

The Practice Based over the Evidence in the Social Work and the Treatment of Post-Traumatic Stress Disorders (P.T.S.D)

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Abstract:

Title: The Practice Based over the Evidence in The Social Work and The Treatment of Post-Traumatic Stress Disorders (PTSD).

i. Textual Features

Today's world is gripped by rapid changes, natural disasters caused by severe weather, Earth quakes and Climate Change, human disasters of war, terrorist acts, increasing cases of assaults and violence toward people. This has led to an increase in refugee migrations to find safer places to live. As a result, a greater number of people on the move need help with Trauma Therapy. Rape, torture and violence are many of the daily stresses of refugee life. Many after the experiences of trauma on the road develop (PTSD). Known also as a Post Traumatic Stress Disorder (PTSD) is being found in refugee camps and relocated people. Some victims of PTSD recover with the help of family and friends, however, a vast group of victims need professional help to return to normal. Negative thoughts and delusional visions are part of the (PTSD) problems. Feelings of helplessness and fear are common among people running from war zones. The conflicts have women, children and elderly leaving their homes to find violence on the road as they try to find safe places. This has increased the need for help with (PTSD). The elderly need stability and security but support is not permanent. Rouvena Fong et al., argues that social work with intervention tactics based on conclusive evidence-based means to curtail PTSD cited among war victims. War victim aid programs continue to provide support with shelter, food and water, material aid is not enough for victims of (PTSD). Feelings of fear, isolation, sleeplessness, confusion are all needs for professional intervention for the victims. The present research need is in the development of Social Work professionals to use Evidence-based facts to treat refugees with (PTSD).

ii. Objectives

- a) Emphasize the importance of Evidence-based facts in Social work care for war victims and refugees.
- b) Professional intervention with Evidence-based facts to treat (PTSD).

iii. Research questions

What are the indications of a social work professional intervention program to treat (PTSD) among refugees from the evidence based idea?

iv. Methods

The present study is one of the basic research methods sometime called pure research. This line of research seeks basic information and answers to untested questions. Content analysis method is used by the research. The present study is one of the basic research methods. Sometimes called pure research this method seeks basic information to untested questions. Content analysis is method is used by the research.

v. Resource Sample

Resource sample is the scientific production covering books, papers and thesis studies on war victims and social work in this area. The duration covered by the study is from 2000 up till now.

vi. Theoretical patient designations

A number of elements constitute the foundation of present research:

- Indications
- Program
- Social work
- Professional intervention

1. War Victims

War victims are those affected as a group or alone to aggression on physical and mental wellbeing or of basic human rights. (Final declaration of the United Nations,1985 .In terms of quantity statisticians believe casualties must be 1000 plus in an armed conflict between nations to be a war scale aggression. (Navid C Sheikh casualties' census 2009). Intervention and social protection programs designed for war victims should target all ages stipulated under the world Humanitarian laws. Language barriers, along with social isolation add to the risks faced by refugees during disasters and wars.(team work ,2008) .Such programs play a key role in the provision of guidance, the transfer of culture, skills, and support of traditions . (Health & Society development department, 2000).

2. Refugee

The word refugee refers to a person living outside their country of origin. Leaving that country for fear of persecution based on race, religion, political ideology and personal beliefs .The refugee is no longer protected by his country of origin and must flee. (UN Higher commission on refugee affairs, 1997).

3. The displaced

The displaced are the persons who flee from their homes to safer places inside the state boundaries because of fear of conflicts and war.

4. Refugees vs. the displaced

Although the displaced and refugees are similar in fleeing conflict for safety. Refugees are different as they cross international borders in search of safe havens. While the displaced confine themselves to finding safe places within the origin country. www.icrc.org.

5. Evidence Based Social services

This term stresses the use of scientific knowledge from previous studies to establish rules governing the professional intervention therapy and treatment with adherence to code of ethics approved by the clinical judgment and prudent practice. (Robert L Barker 2002).

6. Post Traumatic Stress Disorders (PTSD)

PTSD is the state of a person faced with a memory that haunts those leading victims to live in constant fear and panic remembering the painful ordeal. (PTSD) can leave a person in danger of harming themselves or others if left untreated with social services. (Maher Mahamoud Omar "Dealing with Traumas 2007).

7. Results

The research question:

"What are the indications of sound professional intervention in social work, For the treatment of (PTSD) among refugees from the Evidence -based practice perspective?" Review of theoretical and practical evidence providing the best knowledge available, Has contributed to the development of indications for the proposed program as follows:

Dimension No (1)

Fundamental of the program:

Evidence-based science as Miriam Petokey argues indicates that many professional interventions among the refugees and they have not been evaluated to determine the outcome of such Interventions.

Therefore a social worker is required to have the knowledge derived from scientific literature, besides the skills to alter and modify the existing, Professional intervention programs to be consistent ethnic cultures of client refugees and displaced. Professional intervention for the treatment of refugees and the displaced can be summarized in the Following points:

(1) Situations and beliefs

- a) An effective social worker who counsels war victims will have to be aware of the fact that in practice there is no such thing as impartiality or the absence of values and targets.
- b) Being sensitive to inherited cultures.
- c) Awareness of potential negative reactions to war victims might be considered a professional malpractice.

- d) Avoidance of disbeliefs about war victims.
- e) Having the desire and ability to change behavior towards these communities.
- f) The required skills to assess needs and client priorities.
- g) Estimate the situation in view of the socio-psychological context.
- h) Evaluation of tension and strength related to the problems.
- i) Skills in the use of scientific tools for assessment.
- j) Participation with the client to determine the culturally accepted goals.

- k) Form early intervention alternatives.
- l) Select the most appropriate cultural intervention techniques.
- m) Consultation with members of clergy.
- n) Practice intervention skills on behalf of the client to remove unjust institutional practices.
- o) Monitor progress made by the client.
- p) Assistance of war victims in the setting of future goals and follow up tools.

***Professional Intervention Modeling:**

Cognitive Behavioral Therapy (CBT) is believed to be the major treatment method for war victims among refugees and displaced. Evidence Based proof of scientific method to therapy (Fong,Rowena<et al)

***Care provider guide for the rehabilitation of torture victims:**

The guide is characterized by the clinical procedural pattern to facilitate the second clinical practices for handling these sections of war victims psychologically. The guide lists the methods suitable for dealing with tortured war victims (CBT focused therapy). Specifically the narration of the trauma incident.(Rehabilitation of torture victims2011).

***Danish institute against dignity torture:**

Its head office is in Denmark with projects in Palestine and Jordan. The institute stresses the fact that the summary treatment and the talk session therapy are together the most effective methods in the treatment of war victims.(Mohammed Ahmed Al Nablissi 2001).

***A social worker will need to have the following skills:**

- 1) Show respect for the differences existing among refugees as clients with various cultures and beliefs.
- 2) Show respect for religious and spiritual beliefs of clients.
- 3) Appreciate different languages and accents. Not to view them as hurdles to good practice.
- 4) Appreciate the social work profession within the frame work of social justice.
- 5) Appreciate the importance of Evidence Based practice.

***Knowledge:**

A social worker providing care to war victims is required to have vast knowledge to make the practice more effective.

***This is achieved through the following:**

- a) Study of social science, human behavior and the practice of the social work profession.
 - b) Existence of a cultural legacy that would identify the worker as a practitioner or specialist.
 - c) Study of demographics.
 - d) Study of hierarchy as well as the beliefs among war victims.
 - e) Study of role played by culture in the formation of personality and life choices.
 - f) Knowledge of coping strategies among war victims.
 - g) Belief in culture as a source of identity, strength and cohesiveness.
- h) Knowledge of institutional hurdles to the full use of scientific literature on the effectiveness of professional interventions among war victims.

***Skills:**

A social worker that wants to practice in the area of care for war victims will have to learn a wide variety of skills to ensure success.

- 1) The use of language and accent appealing to the clients.
- 2) Ability to develop mutual respect with clients.
- 3) Ability to overcome mistrust among clients.
- 4) Skills in the use of body language with clients.
- 5) Effective communication skills.
- 6) Respect of cultural beliefs of clients.
- 7) Capability of using empathy with clients.

D) Dr. Mohammed Ahmed Al Nablisy He is the founder of disaster study branch in the Arab World due to his personal experience in the Lebanese war tragedies . His writing on the fact that hypnotism and actual treatment are most effective therapy for War victims.(www.khaimcenter.org).

E) Report of health support missionary on war victims in south Lebanon.The center of Khaiyam for the rehabilitation of torture victims in Lebanon and the Al-Nadeem center for the rehab of violence victims in Egypt visited a number of villages in South Lebanon. They were able to draw important conclusions on the health conditions and mental suffering of war victims. Assessing therapy support services. Studying the use of play and music therapy, in connection with drug treatment. (Sok,Justin Chamroun2004).

Based on the above it is evident that Cognitive Behavioral Therapy (CBT) is the most effective overall treatment pattern.