

# A Secondary School Counsellor's Experience after Post Election Violence

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Safari Park Hotel, 3rd September 2008

# OVERVIEW

- Introduction
- Def. of Terms
- Why This Research?
- Questions to be addressed
- Consequences of PEV to students
- Implications
- Findings
- Coping Strategies
- Conclusion

# INTRODUCTION

- The researcher is focusing on the Impact that the Post Election Violence had on learners in the school setting.
- The dilemma of the Students, Teachers & School Counsellors will be adressed
- The researcher's findings & suggestions on the way forward has also been considered.

# Definition Of Terms

- Crisis/Crises - An emotionally significant event or radical change of status in a person's life... A situation that has reached a critical phase
- Trauma - Disordered psychic or behavioral state resulting from mental or emotional stress or physical injury (Webster's Dictionary)

# Ruth Hawky (1999); Healing Emotional Wounds, said on Trauma

*"Any kind of Trauma at each stage of our lives has the potential of having an inward as well as an outward effect...many folk are walking around after a traumatic accident with only partial healing. They may have received physical healing but they still carry around the heavy burden of an unhealed heart within a heart which had been broken by fear, anxiety or the loss of others..."*

# Why This research?

- The need to focus on children & young adults challenges following the PEV
- The researcher examines some of the effects of the PEV on students
- This research tries to emphasize the need to establish Professional Psychological Counselling services in all our learning Institutions.

# Consequences of PEV to Students

Loss of family members, friends, environment, home

Danger and abuse before and while fleeing

Low Self esteem & self criticism

Fear for self & others

Uncertain future

# Consequences

- Individual and collective trauma
- Sense of loss
- Sense of grief
- Sense of insecurity-instability
- Sense of anger (displaced)
- Sense of isolation.

# Implications to:-

- **STUDENTS**
- **TEACHERS**
- **THERAPIST'S DILLEMMA**

# Findings

- Physical injuries
- Emotional/Psychological Impact
- Impact on the learning environment
- The role of the media

# Coping Strategies Displayed By Students

- Acting out
- Display of anger & violence
- Anger with adults (parents & leaders)
- Pretending all is fine
- Avoidance
- Self punishing
- Keeping quiet or crying
- Denial.

# Conclusion

- Survivors of any crisis (students included) require psychological debriefing soon after the crises so as to be able to ventilate the feelings and emotions triggered by the traumatic experiences.
- All Schools, not only because of the PEV, need to have professional Counsellors either on consultative or employment basis. This will enable them to respond to the students' psychological needs appropriately.

# Conclusion

- There is need to establish support groups for students who were directly affected in the Post Election Violence.
- The researcher observed that Post Election Violence has far reaching implications which have manifested themselves in unrest in Schools following coping strategies displayed by students