



Community Dynamics in Trauma Recovery: Insights from Northern Uganda

Kizza Muteesa¹, Namugenyi Nabiyankina^{2,3}

¹ Department of Interdisciplinary Studies, Makerere University, Kampala

² Kampala International University (KIU)

³ Department of Research, Makerere University, Kampala

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Correspondence: kmuteesa@outlook.com

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Author notes

Kizza Muteesa is affiliated with Department of Interdisciplinary Studies, Makerere University, Kampala and focuses on Psychology research in Africa.

Namugenyi Nabiyankina is affiliated with Kampala International University (KIU) and focuses on Psychology research in Africa.

Abstract

Community-based interventions have been pivotal in addressing trauma recovery among populations affected by conflict and displacement. Northern Uganda is a region with a rich history of such challenges, making it an ideal setting for exploring effective community dynamics in trauma recovery. The research employs a triangulated approach combining semi-structured interviews with focus groups, utilising thematic analysis for data interpretation. Participants include representatives from various sectors including government agencies, non-governmental organizations (NGOs), and community-based initiatives. Key themes emerged around the importance of social support networks in sustaining recovery efforts, particularly among women and children who have been disproportionately affected by trauma. These groups often leverage intergenerational knowledge to navigate communal healing processes. Findings underscore the critical role of community engagement and solidarity in fostering resilience against trauma-induced distress, highlighting specific strategies that can be replicated for broader application across similar contexts. Policy recommendations include strengthening community-based initiatives by integrating local wisdom into interventions, promoting intergenerational dialogue to enhance mutual support structures, and advocating for sustainable funding mechanisms.

Keywords: *African geography, resilience theory, qualitative analysis, community psychology, trauma studies, qualitative methodology, cultural adaptation*

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