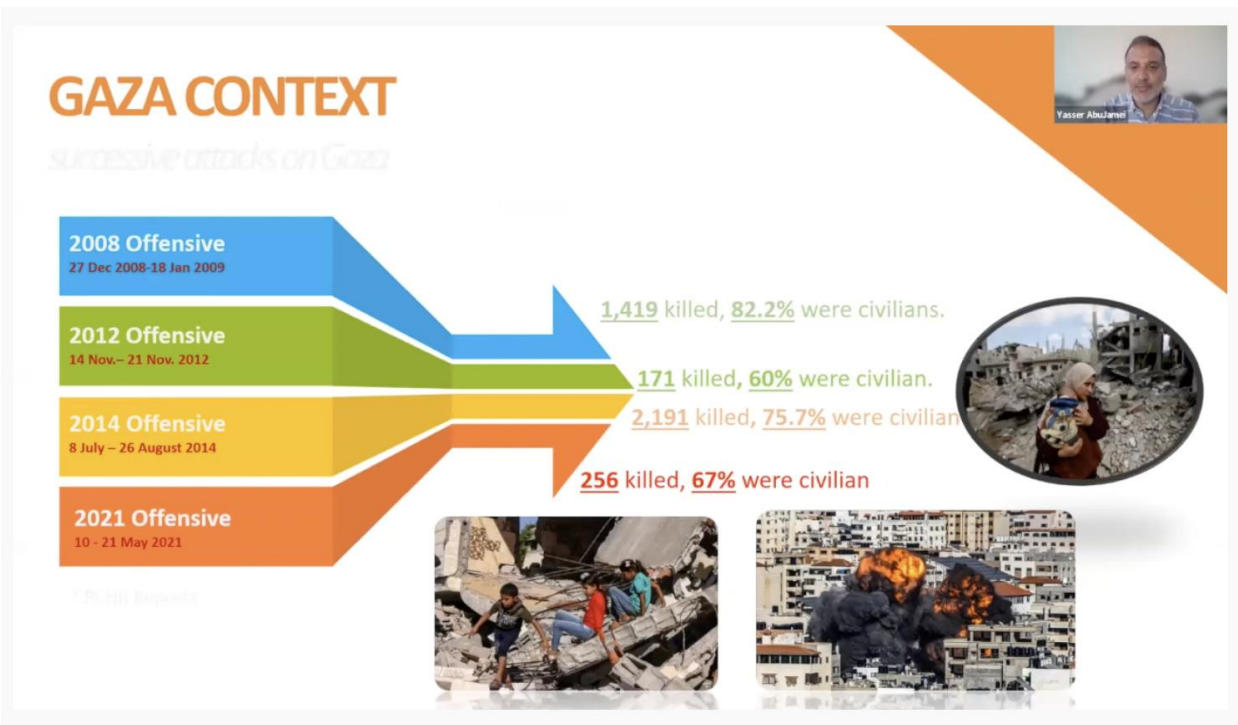


PallCHASE Webinar #6: War and Conflict - Trauma Informed Care
By Julia Marshall and Megan Doherty

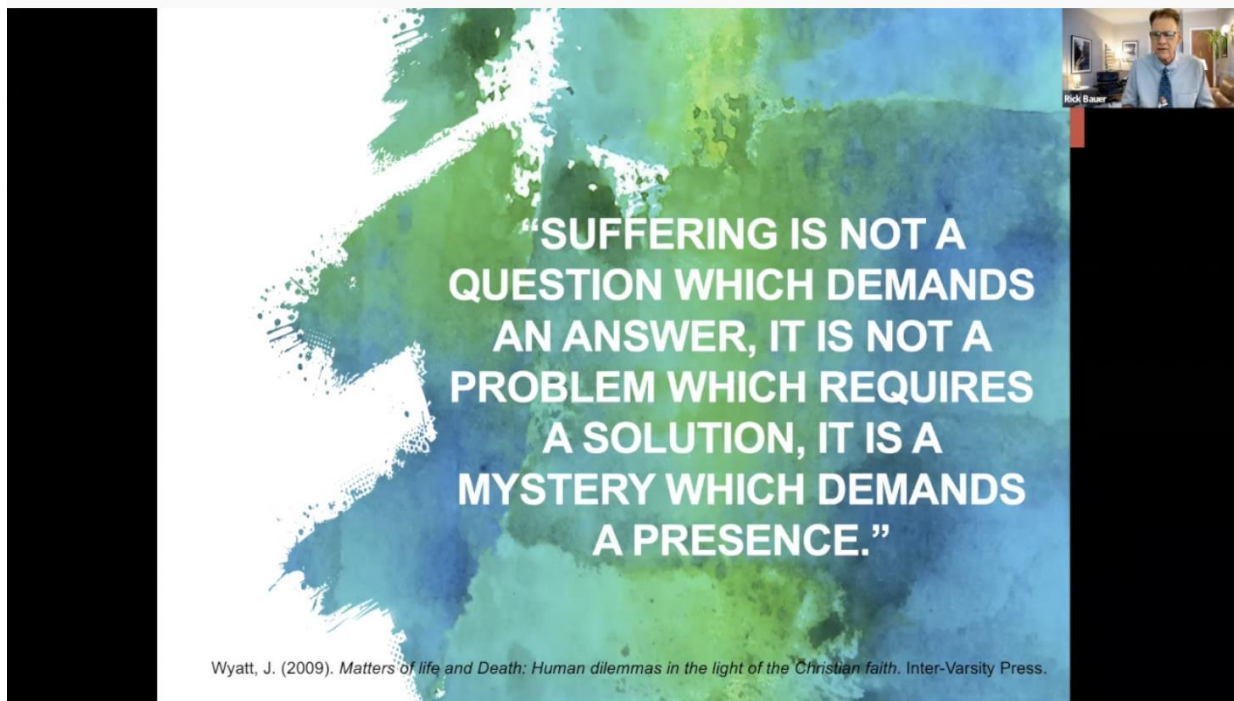
Recently, PallCHASE hosted a webinar on providing trauma-informed care during war and conflict situations.

Dr. Yasser Abu Jamei, the Director of Gaza's Community Mental Health Services first spoke about the use of the biopsychosocial model to understand the mental health of those living within the Gaza strip under the blockade. The psychological impact of the blockade has caused trauma for both children and caregivers as there are high levels of anxiety associated with the lack of safety and security. An important point that Dr. Jamei brought up was the importance of stress management for caregivers and professionals. Dr. Jamei stated; "you cannot help others if you are feeling paralyzed or overwhelmed yourself".



Dr. Jamei was followed by Father Rick Bauer who discussed spiritual care. Fr Bauer explained that in palliative care we look for spiritual distress which would affect one's connection with life. Fr. Bauer stated, "suffering is not a question that demands an answer, it is a mystery which demands a presence". Spiritual palliative care can mean faith support, but it is not limited to this. Spiritual support may also involve exploring spiritual resources of strength and making connections between spirituality and coping, such as a person's meaning, purpose, and connectedness to life. In disasters, spiritual care is integral to the recovery process to help

relieve deep suffering.



After the speakers, several panellists reflected on the themes that they had raised. Anne Kelemen, a social worker at MedStar in Washington DC, shared a quote that inspired the group; “Helping, fixing, and serving represent three different ways of seeing life. When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole. Fixing and helping may be the work of the ego, and service is the work of the soul.” Mariya Vynnetska a psychologist at The Soul Centre in Ukraine went on to share her own experiences as a service provider in Ukraine. She shared some stress management strategies and how the companionship and the support of individuals in other countries has given her the resources and power to continue working during such a trying time. Christina Puchalski shared that spiritual palliative care demands compassionate presence which is the stillness and space we create for people to share their own voice, acknowledging that sometimes the best thing we can do is be present and listen. PallCHASE’s next webinar will be on October 19, 2022, focused on palliative care in war and conflict. You can register here for the webinar, depending on your preferred date and time: [Oct 19 at 3pm UK](#) or [Oct 20 at 8am UK](#).