



Community-Based Interventions in Trauma and Resilience: A Critical Review of Northern Uganda's Experiences

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Published: 24 September 2005 | **Received:** 30 July 2005 | **Accepted:** 07 September 2005

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DOI: [10.5281/zenodo.18808474](https://doi.org/10.5281/zenodo.18808474)

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Abstract

Community-based interventions have become a significant approach in addressing trauma and promoting resilience among vulnerable populations, particularly children affected by conflict. The study synthesizes existing literature from multiple sources including published reports, academic journals, and NGO communications to evaluate the efficacy of these interventions. A key finding is that community-based programmes incorporating traditional healing practices saw a significant improvement in children's mental health outcomes, with over 60% reporting reduced symptoms of post-traumatic stress disorder (PTSD). The reviewed interventions highlight the importance of integrating local cultural elements into trauma response strategies to enhance their effectiveness. Future research should prioritise longitudinal studies and comparative evaluations to further validate these findings, while practitioners should consider culturally sensitive implementation models.

Keywords: *African Geography, Community Interventions, Post-Traumatic Stress Disorder, Resilience Theory, Child Psychology, Developmental Trauma Model, Psychoeducation Programmes*

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