



Challenges and Opportunities in Post-Conflict Psychology within African States: A Ugandan Perspective

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Abstract

Post-conflict settings in Africa present unique psychological challenges due to trauma, social disruption, and structural inequalities. A qualitative research approach using semi-structured interviews with psychologists and community leaders to gather insights into current practices and future directions. Interviews revealed a significant need for culturally tailored interventions addressing intergenerational trauma in the population, with 75% of participants emphasising the importance of culturally sensitive approaches. Ugandan psychology faces both daunting challenges and promising opportunities, particularly in integrating traditional healing practices into modern therapeutic frameworks to enhance community wellbeing. Recommendation for incorporating indigenous knowledge systems alongside Western psychological methods to improve service delivery and address cultural specificity issues.

Keywords: *Africanization, Conflict Resolution, Post-Trauma, Structural Violence, Psychotherapy, Community Psychology, Ethnography*

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