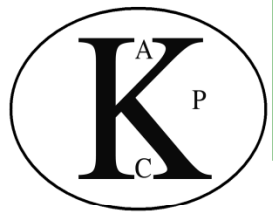


# Post Election Crisis KAPC Response

## KENYA ASSOCIATION OF PROFESSIONAL COUNSELLORS (KAPC)

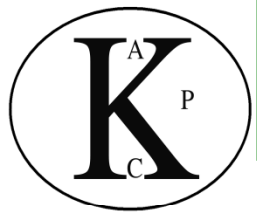
ELIAS GIKUNDI



# BACKGROUND

- **Elections December 27-29 2007**
- **Emergence of the post election violence December 28- 07, Jan. and part of Feb. 2008**
- **About 1200 persons dead, over 350,000 internally displaced in over 50 IDP camps spread all over the country and mainly in Nairobi, Rift valley, Central, Western and Nyanza**
- **PEV crisis general interventions by many agencies including:**
  - **Health**
  - **Water and Sanitation**
  - **Shelter**
  - **Counselling Services March 10<sup>th</sup> to May 28th**



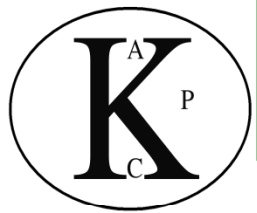


# THE KAPC POST ELECTION COUNSELLING SERVICES

- **KAPC established a response programme in 24 IDP Camps between March 10th and May 30th.**
1. **Nairobi – 5 camps**
  2. **Rift Valley – 8 camps**
  3. **Western – 2 camps**
  4. **Nyanza 8 camps that cut across between**

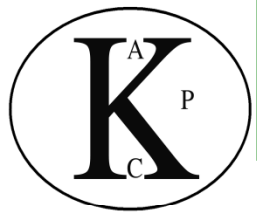
***The camps had pop. btm 25 at St. Charles Lwanga in Kisii to a high of 15,000 displaced persons in Nakuru and Kitale showground's.***





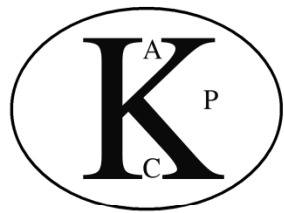
# PEV EFFECTS

- **TRAUMA**
- **LOSS & DESTRUCTION OF PROPERTIES**
- **PHYSICAL ASSAULTS**
- **SEXUAL ASSAULT RAPE AND DEFILEMENTS**



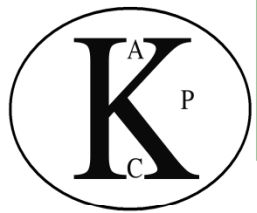
# WHY COUNSELLING

- *problems experienced at the individual, family, community and societal levels.*
- *Erosion of protective community support systems*
- *Risks of diverse problems – rapes, defilements, injuries, house, crops, animals burning*
- *Social justice and inequality issues eg Land distribution, employment, community conflicts*



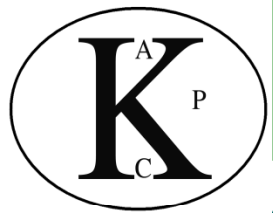
## WHY COUNSELLING -ctd

- **As a result of the impact of violence and forced displacement for the IDP's experiences expressed included;**
- **Loss of property, home, neighbours: majority of IDP's were still mourning the impact.**
- **Loss of friends, relationships, trust and familiar environment**
- **Loss of lives, livelihood, food security, basic services such as schools health care and loved ones**



- **Experiencing, witnessing severe violence**
- **Unstable and precarious life conditions**
- **Loss of normal, needed, social interactions**
- **with friends and neighbors**
- **Breakdown of social and primary economic structures**
- **devaluation or change of social roles**
- **Deterioration of family relationships**
- **Persecution and discrimination**

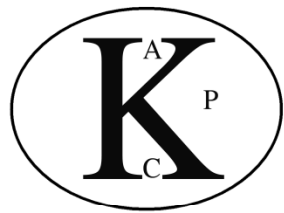




# ADDITIONAL CONSEQUENCES FOR CHILDREN

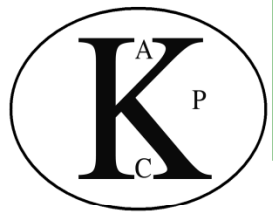
- Loss of care and protection of parents or primary caregivers
- Loss of developmental opportunity, such as schooling, or normal play
- Loss of adequate nutrition critical for the very young children





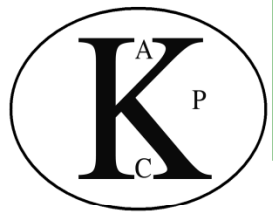
# INTERVENTIONS

- **PSYCHO-EDUCATION : 1 hour sessions in groups of 80-100**
  - = 120 sessions
- **GROUP DEBRIEFING :2 hour sessions in groups of 20**
  - = 1500 sessions
- **INDIVIDUAL COUNSELLING**
  - >2000 sessions
- **PLAY THERAPY(GROUP) : for children in groups and individual**
  - = 75 SESSIONS
  - = 86 COUNSELLORS ENGAGED ACROSS THE 24 IDP CAMPS



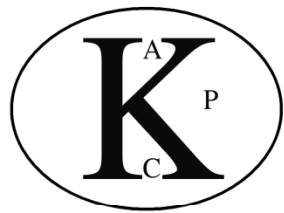
# LESSONS LEARNT

- **Counsellors need specialised training mainly on trauma counselling for this sort of service**
- **Counsellors need coordination , support through debriefing, motivation and supervision during such service**
- **Assurance of ongoing counselling to service recipients**
- **Need for stronger government psychosocial response**
- **Need for sufficient coordination in terms of leadership, coordination and communication**



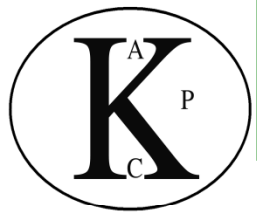
# RECOMMENDATIONS

- Group sessions very valuable in such circumstances
- Free expression of feelings crucial (*a group member remarked 'feeling are for sharing and its half way to healing'*)
- Human beings are resilient
- Not everybody in a crisis required counselling
- People valued opportunity to tell their story
- Service providers need for support
- Need for good organizational infrastructure



# RECOMMENDATIONS

- Need for debriefers to be adequately trained
- Distinction between counselling interview and debriefing
- Need to explore how debriefing concepts can be utilised in more conventional counselling clients



## The people who care















SWIWE UMUJIMU ISTI...

# Acknowledgements

- **KAPC**
- **WORLD VISION –KENYA**
- **MAINA KING'ORI – WV KENYA**
- **SUSAN WACHIRA – WV KENYA**
- **TOBIAS ALOO – WV KENYA**
- **CECILIA RACHIER – KAPC**
- **ELIAS GIKUNDI - KAPC**



# Asanteni