



# Challenges and Opportunities in Psychological Practice During Post-Conflict Eras in Mauritius: A Mixed-Methods Inquiry

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## Abstract

Post-conflict periods in African states often present unique psychological challenges due to trauma, social disruption, and economic instability. A mixed-methods approach combining qualitative interviews with quantitative surveys to comprehensively assess psychological practice needs and challenges. Qualitative data revealed recurring themes of survivor's guilt and community trauma affecting therapeutic efficacy, while quantitative results indicated a significant proportion (45%) of clients seeking help for mental health issues post-conflict. The study highlights the necessity for tailored psychological interventions in post-conflict settings and underscores the importance of ongoing support systems. Recommendation to develop culturally sensitive training programmes and integrate community-based care into psychological practice frameworks. Post-Conflict, Psychological Practice, Mauritius, Mixed-Methods Study

**Keywords:** *African, conflict, qualitative, quantitative, community, intervention, resilience*

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