



Psychosocial Resilience in Post-Conflict Rwanda: An Ethnographic Exploration of Mental Health Support Systems

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Abstract

Rwanda has experienced significant trauma in its recent history due to the genocide of and subsequent conflicts. An ethnographic study involving participant observation and semi-structured interviews with local community members, service providers, and government officials. Community-led support groups provided essential social cohesion and psychological support, particularly for women affected by violence. Local mental health initiatives have significantly contributed to the resilience of post-conflict communities in Rwanda. Enhanced community engagement and integration of traditional healing practices into formal mental health services is recommended.

Keywords: *Postcolonial, Rwanda, Ethnicity, CulturalPsychology, CommunityHealth, Trauma, Resilience*

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