



# Challenges and Opportunities in Psychology Post-Conflict Settings in Zimbabwe

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## Abstract

Post-conflict Zimbabwe faces significant challenges in psychological recovery and development, including trauma from war and displacement. A qualitative approach using focus group discussions with local psychologists and community members to gather insights on current practices and future needs. Focus groups revealed a need for culturally tailored interventions addressing both physical and psychological trauma, particularly among female survivors of sexual violence. Psychologists in post-conflict Zimbabwe require training in cultural sensitivity and trauma-specific methodologies to effectively support affected populations. Training programmes should incorporate gender-responsive practices and emphasise community engagement in designing intervention strategies.

**Keywords:** *African conflict, trauma studies, qualitative research, community psychology, resilience theory, displacement effects, social reconstruction*

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