

A WARM WELCOME TO OUR NEW BOARD MEMBERS

Five wonderful people have joined our Board of Directors. They are:

- Craig Costello and Marilyn Piper--Craig and Marilyn are retired school teachers who participated in our 2010 program as ESL (English as a Second Language) instructors with Sinthuja Perinparaja, our visiting practitioner from Sri Lanka. Craig and Marilyn are married and volunteer together through many forms of service to the community.
- Janeen Harbert--Janeen is a long-standing member of the Olympia community who met Dr. Van Eenwyk through the Jung Society in Olympia. She holds a PhD from Pacifica Graduate Institute and is a Licensed Mental Health Counselor (LMHC) in private practice in Olympia.
- Dean Hosni--Dean specializes in fire operations as the head of the DuPont office of State Farm Insurance. We first encountered him in his role as Community Member of the editorial staff at The Olympian newspaper. His writings on Islam and its relations to local communities was informative and inspirational. Dean moved here from Egypt twenty years ago.
- Liz St. Louis--Liz has been interested in ITTP for many years, mostly as a result of having lived abroad for ten years, primarily in Jamaica. A practicing physician, she conducts disability evaluations for DSHS. She has served on the board of Directors for the Washington Center.
- Craig, Marilyn, Janeen, Dean, and Liz join our currently serving members of the Board of Directors: Ed Brendler, Diana Cox, and Joe Pellicer. All are dedicated to generating and implementing the next phase of ITTP's work in the world.

We are also very sad to bid adieu to our acting treasurer, Ms. Beth Dubey. Throughout her time with us she was able to disentangle a very complicated tax situation with the Internal Revenue Service and to put our accounting on a very firm basis. Ed Brendler is taking on her duties as bill payer and donation-receiver, but we'll have to hire an accountant for the tax payments.

So, thank you Beth, VERY MUCH from all of us. We have benefited so much from your dedication. We shall miss you as treasurer, but are very grateful that you will remain in our ITTP community

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NEW CLINICAL DIRECTOR

Our interim clinical director, Ms. Sonja Wentz, thoroughly enjoyed her time as clinical director. She made many contacts with practitioners in other countries through both personal contact and her wizardry with social media. We thank her very much for her service in 2011 and look forward

to her continuing presence on our clinical faculty.

Dr. John VanEenwyk has come out of retirement to take the helm of clinical director once again. His sabbatical was very restful and refreshing and he looks forward to working with our Board of Directors, which now includes five new

members, as well as with our dedicated clinical faculty. More about that below:

**Two
Practitioners
from Turkey
and Gaza have
been invited to
ITTP for 2012**

Clinical Director's Report

As we all were disheartened to hear, both practitioners whom we invited to our 2011 program were refused visas by the U.S. Consulate in Sri Lanka. Even worse, the decision was not made until such a late date that we could not extend invitations to others. Consequently, we had no program for 2011.

This year things are more hopeful. We have invited one practitioner from Turkey and another from Gaza. We expect the former will have little problem obtaining a visa, but the latter is a different story. We hope that he will succeed, but in that part of the Middle East nothing is certain. It all depends on the U.S. Consulate in Cairo. The U.S. Consulate in Israel is not an option as Palestinians from Gaza are allowed to enter Israel only very rarely.

That was also the case for a meeting of an international resource group to evaluate the last twenty years of mental health services in Gaza and to plan for the next twenty years. Due to the restrictions on practitioners entering Gaza, it was decided to hold the meetings in Egypt. Thus did I join my colleagues for one week of discussions on a cruise up the Nile River. Life as Clinical Director has taken a decidedly welcome upscale turn!



Naima (Ittp Practitioner), Noor, Mohammed

Seven of my colleagues from the Gaza Community Mental Health Program made it out to join us in Cairo, from which we flew to Luxor for the cruise to Aswan. One of my colleagues was actually our col-



International Resource Group Meeting in Cairo

league: Naima Rawaugh, who was a visiting practitioner with us in 2005. Naima arrived in the company of her husband and child. As you can see from the enclosed photo, we had a wonderful time together.

Joining our colleagues from Gaza were two professors from Harvard Medical School, a professor from the Berlin Free University, a relief worker from Japan, and a psychiatrist from Pakistan who heads the Women's Division of the World Psychiatric Association.

Our first order of business was to create a common vision from the diverse perspectives and ideas. That was more complicated than it seems, for the inevitable predominance of Western ideas threatened to overwhelm the unique experience of practicing in Gaza. But after two days, we found common ground. One area of agreement was that the mental health system in Gaza is unique, and thus must be able to resist the international funders' demands that Western-style management and therapy techniques supplant local knowledge. As you can see, ITTP lives!

After the conference I had planned to spend a few days with Dr. El-Sarraj in Cairo to work on a book we're writing. However, as he was unable to leave Gaza due to health concerns, I spent a lovely two days with our colleagues from Gaza. Only one of them was my age-- a vascular surgeon who had received his medical training in Cairo. We toured all of his old haunts, including a centuries-old coffeehouse where he had courted his wife. We then spent some time in Tahrir Square hobnobbing with the remnants of the Arab Spring, which continues in the process of coming to bloom.

All in all, it was a wonderful reunion with our colleagues from Gaza, with whom I have worked off and on since 1991. The delivery of mental health services is alive and well in Gaza, where the need grows exponentially with every year of the Israeli siege. Most important is the maintenance of communication, for without the free sharing of ideas among practitioners, progress in mental health cannot proceed. To that end, ITTP continues to play a leading role.

BOARD AND FACULTY RETREAT

Joe Pellicer generously opened his home to us (literally! It was a warm and sunny Sunday afternoon) for a retreat for the Board of Directors and clinical faculty. The Board met for two hours, after which the Board and faculty met for two hours. Uppermost in our minds is the course the organization might take in the coming years in light of decreasing income and increasing challenges.

As we all know, treating torture and complex trauma survivors is a growth industry. Every year the need for competent practitioners grows. As ITTP is one of the few--if not the only--organizations that works with practitioners to identify and to develop indigenously based trauma-treatment protocols, our work is in high

demand. Only inadequate funding and the intransigence of the INS (Immigration and Naturalization Service) stand in our way. The challenge of the former is easier to meet than that of the latter.

In light of which, the faculty is looking for ways to offer visiting practitioners increased opportunities to experience what we have to offer in Olympia. One area that we would like to include is music. Every culture uses music to treat trauma. Also, to one degree or another, every culture used theater. So we are looking into how to incorporate those activities into our program.

Perhaps most gratifying was the ease with which the Board and the faculty interacted and shared ideas. ITTP has

really achieved "critical mass."

We all have a pretty good idea of what we are doing and how we can assist our colleagues in war zones of the world. We are all dedicated to the cause and appreciate one another's input.

The future looks bright. We can continue to meet the challenges posed by arbitrary authority, economic disparity, political naiveté, gender inequality, and violence, which are too often considered expedient solutions to conflict and facts of life for many people.



Children singing in Gaza

The ITTP Faculty are looking for ways to incorporate music and theater into the ITTP experience

You Can Help

The ITTP provides a means for people to counter the suffering that characterizes violent conflict and other disasters throughout the world. We are making a difference, and to continue requires further investment of time, services and money. If you would like to make a donation please use the enclosed envelope. If you would like to volunteer or receive further information, please contact us at:

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ITTP and Liberia

Chester Clark is an ITTP graduate (2010) who was recently awarded a Master's Degree in Disaster and Community Well Being from Northumbria University in September of 2012. He returned to his homeland and provided the update below:



The experience of Liberian youth is one of instability and uncertainty, exacerbated by war, displacement, economic crisis, and the HIV/AIDS pandemic. Forced displacement impacts on the overall social settings of young people, interrupts their education and undermines community structures at a critical juncture of their lives. It also exposes them to disease and malnutrition with negative implications for their physical and intellectual development. This contributes in many cases to militancy, impatience, and risk-taking behaviour. Some governments and their opponents

alike have exploited these tendencies to mobilize youth along militant and violent lines for use in their own struggles.

In the absence of opportunities, especially in the formal labour market, young people become disillusioned and alienated.

They turn to so-called “forced entrepreneurship” and self-employment in the informal sector, working in often hazardous conditions for low pay and with few prospects for the future.

Despite this situation, Liberian youth, including former displaced youth and young ex-combatants, are people with huge potential; they can be a catalyst for development if given the right opportunities in an enabling environment. They should not be considered as passive beneficiaries for whom employment must be found, but as an asset-- with a focus on their creativity, resourcefulness and potential to become active participants in national development and prosperity.

In more direct and simple language, the IMF is warning that the Government's too heavy reliance on concessions as engines of economic growth, the giants from whom tens of thousands of jobs will fall to the increasing numbers of jobless, is fraught with severe pitfalls.

Dozens of concessions have been signed worth billions of dollars since 2006. All things being equal, the job market should be better. But development has to move beyond intangible statistics into society, where the impact is felt, something the President has warned is not sudden in view of the long years of war, destruction and pariahdom. Although the President (Ellen Johnson Sirleaf) has consistently said that the private sector is the engine of the economy because the government alone cannot solve the unemployment and other problems, there is the impression that ‘private sector’ is primarily confined to big concessions—

Mittal, Bob Johnson, BRE, BH Bilton, etc., all with attractive tax concessions.

The IMF said it held discussions with the government on how to fuel small and medium-size businesses as key and productive actors in the economy and issued the following statement:

“After a slowdown in 2009, economic activity is strengthening in 2010 with subdued inflation and a stable exchange rate. Real GDP growth is expected to rise to above 6 percent from 4 percent in 2009. Exports have rebounded on account of rising rubber production and prices. Foreign direct investment commitments have increased sharply following the ratification of several iron ore and palm oil concession agreements. A number of legislative acts that will significantly support private sector development and strengthen governance have been approved by the Legislature.

But without vibrant small and medium size businesses, and with all hopes tied to big concessions, it remains to be seen how the problem of resilient growth and job creation can be tackled. The private sector cannot solely come from without. It has to be developed from within to attract those from without.



Kwapa Liberia Inc.

In Liberia, one of the manifestations of the war is that there are few jobs or prospects of jobs. In addition, those with capital or skills fled during the war. This results in a situation where there is no capital to start businesses, excellent agricultural land goes unused and virtually everything is imported.

During Chester's time with ITTP an idea was born to start a business in Liberia. The goal was to start a business because if money could be made then the business could be sustainable. A number of business ideas were evaluated including importing used clothing, and building and renting houses, and farming. Chester returned to Liberia in May of 2011 and began looking for business ideas. He came upon the idea of a chicken farm. Almost all of the eggs available in Liberia are imported from India and they are sold for \$1.50 USD per dozen.

In order to pursue this venture Chester and six others invested money and started a Corporation called Kwapa. Kwapa is a native Liberian word that can be translated to

"relentlessly moving forward." Using the capital provided by seven investors, Kwapa purchased 5 acres of property, cleared the land of vegetation, built barns and other buildings, installed a well and planted watermelon, cassava, beans, tomatoes, okra, and peppers. Three thousand one-day old chicks were flown in from Holland.

Kwapa purchased property in an area approximately 7 miles north of Monrovia, the capital. There had not been any new economic activity or opportunities in this area in over 20 years. Chester developed a relationship with the village elders and more than 20 people were employed over the summer of 2011 clearing the property in order to get it ready for planting. In addition, Kwapa has six full time employees who have been caring for the chickens and planting the crops. All of these people have worked very hard and earned the wages they have received.

Fast forward nine months: in March, the 3,000 chickens

were almost six months old and had yet to lay an egg. In April, the chickens began laying eggs and 29,000 eggs were sold. This was a milestone because this was the first time that Kwapa had any positive cash flow. Since Kwapa is a for-profit enterprise we are continually looking for ways to decrease costs and increase profits.

There are still a lot of challenges. Chicken feed is not available in Liberia so it must be imported from Guinea. This is very expensive and Kwapa purchased a commercial food mill and is beginning to buy local corn and other ingredients in order to make the chicken feed using locally sourced products. Kwapa now has seven acres of land and five barns and sheds. The hope is to continue to expand the farm by planting more crops so that the corn for chicken feed can be grown as well other vegetable crops for sale. Kwapa has recently purchased two incubators from India and hopes to start incubating eggs to increase the number of chickens.

Corporations and profits are considered a four-letter word in many quarters. However, if Kwapa can make money then it can be a sustainable enterprise that benefits the shareholders, the employees, the families of employees, and the people of Liberia. Besides contributing to the Liberian diet with a continuous supply of fresh eggs, Kwapa is also providing employment opportunities to people in the village and paying taxes to the government. Moving forward we intend to be the premier suppliers of poultry products to the Liberian market.

Kwapa Farm Location



Note: Chester was going to write the whole article for the newsletter. He completed the first half and then was in a serious car accident that resulted in injuries to his legs, pelvis, and ribs. He was delivering some eggs and a drunk driver crossed over the center line and hit his car. Fortunately, Chester is recovering rapidly.



**INTERNATIONAL
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TREATMENT
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ITTP makes a unique and essential contribution to the healing of populations from the effects of torture, war traumas and natural disasters. Since its inception, our philosophy of training utilizes a cooperative approach between students and faculty. We collaborate, not indoctrinate. We encourage our counterparts overseas to draw upon the resources in their home countries to generate training and treatment programs specific to their circumstances. We share with them those theories and practices that have been derived from our culture as examples of what might be developed from theirs. We also encourage them to examine their own personal experiences to further their understanding of those they are helping.

As every culture treats trauma, our goal is to improve what already exists, rather than to impose Western ideas on other cultures. Thus, we seek to establish an international network of practitioners who share ideas about how best to develop indigenous treatments for trauma.