



Challenges and Opportunities in Post-Conflict Psychology within Tanzanian Societies

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Abstract

Post-conflict societies in Tanzania face unique psychological challenges as they recover from conflict-related trauma and societal disruption. This mixed methods study combines qualitative interviews with local psychologists and quantitative surveys among affected communities to assess psychological needs and service utilization. Community surveys revealed a significant proportion (45%) of respondents reported ongoing mental health issues post-conflict, highlighting the need for sustained support services. Current psychology services in Tanzania are fragmented and insufficient; there is a critical gap between identified needs and available resources. Policy recommendations include increased funding for psychological care, integration of local practices into mainstream therapy, and enhanced community education programmes.

Keywords: *Tanzania, Post-conflict, Qualitative, Quantitative, Mixed-methods, Community, Psychotherapy*

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