



Challenges and Opportunities in Psychological Support Following Conflict in Post-Ethiopian Transitional Societies

Tadesse Asfaw^{1,2}, Mulu Gebru²

¹ Haramaya University

² Mekelle University

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Correspondence: tasfaw@aol.com

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Author notes

Tadesse Asfaw is affiliated with Haramaya University and focuses on Psychology research in Africa.

Mulu Gebru is affiliated with Mekelle University and focuses on Psychology research in Africa.

Abstract

The Ethiopian transitional societies have experienced significant political upheaval, leading to complex psychological challenges for affected populations. A qualitative exploratory study involving interviews with psychologists, community leaders, and conflict survivors to understand current practices and gaps in psychological support provision. Findings indicate a significant need for culturally tailored interventions targeting trauma, resilience building, and socio-economic recovery among affected communities. Psychological services are essential but face challenges such as resource constraints and cultural sensitivity issues. Opportunities exist for integrating traditional healing practices into psychological support models. Develop culturally sensitive training programmes for psychologists and community workers to enhance their capacity in providing psychological support, incorporating traditional healing elements where appropriate.

Keywords: *Ethiopia, Conflict-affected, Psychotherapy, Resilience, Trauma, Transition, Qualitative*

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