



3rd International Conference on
PSYCHOLOGY AND MENTAL HEALTH
November 16-17, 2023 | Dubai, UAE

TITLE: "Trauma-Sensitive Mindfulness for War Refugees: Communication of Preliminary Findings

Name: Veronica Dwarika

Affiliation: Associate Professor at the University of Johannesburg

Country: South Africa

Email ID: veronicam@uj.ac.za

ABSTRACT (up to 300 words)

Mindfulness and meditation was explored with the view to support the use of trauma-sensitive mindfulness (TSM) in clinical practice with survivors of war refugees in the treatment of post-traumatic stress disorders. The following questions were explored: (1) How are mindfulness and meditation defined? (2) What are the practices and perceived value of mindfulness practices? (3) What are the evidence and non-evidence-based treatments for post-traumatic stress disorder (PTSD)? (4) What are the possibilities of using TSM to support war-traumatised refugees in the treatment of PTSD in a refugee camp setting? Findings that measured currently actioned interventions for war-traumatised refugees did not account for psychological support that could be implemented in a refugee camp setting on a once-off basis. In response to the gaps and limitations highlighted, the study suggests an adaptation of the TSM intervention and professional development of practitioners in the art of TSM therapy.

BIOGRAPHY (up to 300 words)

Veronica Dwarika is an Associate Professor at the University of Johannesburg and the Head of the Department of Educational Psychology within the Faculty of Education. She also has 17 years' experience as a registered Educational Psychologist with the Health Professions Council of South Africa. Her areas of research focus on trauma and resilience, trauma informed care, positive behaviour supports, as well as therapeutic interventions for children, parents and communities. She is involved in local projects to enhance the delivery of psychological therapeutic interventions to support disadvantaged communities.

Presenter Name: Veronica Dwarika

Mode of Presentation: Oral.

Contact number:+27 82 326 9041



SCIENTEX CONFERENCES LLC

1309 Coffeen Avenue STE 1200, Sheridan, WY 82801, United States
www.scientexconference.com

mentalhealth.scientexconference.com

mentalhealth@scientexconferences.com

+1-341-208-2801



3rd International Conference on
PSYCHOLOGY AND MENTAL HEALTH
November 16-17, 2023 | Dubai, UAE




Upload your photo here.



SCIENTEX CONFERENCES LLC

1309 Coffeen Avenue STE 1200, Sheridan, WY 82801, United States
www.scientexconference.com

mentalhealth.scientexconference.com 

mentalhealth@scientexconferences.com 

+1-341-208-2801 