



Art Therapy in the Management of PTSD Amongst Sudanese Refugees in East African Camps, Egypt

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Abstract

Post-traumatic stress disorder (PTSD) is a prevalent mental health condition among Sudanese refugees in East African camps in Egypt. Art therapy has been explored as an adjunctive treatment for PTSD, offering potential benefits such as emotional expression and stress reduction. This study employed semi-structured interviews and thematic analysis to explore participants' experiences with art therapy for PTSD. Interviews were conducted by trained psychologists who adhered to ethical guidelines. Participants reported significant reductions in anxiety levels after engaging in art therapy sessions, with themes emerging around the therapeutic benefits of creative expression and social support from peers within the camp setting. Art therapy appears effective as a complementary treatment for PTSD among Sudanese refugees. The qualitative nature of this study highlights the importance of individualized approaches informed by participant experiences. Further research should aim to validate these findings through quantitative methods and explore potential integration into standard care protocols in refugee camps.

Keywords: *Geographical, Refugee Studies, Cultural Psychology, Phenomenology, Interpretative Phenomenological Analysis, Artistic Expression Therapy, Qualitative Research Methodology*

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