



# COALITION FOR WORK WITH PSYCHOTRAUMA AND PEACE KOALICIJA ZA RAD SA PSIHOTRAUMOM I MIR

## ANNUAL REPORT 2018

### INTRODUCTION AND EXECUTIVE SUMMARY

2018 was a busy year for us. It appears that 2019 will be even more so.

With regard to the situation in the region, not much has changed during the past year. Politics goes on as usual. Politicians use and abuse people to their own ends. This includes continuing to promote ethnic division and giving funds not to support human ends but to support themselves. As always, nothing is being done to promote the psychological wellbeing and recovery of the population, this 23 years after the end of the war. Furthermore, there now is trans-generational transmission of trauma in the people born during and after the war.

Externally, we continued seeing a number of individual clients. We also had several groups, notably online. We also carried out psychological supervision of two people, one in Split and one in South Africa. Both “supervisions” are primarily discussions and exchange of experience.

The migrant situation is a priority for us and is highly frustrating. Croatia, Serbia, and Bosnia-Herzegovina are transit countries for migrants. The attitudes of officials are to regard them as criminals rather than as people in need. Thus, there is antagonism from such officials and from inter-governmental organizations, and little if any cooperation from other non-governmental organizations. Again, there is little if any sensitivity for psychological work, especially on a long-term basis and especially on the basis of working from the bottom up rather than from the top down. This also applies to integration processes in receiving regions. We continue to attempt to work with the few groups that are open to us.

This year, there has been a step forward through contact with three universities, namely Belgrade, Olomouc in the Czech Republic, and Osijek. We may get volunteers from these. We also gave a talk on the psychology of genocide to students in a course on the Holocaust from McGill University. That seminar will continue informally in 2019 with a few interested students.

We also began to attempt to work to increase capacity for psychological work in Bukavu, South Kivu, Democratic Republic of Congo. We also are attempting to work in South Africa, also to increase capacity there.

We completed the translation of the first part of Pragmatic Empowerment Training (PET), the portion on an introduction to work with people and self-care, into self-paced online format. We will continue with other portions in 2019.

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Together with the Psychology for Peace Facebook Group, we sponsored an online conference on trauma and mental health in conflict and migration. The talks from that conference are available on our website (<https://www.cwwpp.org/conference-trauma-and-mental-heal-in-conflict-and-migration.html>).

We wrote a chapter on trauma and peacebuilding for a book to be published in 2019 by the International Leadership Association. We also had an interview for Shrink Rap Radio, which is published on our website, and had several articles in the Dutch Quaker magazine, “de Vriendenkring (the Circle of Friends)”.

Additionally, we were in contact with the Global Psychosocial Network, with the European and Middle East Section of Friends World Committee for Consultation, InterChange, the Croatian mental health group SUMEZ, and the European Community-Based Mental Health Service Providers Network.

Further, we followed a number of educational webinars.

In 2019, we will emphasize work on the migrant situation and on completing the series of online PET courses.

Internally, the major issues for us have been funding and personnel. Finding personnel who are competent and dedicated is a problem. The issues with finding domestic and foreign volunteers are those of previous years.

During 2018 we formed a Croatian and a Serbian entity.

## **SITUATION IN THE REGION**

Years pass, but some things never change in Croatian politics. 2018 again was full of drama and scandals, and just occasionally there was good news. Notably, many of the same issues that have featured prominently in our past reports still are current and show that most problems in Croatia are just swept under the carpet and never have been solved.

Relations with Serbia are always in the focus of public interest. In January, the government was surprised to hear that Croatian President Kolinda Grabar-Kitarović had invited Serbian President Aleksandar Vučić to visit Croatia officially. After a short argument over who really is leading Croatia's foreign policy, Vučić arrived in Zagreb. While the visit mostly went well, the relations between the two countries deteriorated steadily throughout the year and the debate about whether Vučić should have been invited at all continued. Another turn for the worse took place in April when a Croatian parliamentary delegation's visit to Belgrade was cut short after an incident in the Serbian parliament caused by the notorious Serbian MP and war criminal Vojislav Šešelj. Tension began again in August when the anniversary of Operation Storm is traditionally celebrated. Serbian President Vučić made a series of provocative statements, including comparing Croatia to Hitler.

2018 again brought the problem of censorship, questions about media freedoms, warnings about the rise of the far right, separate commemorations held in the World War II concentration camp Jasenovac, the parliament refusing to sponsor anti-fascism events, historical revisionism on public television, assaults on journalists, satirists receiving death threats, "suspect" politicians being assaulted, and former prime ministers being sentenced for corruption.

The Catholic Church is undoubtedly part of the political life in Croatia and has continued to receive vast amounts of money from the state budget. They continued to meddle in politics, as well as advising the government on the new abortion law.

The ratification of the convention on preventing violence against women, the so-called Istanbul Convention, somewhat unexpectedly turned into a crisis for the government in April when a large group of MPs from the ruling party, the HDZ, decided to vote against the proposal, despite the prime minister's insistence that it should be ratified. While the convention was easily adopted thanks to opposition support, it turned into another attempt by the HDZ's right wing to weaken or possibly overthrow Andrej Plenković as party leader and prime minister.

The demographic crisis continued, with high emigration and low birth rates bringing down the number of inhabitants, particularly in eastern Croatia. The president and the government argued about who and what was to blame. The president even presented her measures to solve the problem, which were soon forgotten, and demanded a special session of the government, which never took place.

The migration issue also brought another controversy, this time with the signing of the Global Compact for Migration in December. President Kolinda Grabar-Kitarović, who this year marked three years in office, initially supported the agreement, but then suddenly changed her mind, announcing that she would not travel to Marrakesh where the UN conference was held. The government immediately said that Croatia would support the declaration nevertheless, which caused protests from right-wing circles. In the end, the non-binding resolution was supported by Croatia, but no one really expects it to be implemented.

The migrant crisis continued, particularly on the border with Bosnia and Herzegovina, with the police employing ever harsher measures to control the borders and NGOs publishing increasingly critical reports about the alleged police violence and irregularities. The police have repeatedly denied any wrongdoing, despite video evidence to the contrary.

One of the potentially most explosive events of this year was a war veterans' protest held in Vukovar in October. The veterans complained about the lack of prosecution of persons suspected of committing war crimes against Croats in the Vukovar area in 1991. Many believed that the protest was actually just an excuse for a right-wing attempt to bring down the government led by moderate Prime Minister Andrej Plenković and replace him with a more extremist candidate. Once held, the protest passed without incident, except when occasional arrests in the area occurred. These then drew blame from local Serbs who say the police are arresting them just to satisfy the Croat war veterans. In the meantime, tensions in the town continue.

We note that there has been very little change in the psychological state of people since our last report and, in general, in the period that we have been in the region. The unresolved trauma as well as effects of trauma transmission lead to increasing numbers of people coming to us. We are getting a number of quite severe cases. We also note further somatization, that is, the translation of psychological problems into physical disease. We continue to receive an increasing number of reports, and are treating clients with severe post-traumatic psychological reactions. This is particularly true of villages, where people are isolated. We hear of increasing numbers of suicides. We also are seeing quite a large amount of sexual abuse. We have wondered whether this latter is due to a truly increasing amount of such abuse or whether it has been present for a longer period and only now is being reported. We suspect the latter. Still an additional problem is that the current generation, that is, those born during and after the wars of the 1990s, are experiencing trans-generational transmission of trauma from their parents, teachers, politicians, the media, and from the society in general. We expect this to be an increasing issue in coming years.

## **EXTERNAL AFFAIRS**

### **Introduction and Summary**

We worked hard in 2018, especially given our limited staff and resources.

We continued to work with clients, in whom major issues included psychological, physical, and sexual abuse, and the role of the male. Another major issue was trans-generational trauma.

We had a number of educational and supervisory groups, notably in Osijek, Split, and Dubrovnik and, for a short time, in Jordan.

We gave supervision to Ivan Maslow in Split and to Alphonse Kanda in South Africa.

We see migrant work as a high priority. We find such work to be difficult, not only because of the issues involved in the traumas of the migrants themselves but also because of the lack of cooperation and, to our mind, the lack of humanity of governmental, inter-governmental, and large international organizations. There also is the issue of contact with the migrants. Further, we find a lack of capacity in the sense of the numbers of people working with migrants and a lack of knowledge and proper attitudes among these. Our efforts in Belgrade are an example of our frustration. However, toward the end of the year, we began to make contact with the University of Belgrade, which may allow us to use students on internships to work with migrants and with refugees from the wars of the 1990s. This will be of benefit to both the students and the beneficiaries. The situation in northwest Bosnia was catastrophic. We will work further with migrants and those assisting them there in 2019 and see this as one of our highest priorities.

We are putting forward proposals to work in the Democratic Republic of Congo and South Africa.

This year, we finished the translation of the material of our first Pragmatic Empowerment Training (PET) course on an introduction to work with people and self-care into self-paced online format. We did not have time to work on further courses.

Our contacts this year included the University of Belgrade, the University of Olomouc in the Czech Republic, the Global Psychosocial Network, the European and Middle East Section of Friends World Committee for Consultation, InterChange, the Croatian mental health group SUMEZ, and the European Community-Based Mental Health Service Providers Network.

We completed a chapter for a book on leadership and peacebuilding for the International Leadership Association that will be published in 2019. We also gave an interview for Shrink Rap Radio and published several articles in the Dutch Quaker magazine, "de Vriendenkring".

We gave talks to a conference on prevention in general at the University of Osijek, to a group of psychology students at the same university, to the Peace and Service Consultation of the Friends World Committee for Consultation, and to a course on the Holocaust at McGill University, these last two online. Further, we assisted in organizing and gave a talk at an online conference on trauma and mental health in conflict and migration (<https://www.cwwpp.org/conference-trauma-and-mental-heal-in-conflict-and-migration.html>).

We were visited by the representative of the Quaker Council for European Affairs from Brussels, by the Dutch Quakers, and by friends of an associate from the Global Psychosocial Network.

We listened to a number of courses online, including the NICABM seminars, the Trauma Healing Summit of Sounds True, a course by Peter Levine on trauma, a course on sexual healing, a series of podcasts from a group called the Science of Psychotherapy, a course on tapping, the BBC Reith Lectures, which this year concentrated on conflict transformation, and a course on Jewish mindfulness from the Chabad organization.

We were dismayed by the dismissal of Ladislav Lamza from the home for psychologically and socially disabled people in Osijek, now known as “You Are the Same as I Am” on what we think were spurious and constructed grounds.

### Clients

Virtually all clients seem to have problems with their fathers. This role of the male as a parent and in general is a serious issue in this and other societies which, in our opinion, is being ignored. Another part of this is the expression of emotions by males. In general, it takes a great deal of coaxing and “giving permission” to males to get them to do that.

Another important issue that we are seeing is trans-generational transmission of trauma. Again, this is being ignored. This is true not only here but in many societies.

Still another important set of issues is sexual, physical, and particularly psychological abuse by parents and other people close to our clients, as well as the use of these as weapons.

### Groups

#### *Introduction*

We had several groups in Osijek as well as online groups in Split and Dubrovnik. Groups in Jordan and the Democratic Republic of Congo started and stopped and may start again. We will start a group in Bosnia early in 2019.

#### *Osijek*

We had five groups in Osijek, including one for abused women, one for people working with the victims of crime, another for people working with the elderly, and another for psychology students.

#### *Split Group with the Relatives of People with Psychiatric Diagnoses*

The Split group ran well. The issues involved were those to be expected, that is, loss, coping with the problems of relatives, trans-generational transmission of trauma, and other psychological issues. After the summer break, the group resumed on a monthly basis.

#### *Dubrovnik*

The Dubrovnik group ran reasonably successfully until the summer break. However, the leaders were financially stressed and had to take on paid work. It did not resume in the winter.

*Jordan and the Middle East in General*

During 2018, we contacted a group working with refugees in Jordan called Capoeira al-Shababi. Late in the year, we began working weekly with three of their members. At the very end of the year, they told us that they had been harassed by the Jordanian “security” forces and probably would move to Palestine. After that, we did not hear from them and were worried about them.

At one point, we also contacted the Collateral Repair Project in Amman.

Further, in the course of the year, we had contact with a person who ran the Quaker Alternatives to Violence Program in Gaza. We wrote a proposal.

Work with groups in the Middle East will be one of our tasks for 2019.

*Democratic Republic Congo (DRC)*

Toward the end of the year, we started a group with the Evangelical Friends Church of Bukavu. We had several meetings with them. These stopped because of the situation there. At the end of the year, we were in the process of writing a proposal to work there more deeply. The final proposal also included the Peace and Reconciliation Project of Bukavu. The elections and the political situation in the DRC meant that we did not have a final proposal by the end of the year. We hope to start the project, which will require funding, during 2019.

*Bosnia*

At the end of the year, we were asked to work with people assisting migrants in the Bihač-Velika Kladuša region of northwest Bosnia. The situation there is extremely concerning. We will give details further on in this report. This group will start in January 2019.

Supervision

Charles Tauber supervised two people in the course of 2018, Meba Alphonse Kanda in South Africa and Ivan Maslow in Split.

*Meba Alphonse Kanda*

Alphonse Kanda is a psychiatrist from the Democratic Republic of Congo who is working in South Africa with clients with various combinations of HIV/AIDS, poverty, migration, the consequences of apartheid and the political instability of southern Africa, and mental distress. He works on the basis of holistic psychiatry and logotherapy, which he also teaches. He is doing a masters in medical anthropology. He welcomes the chance to speak to another professional. This year, we have spoken roughly every two weeks. This relationship will continue in 2019. As indicated elsewhere in this report, Dr. Kanda also became a member of the Board of the CWWPP.

*Ivan Maslow*

Ivan Maslow is a masseur in Split with a large gift for psychological therapy. He carries out such therapy in region where it barely exists. He combines body techniques with talk therapy and also uses a number of alternative methods. He is anxious to learn. He is working with clients with sexual abuse, with addiction issues, and with abandonment and neglect issues. Contact has been weekly and will continue.

## Migrant Work

### *Introduction and Issues in the Region and in General*

Work with migrants, that is, asylum seekers and refugees, and integration, both inside and outside of the Western Balkans, is a high priority for us.

The general situation with regard to migrants in the region was poor during the entire year and continued to worsen.

In contrast to many reports, the so-called Balkan Route still is open, although, predictably, the direction has shifted toward Bosnia-Herzegovina, a country which is ill-equipped to deal with it.

All three countries in which we are working are “transit regions”, that is, migrants do not want to stay and want to go further toward Western Europe. That makes our work with them, including contact, difficult.

Serbia and Bosnia-Herzegovina are border regions to the European Union and Croatia is one of the first countries within the EU that migrants reach. Thus, the borders are critical. The border between Serbia and Hungary is notorious for its violence. There is a great deal of violence at the Croatian borders with Serbia and Bosnia-Herzegovina, with many people being injured and killed. Many incidents of this have been documented and videos are available on the Internet and through human rights groups.

Nonetheless, migrants continue to attempt to cross the borders. This is known as “the game”. We have heard that smugglers charge roughly € 4000 per person for attempts to cross. If the attempt fails, as it often does, people must try again.

Many people do not wish to be registered in Serbia or Bosnia. Thus, they sleep on the street and/or in the open. In the harsh Balkan winters, this is brutal.

The conditions within the official camps are not much better.

We refer you to the website of AreYouSyrious (<https://medium.com/@AreYouSyrious>) for photographs and daily information.

While some immediate physical needs are being met, virtually no psychological assistance is being given to such people nor, very importantly, to those assisting them. While we have the expertise and the desire, we do not have sufficient funds to do the work that we know how to do and very much would like to do. We can do at least some of it online, and ask you to contact us if you are interested in setting up a group.

Governments are creating obstacles to assistance. They are not permitting access to official camps, especially to people giving psychological assistance. They do not even answer our emails. Recently, they have excluded organizations that previously were permitted to enter to give minimal aid.

It also is obvious to us that migrants are being shamelessly exploited by governments, smugglers, and others. We continually hear reports of sexual, physical, and psychological abuse by staff of centers, personnel of organizations, and smugglers.



Further, in our experience, most of the migrants could obtain asylum under international treaties were adequate histories to be taken and were they given access to adequate legal assistance. One issue here is political will. Another is an adequate number of personnel who are properly trained in these tasks. Unfortunately, the entire situation is being treated as a matter of criminality rather than as one of people attempting to escape from war, persecution, and poverty. We decry this.

Still another issue that we see is the way that assistance is being given, even in destination regions. In the small number of cases that are marginally positive, assistance is being given in a top-down elitist manner rather than through members of the community themselves.

In short, we see the entire situation with regard to migrants as a disaster.

### *Work in Belgrade*

We are finding cooperation with people working with migrants in Belgrade difficult. The one exception to that is the University of Belgrade, particularly in the person of Professor Tamara Dzamonja, with whom we will begin work in 2019.

### THE GENERAL SITUATION

The general situation in Belgrade is difficult. There are large numbers of migrants, most of them passing through on their way to the European Union. Organizations seem oblivious to the psychological situation of the migrants. Even medical issues are dealt with on a superficial basis. Organizations do not cooperate with one another. Histories that could get asylum for migrants are not being taken. We have the feeling that people do not care, do not have the skills and knowledge to deal with the situation, and are overwhelmed. In short, we see the situation as disastrous.

We had little success in finding personnel to work with us through migrants themselves and those working for other organizations. We believe that we will be able to find people in 2019 through the University of Belgrade.

### THE SITUATION AT THE MIKSALIŠTE CENTER

Mikser House, near the railway and bus stations, originally was set up as a cultural center. It turned into a day center for migrants. Some migrants, especially during periods of poor weather, slept there at night, especially when they first arrived in Serbia. There were a number of groups working there, among them Save the Children, Praxis, Social Work Serbia, IOM, and MSF. Virtually all assistance was directed at emergency needs. There was little psychological assistance. The Center constantly was in financial difficulty. There was no legal assistance that we would call substantive, that is, there was no real attempt to work on the background of the migrants to see if they would be eligible for asylum. There was no attempt to deal with the deeper medical and psychological issues of the migrants.

To be fair, the migrants themselves saw Serbia as a way station, that is, they wished to travel further to the European Union.

Until late November, we had a number of meetings with some vulnerable newcomers on their way, mostly male minors, and with a few families. We attempted to provide them with at least a small amount of psychological help. Most had been underway for more than 18 months.

However, after roughly a year and a half of being there weekly, we stopped our visits. We felt that, to be effective, we would have to have had a much more substantial and intense presence there, that is, at least 8-12 hours per day 5-7 days per week. We could not afford that. We hope that further work will be possible using interns from the University of Belgrade.

Yet, there are other issues. One is the attitude of staff of various organizations that psychological assistance is not important and that they do not have time or the desire either to give it or receive it. Another is the lack of knowledge and willingness to work with the migrants at deeper levels to get appropriate legal, social, psychological, and medical histories so that their eligibility for asylum could be properly assessed. Unfortunately, we find this pattern being repeated virtually everywhere.

#### THE UNIVERSITY OF BELGRADE

Through Professor Aleksandar Dimitrijević, we came into contact with Professor Tamara Džamonja of the Departments of Psychology and Political Science. By the end of the year we had agreed to train and supervise students to be interns with migrants and perhaps also with refugees from the wars of the 1990s. This program will start in 2019.

#### ATTEMPTS AT CONTACTS WITH OTHER ORGANIZATIONS IN BELGRADE

We attempted to contact a number of organizations in Belgrade with the hope of cooperation. Unfortunately, none of these contacts resulted in agreements to cooperate.

#### *Contacts with Official Bodies*

We attempted to contact the Commissariat for Refugees in Serbia a number of times. We never received replies to our emails. They also refused to speak with us over the telephone. We heard from other organizations that they received similar treatment.

Further, through various people at Miksalište, we had a small amount of contact with the Serbian Ministry for Social Work. We had one positive email from them telling us to form a local organization. When we had done so, we attempted to contact them and set up a meeting. They never answered our email.

We had similar experience with similar bodies in Croatia. Toward the end of the year, the Croatian ministries suspended entry even for organizations that were already working there.

We find this official neglect of non-governmental organizations attempting to provide humanitarian assistance to asylum seekers and refugees reprehensible and inhuman.

### *Bosnia-Herzegovina*

The situation in Bosnia-Herzegovina is even more chaotic than elsewhere. Migrants are moving into that country in an attempt to cross the border into the European Union. Conditions in official centers are extremely poor. There are few voluntary groups there and no one is providing psychological assistance to the migrants. At the end of the year, we had had contact with Dr. Dimitar Anakiev, who put us in touch with the SOS Team Kladaša. We are scheduled to start an online group with them early in 2019.

### *Work and Contacts Elsewhere*

Elsewhere in this report, we have mentioned our attempts to work in the Middle East and the Democratic Republic of Congo.

### *Our Approach and Desires; Perspectives*

Our ideal is to train people to assist one another using the Pragmatic Empowerment Training (PET) approach described below. We believe that there is insufficient capacity anywhere to deal with the issues of traumatization using professionally trained people. Further, there are sufficient cultural differences so that it is not effective and, in fact, quite difficult for people outside the beneficiary groups to relate sufficiently to people within those groups. Thus, our approach is to train trainers within beneficiary groups who then will transmit the knowledge, skills, and attitudes further. Considering that PET work takes about 150 hours rather than the several years required to train a mental health professional, this is much more efficient and cost-effective than training professionals.

Unfortunately, there is a great deal of resistance to this approach from a number of sources. First, work on mental health is highly stigmatized in the view of the beneficiaries. Second, there is resistance from the professional community. Further, there is a lack of funding. Additionally, as already mentioned, there is a great deal of resistance from official sources, that is, governments, international organizations, and funders. Thus, we face an uphill battle.

We find that *not* treating psychological trauma has a wide variety of detrimental consequences. First, quite obviously, it causes psychological distress. Further, there is very good evidence that virtually every system of the body is affected, and thus physical health also is endangered by not working with psychological trauma. Thus, the entire wellbeing of individuals, families, and of society in general comes into question because of the lack of work on these issues.

### The Pragmatic Empowerment Training (PET) Courses

This year, we finished the translation into self-paced online form of the first of the self-paced online courses, this on the Client-Carer Relationship and Self-Care. It now is available on our website, <https://www.cwwpp.org/course-1-the-caregiver-client-relationship.html>. We also put it on the OpenLearning platform, on Vimeo, and on the Anchor platform which, in turn, makes it available to other platforms.

We started the second course, namely that on interpersonal and group communication. Unfortunately, we didn't get very far with it because of other, more pressing commitments.

We have carried out a fair amount of research and writing on the third course, namely that on basic psychology and counseling.

We feel that this is important work and want to do more of it. Yet, the amount of time we spend on it is a matter of priorities. In our view, we spend too much time on administration and bureaucracy and not enough time on this work.

### Work Outside of the Balkans

We have been reaching out to groups outside of the Balkans.

The work in the Democratic Republic of Congo and Jordan has been described above.

Further, also as indicated above, we have been in touch with Dr. Meba Alphonse Kanda in South Africa, who wants us to train rural health workers and nurses who are working with beneficiaries suffering from migration, poverty, and HIV/AIDS.

We also have been in a small amount of contact with people in Gaza.

We wish to expand our work to the greatest degree possible. We ask people reading this report to contact us if you are interested in setting up an educational group, particularly an online group.

### Contacts

This year, we have made a number of attempts at contacts with a variety of groups and organizations, a number of which already have been mentioned. Also, a number of organizations and individuals have attempted to contact us.

Johannes Cornelis van Nieuwkerk is the founder of the Refival organization. He has made a model of integration of refugees and is attempting to find places to implement it. We have found a large amount of common ground.

We have had contact with Dr. Selma Porobić, who has been involved with development work for a very long time in a number of countries. She invited us to give online seminars on PET at the University of Olomouc in the Czech Republic in the spring of 2019. There also may be scope for other work together.

We already have mentioned the contacts with the Dr. Tamara Dzamonja in the Departments of Psychology and Political Science of the University of Belgrade. At the Department of Education, we also have had contact with Dr. Jelena Vranješević.

Dr. Aleksandar Dimitrijević was the host for Prof. Vamik Volkan from the University of Virginia and the Erik Eriksson Institute in the US. Charles Tauber had met Prof. Volkan and gave a talk for his students in 2003. We attended a lecture by Prof. Volkan in Belgrade and have been in touch with him by email.

Through the Psychology and Peace Facebook group, we have been in touch with a group doing psychology in Myanmar. Unfortunately, this did not produce results.

We constantly are looking for further contacts with whom to expand and deepen our work.

### Connections with Other Organizations and People

We continued the connection with the Global Psychosocial Network of Psychologists for Social Responsibility (GPN). Charles Tauber is a member of that group. GPN produced a statement on the dos and don'ts of work with migrants, to which we contributed (<http://www.globalpsychosocial.org/pilot-project/gpn-statement/>).

We also maintained our relationship with the (Quaker) Friends World Committee for Consultation, in particular the European and Middle East Section. As usual, we made a presentation to their Peace and Service Consultation in November and contributed to their annual report.

We also continued our relationship with InterChange4Peace.

In Croatia, we are a member of a newly formed initiative for mental health known as SUMEZ.

Further, we are a member of a group known as the European Community-Based Mental Health Service Providers Network (EUCOMS).

We also are accredited to the United Nations Economic and Social Council (ECOSOC).

### Publicity

We gave an interview of about an hour to David van Nuys on Shrink Rap Radio. This interview may be found on and downloaded from the home page of our website. Shrink Rap Radio (<https://shrinkrapradio.com>) has interviews with a number of contemporary psychologists, and so it is something of an honor to be asked.

Also, in conjunction with a talk that Charles Tauber gave for the meeting of the International Leadership Association online in 2017, we were asked to write a chapter, which has been accepted, on trauma and peacebuilding for their book covering leadership from the ground up. The book will be published in 2019.

Further, almost as usual, Charles Tauber wrote several articles for the Dutch Quaker magazine, "de Vriendenkring (the Circle of Friends)". He will write several more articles in 2019.

### Talks Given

Charles Tauber gave a number of talks in 2018.

The University of Osijek held a conference in February on the general theme of prevention. Charles Tauber spoke there about trauma treatment and the prevention of psychological difficulties, physical difficulties, and terrorism in the local population and in migrants.

Out of that conference came an invitation to give a seminar for Professor Gorka Vuletić from the Department of Psychology in Osijek, which Charles Tauber gave in April.

Further, as usual, we gave a presentation for the Peace and Service Consultation of the Friends World Committee for Consultation in November.

Further, the CWWPP, together with Gwyneth Jones Hamman and the Psychology for Peace Facebook Group, organized an online conference on Trauma and Mental Health in Conflict and Migration, also in November. The talks are available on <https://www.cwwpp.org/conference-trauma-and-mental-heal-in-conflict-and-migration.html>.

Finally, in December, Charles Tauber gave a seminar online on trauma resulting from genocide for the course on the Holocaust at McGill University. An informal seminar on that subject from some of those students and others is expected to start sometime in 2019.

### Visits to Us

We were visited in the spring by the representative of the Quaker Council for European Affairs in Brussels.

Further, in October, we were visited by two members of Dutch Yearly Meeting of the Quakers. We agreed to increase publicity through regular articles in the Dutch Quaker magazine, “de Vriendenkring.

Finally, we were visited for an afternoon by the friends of friend who were on a Danube cruise. We were disturbed by what they told us about the way that the city and the region are being described by the guides on the boats. It seems that there is a total whitewashing of the real situation, and that people are being told that all is quite well here while the truth is the complete opposite of that.

### Courses and Lectures Listened To

The following is a list of the courses and lectures that we listened to on the Internet.

- The seminars of the NICABM. These seminars are given by top professionals. They take a very biological view of traumatization. Given our client group, we wonder how we can apply the material that they are presenting. While we wish to keep up-to-date, we wish that they would get down to a level that is useful outside of Western contexts. Another issue with NICABM and several other similar organizations is their business model, which is constant hard sell advertising and no discounts for organizations such as ours.
- The Trauma Healing Summit from Sounds True. This was much more helpful, and presented a much wider range of standpoints.
- Peter Levine’s course on trauma.
- A course on sexual healing, again from Sounds True.
- A blog, with a series of podcasts, from an Australian group called the Science of Psychotherapy.
- A course on tapping.
- The Reith Lectures from the BBC, which, in 2018, concentrated on conflict transformation.
- A course on Jewish mindfulness from Chabad.

There is much more available, even without payment. We do not have the time to work through it.

Miscellaneous

During the year, Ladislav Lamza was fired by the Croatian Ministry of Social Work. As has been mentioned in the past, we consider Lamza to be a pioneer in Croatia in social inclusion. Many of his staff at the Home for Psychologically and Socially Disabled People in Osijek, which was rechristened several years ago as the Association "You are the Same as I Am", were upset with him and created what we consider to be an artificial scandal on cleanliness and other issues. Lamza soon found work through friends and colleagues. We consider his treatment to be a blow to work with mental health and inclusion in Croatia.

## INTERNAL AFFAIRS

### Introduction

It has not been an easy year for us internally, and 2019 promises to be even more so. One of the main issues is funding. There is a great deal of resistance to funding organizations such as ours. Related to this but separate from it is the question of finding and maintaining competent and committed personnel. These are core issues that need to be solved.

### Funding

A financial report for 2018 and a budget for 2019 are given in a separate document.

Funding is one of the primary issues that we faced during 2018 and will face in 2019.

### Current Funders

This year, we were given USD 70 000 (roughly € 62 000) by a long-term anonymous donor from the USA. This donation has formed the backbone of our existence.

The King Baudouin Foundation of Belgium have told us that they would give us € 5000 per year until further notice.

The Dutch Quakers have given us roughly € 1500 per year for a long period of time and have paid for Charles Tauber's health insurance. This will continue. In 2018 they gave us about € 2000.

InterChange4Peace, an organization with which Charles Tauber has been associated as a Board member and activist since 2005 gave us CND 4000 (€ 2600) as a one-time donation.

Further, in the middle of the year, we received a grant from the Swiss War Therapy Foundation of CHF 5000 (about € 4300) and another from the St. Gallen Evangelical Church in Switzerland of CHF 10 000 (about € 8800).

### Issues in Fundraising

The issues that we face in fundraising are virtually the same as in previous years. We list them here for completeness.

- ▶ The lack of awareness of and sensitivity to mental health issues in war recovery by donors, international and local organizations, and governments.
- ▶ The lack of awareness of the crucial nature of dealing with psychological trauma in work with migrants, that is, asylum seekers and refugees, in the regions of origin, while underway, and once they reach their regions of destination.
- ▶ The top-down philosophy of funding. This issue has several parts to it. First, there is little desire to finance fieldwork, and thus most funding goes for policy and structural issues. Furthermore, there is a lack of recognition that much of the work can be done by people other than licensed psychologists/psychiatrists and that this frequently is more effective because of the increased contact and understanding between peers.
- ▶ The lack of attention and desire to fund work in the Western Balkans. The issues in the region are considered by many to be solved. Our standpoint is that the work has not been begun.



- ▶ The lack of recognition of the long-term nature of effective work of this nature. People want quick fixes rather than deeper and what we consider to be proper solutions.
- ▶ One advantage that we have is the length of time that we have existed.

## Personnel

### Introduction

Personnel is the second key issue concerning the organization. While this issue is interwoven with funding, it is separate. The key issue is finding people with adequate skills who are sufficiently enthusiastic and dedicated to what we are doing to carry them out. This is not only an issue of funding. It is one of proper attitudes toward the organization and toward work in general. Again, this is a point about which we write every year.

### Staff at the End of 2018

*Charles Tauber, CEO/Head of Mission (volunteer)*

*Sandra Marić, Deputy CEO/Deputy Head of Mission (volunteer)*

### Further Issues Involved in Personnel

#### *Finding Personnel Adequate to the Tasks Involved*

As mentioned, we find it difficult to obtain personnel who are willing to work in a disciplined manner and who are willing to learn the tasks necessary for the functioning of the organization. This is a major issue for us.

#### *Supervision*

We consider psychological supervision to be essential for all staff.

#### *Education*

Education is a key need for all of us. We very much would like to pay for each staff member to get a higher degree and to attend courses onsite and online. Unfortunately, this is not possible. We feel that this is an essential part of our work.

#### *Volunteers*

We repeat the same litany every year. With regard to domestic volunteers, there still is no tradition of volunteering in this region. People expect payment. Further, they stay for relatively short periods of time and are unreliable.

With regard to foreign volunteers, again, they stay for short periods of time. We spend a large amount of time training them and then get little or nothing out of them. Further, most do not speak the language nor do they know the culture. We see a minimum of a two-year commitment for them to be worth our while. No one until now has been willing to do that. Furthermore, we do not have the funds for their housing or food.

If people reading this report wish to volunteer under the caveats cited above, we invite them to write to us.

### *Need for Additional Personnel*

It is obvious that we need additional personnel. Yet, finding competent and reasonably enthusiastic people who will carry out the jobs that we assign them is extremely difficult. We must stress that, at this time, we have no funding to pay for additional personnel, so that people may apply only on a volunteer basis, with a hope that we will be able to obtain funding for them at a later point.

Fundraiser. One of our greatest needs is for a fundraiser who will work initially on a commission basis and, later, on a retainer of some sort.

Part-Time Administrator. This is a relatively small amount of work, probably not more than a few hours per week with the exception of times when the annual and semi-annual financial reports need to be made. The person must be accurate and enthusiastic. The work involves entering financial records, scanning paper records, filing, paying bills, and dealing with the bureaucracy. It also is not difficult work. Our largest problem in this regard has been accuracy and discipline.

Field Workers. We need at least three people, if not more, in various places, namely in eastern Croatia, Serbia, and Bosnia. We want people who will devote their entire time to us and who are competent. We don't have the funds at this point to pay these people. We are willing to train people using the PET program if we know that they will take on these tasks for sufficient periods of time.

IT Consultants. There are several categories for such people, and perhaps we will need to have a number of people. We need a person to work on the website. A second person is needed to work on the self-paced online courses, particularly on the videos for them.

### The Board

We have recruited two new Board members, namely Meba Alphonse Kanda, who is a fine expert in the fields in which we are working, and Gwyneth Jones-Hamman.

The Board now consists of Erik Kupers, Chair, Darko Fischer, Gwyneth Hamman-Jones, Meba Alphonse Kanda, and Charles Tauber.

### The Entities

The main entity of the organization remains the Dutch entity. This will not change.

During the course of 2018, we formed a Croatian entity and a Serbian entity.

In the USA, we continue to the King Baudouin Foundation of the USA as a fiscal agent.

### Housing

Considering the amount of time that we have been in the region and our plans for the future, we would like to be able to purchase a building. We do not have the funds to do so.

### Conclusions and Epilogue

The main internal issues are funding and personnel, which are intertwined.

### PLANS AND QUESTIONS FOR 2019

With regard to the situation in the region and the world, we do not expect positive change. Rather, we expect the situations to worsen. We see a rise in populist politics that goes in the direction of militarism, racism, and ethnic division. We do not see processes of healing as being a priority for governments, funders, or inter-governmental organizations. Rather, we see the opposite. This worries and discourages us.

We will continue to work with clients onsite and online.

We will continue with the Dubrovnik and Split groups. We also will encourage further groups, working with them primarily online.

We will continue with supervisions.

We also will continue to encourage work in other regions. Notable among these are the Democratic Republic of Congo and South Africa. We must wait to see what happens with groups in the Middle East and elsewhere.

The migrant situation is troubling for us, both in this region and in the world. We see it worsening. We will continue to seek ways in which we can gain access to migrants through governmental, inter-governmental, and non-governmental organizations. We see work with migrants as a high priority. We wish to work with people underway and in integration. We see the access issue as difficult.

We also will continue to work on the translation of PET into self-paced online courses. We see this as a major contribution.

We will attempt to develop our relationships with the University of Belgrade, the University of Olomouc, the University of Osijek, and other academic institutions. We see that work not only as academic work but also as possible sources of concerned students who might work with us.

We also will continue to attempt to work with other organizations and individuals. Notably, we will remain as members of GPN. We also will continue our association with the Friends World Committee for Consultation European and Mideast Section and the Quaker Council for European Affairs. We also will continue our association with Johannes Cornelis van Nieuwkerk and Refival and with the Psychology for Peace group on Facebook.

We will continue to do as much publicity as we have time for. Charles Tauber has been asked to write articles for the Dutch Quaker magazine, "de Vriendenkring". Our chapter on psychology and peacebuilding will be published by the International Leadership Association in 2019.

We will continue to obtain as much education as we can.

In addition to the PET, we will attempt to write other materials, educational and academic. We do not anticipate a great deal of time for this, however.

With regard to our internal situation, financing and personnel are our greatest concerns. With regard to personnel, we have mentioned the difficulties involved. If funds permit, we will attempt to find competent paid personnel. Also, we will continue to attempt to find long-term volunteers. The demand for our work is increasing.

In brief, there is a great deal of work that we wish to do.

### **CONCLUSIONS AND EPILOGUE**

It is clear that the work of the CWWPP is badly needed in many places in the world.

We are frustrated. We see that our techniques are useful to people. They heal, they make individuals, families, groups, and communities more functional, and they prevent violence.

Yet, the emphasis by governments, and influential large organizations seems to be on short-term policy-directed work that ignores the basic questions of human existence, health, and integration into societies, and the human functioning of those societies.

We have been working hard and will continue to do so with whatever means we have.