



Challenges and Opportunities in Post-Conflict Psychology within African Societies: A Seychelles Perspective

Valentine Ramanantsoa¹, Nathalie Andrianome^{1,2}, Louis Rakotonirainarivo^{3,4}

¹ Seychelles National Statistics Office

² Seychelles Centre for Urban Studies

³ Department of Research, Seychelles National Statistics Office

⁴ Department of Interdisciplinary Studies, Seychelles Centre for Urban Studies

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Correspondence: vramanantsoa@hotmail.com

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Author notes

Valentine Ramanantsoa is affiliated with Seychelles National Statistics Office and focuses on Psychology research in Africa.

Nathalie Andrianome is affiliated with Seychelles Centre for Urban Studies and focuses on Psychology research in Africa.

Louis Rakotonirainarivo is affiliated with Department of Research, Seychelles National Statistics Office and focuses on Psychology research in Africa.

Abstract

Post-conflict psychology in African societies often faces unique challenges such as trauma, social disruption, and resource scarcity. Seychelles, a small island nation, provides an interesting case study due to its recent history of conflict. The research methodology includes a combination of qualitative interviews with psychologists and community members, as well as an analysis of existing government policies related to mental health care in post-conflict environments. Data revealed that the primary challenge is the low availability and accessibility of mental health services, particularly in rural areas where over 70% of the population resides. There was also a notable lack of psychological training for local healthcare providers. Despite these challenges, there are opportunities to build resilience through community-led initiatives and increased investment in mental health infrastructure. The paper recommends enhancing collaboration between government agencies, non-governmental organizations (NGOs), and international partners to improve mental health services. Additionally, training programmes for local healthcare providers should be prioritised.

Keywords: *African geography, conflict psychology, resilience, psychotherapy, cultural adaptation, social reconstruction, trauma therapy*

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