

# The Psychological traumatic complications after the Arab spring.

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- My mission in Turkey.
- My mission in Libya
- Conclusion & Recommendations

# Our Mission to Turkey

- assessment and treatment for 250 patients during our mission from the 4th-11th June 2012.
- I assessed/treated 100 patients during my mission, 57 of them were suffering from either full diagnosis of PTSD or having some features of PTSD mainly nightmares and flashbacks.







- The Psychiatric diagnoses :
- PTSD with or without depressive episode.
- Depressive episode with no PTSD.
- Schizophrenia
- Bed wetting among children and even teenagers

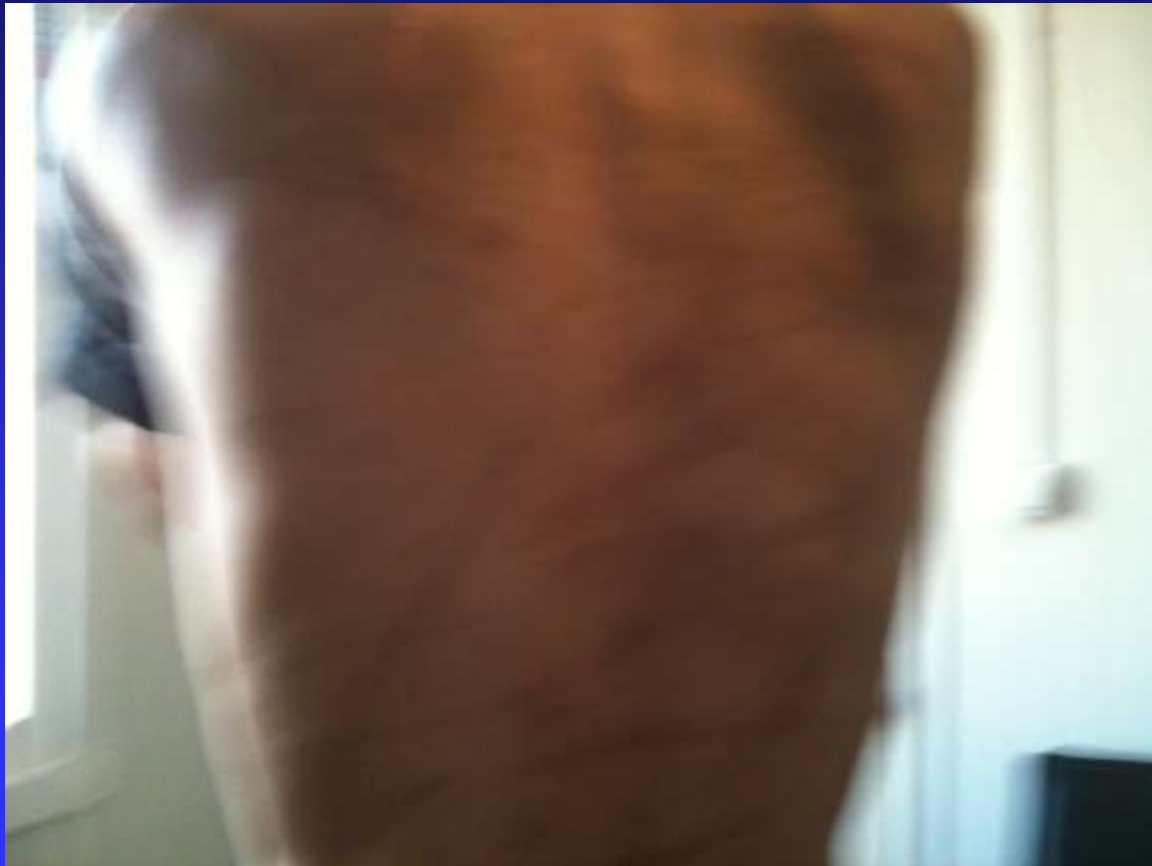
- EMDR was utilized for PTSD conditions as well as other conditions including morbid jealousy, sexual difficulties, chronic pain, obsessive compulsive disorder and marriage disharmony/problems.



EMDR in the car ??????!!!!!!!!!!!!







# Syrian Children In need.

- ◆ It has been estimates that around 50-60% of the refugees in the camps are children under the age of 16.
- ◆ It has reported by the teachers at that school that the majority of children there have failed to engage fully with the teaching process.
- ◆ E.g. at the drawing lesson only one child out of many was able to draw a well recognized “ flower” while the rest of the children drew meaningless shapes.
- ◆ This could be interpreted that the children have been affected badly by war/revolution situation back in Syria and they have become disturbed/unstable emotionally.



# My mission to Libya

Misrata ,Libya from 8<sup>th</sup> of April till 17<sup>th</sup> April 2012

- 24 patients with PTSD
- 12 of them were freedom fighters (Thowar),
- 4/24 patients who are suffering from PTSD were children sixteen years old and under.
- 10/24 patients of PTSD suffer from depressive illness as well as PTSD.
- 23/24 patients with PTSD have PTSD related/caused by the war.
- One patient has PTSD following an incident of rape. Not related/caused by the war situation.
- I have not seen any patient with PTSD following rape by Gadaffi troops/ soldiers.
- 12/24 patients with PTSD were freedom fighters.
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- Within the rebellious group (12), 9 made good recovery/improvements and 3 were resistant to treatment (blockers),
- 10/24 patients were commenced on anti-depressants medication due to have well established depressive episodes.
- 11/12 patients, (non rebellious group) were responsive to EMDR effectively with significant improvements/recovery.

# The freedom fighters/ rebellious group

- The presentations of the freedom fighters/ rebellious group include:
- Severe temper tantrums/ anger outburst towards colleagues/ family members/ prisoners who are under their control.
- Alcohol and drug abuse includes painkillers (Morphine and cannabis).
- Changes in their personality following the war as they become intolerant or isolating themselves, being tearful and irritable.
- Lack of sleep and reverse sleep patterns, i.e., they would sleep during the day time and remain awake most of the night.
- They have also presented with frustration about the situation and feeling of being unsupported by their leaders.



# Education/Training/ Workshop

- organising full day training for psychiatrists/ psychologists/ social workers from Misrata ,Benghazi and Tripoli on Friday 13<sup>th</sup> April 2012.
- The workshop was for; post traumatic stress disorder, EMDR and PTSD, the management of autistic spectrum disorder.



# The Therapist's Trauma

- Overwhelming
- Stressful/emotional draining
- Depressive episode
- PTSD features
- Supervision/support
- Group/individual missions.
- Skype Supervision

# Conclusion

- **This missions is a clear indication to us how psychiatrists with very little recourses and short periods can make significant impact into people suffering.**
- **EMDR can be effective /ideal treatment for these groups within difficult environment.**

# Recommendations

- Further missions and follow up are needed to re-evaluate the results/outcome.
- If circumstances allow ,more systemic /structured assessments e.g. *SCID Structured Clinical Interview for DSM Disorders* could be utilized.
- Syrian Children need further input by professionals (psychiatrists, psychologist and social workers) who have experiences in dealing with traumatized children.

# Recommendations continue

- The freedom fighters/ rebellious group need special attentions to avoid more serious consequences/complications.
- There are a lot of Education/Training needs which therapists can provide.
- Financial supports are required urgently to help these groups.