

FAMILY COUNSELING

Fourth periodic magazine - Issued by Family Counseling & Development Foundation

Drawing...
Art and Therapy!



GROUP THERAPY;
THE MOST EFFECTIVE
MEANS DURING WAR

136
THE HOTLINE
THE FIRST THEME TO RESTORE HOPE

Dr. Bilqis Jabari :

The poor psychological conditions prompted us to implement the project to help the Yemenis affected by wars and conflicts

FOR SPECIALIZED PSYCHOLOGICAL AND FAMILY COUNSELING

CALL US ON THE HOTLINE
FREE NUMBER

136

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مؤسسة التنمية والإرشاد الأسري
Family Counseling & Development Foundation

Republic of Yemen
Ministry of Social Affairs



F.C.D.F.

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FAMILY COUNSELING

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Free Medication Distribution Project:

Humanitarian Gesture Reached Only Few and a Great Many Await



Mental disorders are found in almost every community. However, these disorders increase exponentially during wars, as wars are fertile environment and the spread of mental disorders.

In Yemen, four years of war and salaries suspension have caused psychological problems two thirds of the population. This prompted the Family Counseling and Development Foundation for the implementation of free medication distribution project. in a number of provinces of the Republic for 3 months, funded by OPEC Fund for International Development (OFID).

The project targeted more than 420 people suffering from mental disorders from the poorest groups in the community in five governorates (Sana'a, Aden, Hajjah, Taiz, Amran).

Mohammed Amer, a psychologist and a member

of the Drug Project, said that the selecting the hubs was based on geographical area, displacement areas and major cities as well.

He also pointed out that some mental disorders are chronic diseases that require the use of drugs for a long time, adding that the drug project has covered the medication for patients for more than 8 months, which enables patients to stand on their feet again, distributing them in the first three months, and the second 5 months.

” Psychological drugs are expensive, and most patients cannot afford them,» Amer said. However, the free medication distribution project distributed free drugs to patients to help restore their natural condition and to go back to their normal lives to support their families.

He pointed out that the project included free

Psychological sessions, in addition to the free distribution of medicines. Indicating that the drugs that were distributed to all mental diseases, whether mental or neurological.

He said that people were gathered in order to raise their awareness of the Psychological issues and mental disorders and how to avoid them. People were also sent to psychiatrist and therapists, whom in turn distribute some forms through which they collect comprehensive information about the cases to diagnose them. In the light of the diagnosis, the medication was written. The other drugs were distributed, group sessions were held to raise awareness of the importance of psychotherapy, and then the hotline was introduced in case they needed any queries or consultations.

He stressed that they had seen how much people needed psychiatric

treatment and medication, and that the distribution of psychiatric drugs to those cases had not covered 1% of the scale of needs and suffering.

It had been found that the most impoverished groups had a significant incidence of mental disorders. He stressed the need for such cases to be targeted by a larger project for all governorates, to be implemented over a year, not within a few months, and to be linked to the services of the main centers.

The Psychological illnesses that spread among the people during the war ranged from mainly anxiety disorders, psychotic disorders, depression disorders and post-traumatic stress disorder to the spread of disorders of Fear (phobia) and behavioral disorders among children stupendously.

There is no doubt that the ongoing war in Yemen for three years devastatingly affected all aspects of life and disastrously harmed most of Yemenis. In addition to casualties in materials and human life, war caused observable accumulating social and psychological damages. All over Yemen, psychological disorders prevalence became risks and tragedies threat.

According to a study of Family counselling and Development Foundation (FCDF), 19.5% of Yemenis, which represents a large shocking number, suffer from psychological disorder. The biggest problem is that the longer the war lasts, the bigger the number becomes.

Regrettably, psychological disorders will last for longer time even after the war is over and guns are fallen silent. It is crystal clear that countries previously suffered from wars and conflicts remained suffering from war atrocious impacts for a long time, especially among children and mothers.

Under the cruel circumstances in Yemen, FCDF had to play a role in the reduction of war risks and damages. It carried out many activities and events by which it successfully managed to contain a lot of war damages and impacts in the social and psychological aspects in particular. In this issue of the counselling and development brochure, readers will review FCDF achievements of works cited with real numbers.

Despite of severe lack of resources and hard conditions, FCDF, leaders and staff managed to overcome many hardships and obstacles by their well and determination.

No one is perfect as perfection is only for God. However, we promise to exert more efforts, greatly hoping that everyone including government, civil organizations, international organizations and private sectors cooperate and unify their efforts to reach the target of containing and determining war damages and risks and to achieve the desirable aims of this great noble humanitarian work.



Dr. Bilqis Mohamed Jubari
head of the institution



provided at various levels with an average of 200 cases daily.

He noted that the number of cases that have received psychosocial services through the hotline since its opening is over 112 thousand and 875 cases documented and archived in the hotline database.

Al-Jalal said that the cases received counseling and psychological treatment through the hotline and documented in the automated system during the period of the project «humanitarian psychological and community response to people affected by war», are more than 53 thousand and 702 cases.

He added that three levels of psychological services are offered through the hotline, which are: a psychological and social telephone counselling service, which lasts 10 minutes on average. As well as a psychological counselling service, which lasts from 20 to 45 minutes. In addition to the service of psychotherapy which a session takes 45 minutes.

Jalal said that most of the cases benefiting from the hotline services were female. The percentage of female calls reached 86 present, while males accounted for 14 present, and teenagers < calls to the hotline reached 10 present of the total number of cases.

With regard to the most salient problems related to the hotline, Jalal said that the problems resulting from war and armed conflict come in forefront, followed by family and social problems, and then the problems of gender-based violence in the foreground.

The cases that contacted the hotline, mostly caused

by anxiety disorders 30 present, and depression disorders accounted for 20 present, and other mental disorders were varying degrees, as revealed by Jalal.

Consulting Via Telephone

On how to receive cases across the hotline, Ms. Altaf Al-Ridai, a psychotherapist in the hotline, said that the opportunity is given to the case to talk about everything she/he suffers from in order to vent her/his emotions. The focus is on things that the case considers most important.

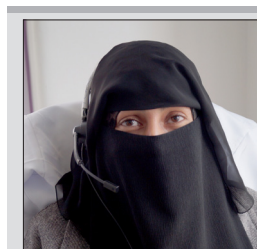
She added that at the beginning of the call several questions are asked about the case, including

questions about her/his personal data except the name, and then ask the questions of depression and violence. Through the answers a case is diagnosed, if the suffering is light, necessary advice and consulting is given. If the case is serious, she/he is called to be subjected to the necessary psychological sessions in the Foundation's clinics. Ms. Altaf also stressed that most of the cases that reach through the hotline are of violence cases.

Indicating that the privacy and confidentiality of the hotline makes the cases speak openly about the details of their suffering without any embarrassment.

Ms. Altaf said that they receive calls from all governorates, mostly from the capital, Sana'a, adding that they sometimes have some difficulties understanding the dialects of some cases.

She concluded her speech by saying "the real success of the hotline is to be able to discourage many cases of committing suicide, and the reunification of many families as well.



**:Al-Ridai
Hotline Reunited
many Families
and Dissuaded
many People from
Committing Suicide**

The Hotline 136

The First Theme to Restore Hope

Grief, distress, pain and suffering», this is how the life of Sawsan (a nickname), who lives in the countryside of one of the northern governorates, was dominated by despair. She thought her miserable life would continue until she met a relative who told her about the hotline (136) for consulting and psychotherapy, a service provided by the Family Counseling and Development Foundation.

Only a few months of therapy and psychological sessions, Sawsan returned to her happy normal life, which is not tainted by misery or suffering.

But what's the hotline? How can it treat people with psychological problems and give them hope in a society that does not believe in psychotherapy?

The events that Yemen has been experiencing since 2011 have caused two thirds of the population psychological disorders, whereas a lot of people still look down to everyone who goes to the psychiatrist and believe that he/she suffers from insanity.

This dominant misconception has made most of those who suffer from psychological disorders and depression yield and endure suffering and pain without going to a psychiatrist, so that they are not told to be insane or mocked at least. This makes their conditions worsen by the accumulation and aggravation of that disorder until they end up committing suicide.

The misconception

has prompted the Family Counseling and Development foundation to offer a psychological counseling service without going to a psychiatrist, through the free Hotline (136), to become a beacon of hope for many lives.

Hotline Effectiveness

About the effectiveness of the hotline and its usefulness and advantages Mr. Safwan Al-Jalal-a psychotherapist in the hotline- said that the hotline has enabled all members of the community in all governorates of Yemen to receive free psychological counselling services from 8:00 am to 8:00 pm every day except Friday.

He added that the people who provide psychosocial counseling through the hotline are the most efficient psychiatrists and

psychologists in Yemen with long experience in this area. Most of the Foundation's and psychiatrists and psychologists have masters and doctorate in the field of psychiatry and psychotherapy. They also have obtained many specialized courses and programs locally and internationally.

Al-Jalal Said that the number of calls received by the hotline exceeded one million calls from different governorates since its establishment in 2014, according to the hotline call center.

The average number of calls received by the hotline daily ranges from 400 to 600 calls, including calls to inquire about the service, or to make sure that it exists, including mistaken calls, but most of the calls require psychosocial service and are



**:Al Jalal
The Hotline has
Received more than
a Million Calls**



Depression in Children

Signs and Treatment

Adults are not the only ones who get depressed, children too may be exposed to depression. The child's feelings evolve day after night, so the child is depressed like a normal person, but each differs from the other. It is natural that the child seems sad, but if this sadness is prolonged with a change

in behavior, then you may consider that your child is depressed. Here are the signs of a child depression and how to treat it.

Signs that a Child is Depressed

Lack of food consumed by the child or increase in quantity, lack of sleep or excessive sleep. A child's feelings

of grief and despair, and violent behavior with his friends, the speed of his anger and his unwillingness to play. the isolation of his companions, his frequent cries and his unwillingness to engage in school and household activities are all signs Indicating the child's depression.

Treatment of depression

Listen to the child

It is necessary for the child to be listened at and to know the problems he/she suffers. It should be taken into account the fact that the problem or grief is not underestimated because it is a big thing for the child even if it seems small.

When to See a Psychiatrist?

If the child's problem is not solved, you must visit the children's psychiatrist, so that he can help the child solve his/her problem and train him/her how to deal with it.

Stand with the Child

It is necessary for the child to feel that his mother always stands with him/her, and that she is much interested in helping him/her. A mother should also try to take her child out of the state of grief or depression he/she suffers from.

Respect the Child

Ensure that the child enjoys the love of his/her mother and affection, as well as respect even if a child, because he/she wants to feel the kindness and care of his mother.

Violence Against Children Affects their Health and Livelihood in the Future

The results of a recent study conducted by researchers from the London University revealed that children who are exposed to violence and abuse in childhood are more likely to deteriorate their health and living conditions after decades.

To reach these results, researchers have tracked 8076 people from their birth in 1958 to the age of 50,

and researchers have found that those who have been subjected to violence and abuse are likely to be more susceptible to long-term illnesses of up to 70%.

The researchers also found that those who suffered more than one form of abuse were doubly poor, compared to those who were not subjected to any violence, abuse or ill-treatment.

According to «BBC»,

the study showed that the potential social and economic impact of child neglect and abuse could last for decades.

Researchers also found that neglected children often have poorer reading and mathematics skills in adolescence than their peers, asserting that this may prevent them from finding employment and progressing in the employment market.

The study also found that

the economic conditions of a person at 50 years of age are important as they are close to the age of peak earning capacity in many countries of the world, and the worsening living conditions at this age can be noted for poor health in old age.

«Our findings indicate that abused children grow up to face a bad scientific, social and economic situation,» said Dr Senhal Pinto Pereira, the supervisor study.



When does a Child Become Autistic?

Autism is a situation that affects the communication, social interaction, concerns and behavior of the individual, and appears in children before the age of three, where genetic and environmental factors are thought to be the direct cause of the disease, and this disease has been diagnosed in early childhood, but sometimes it cannot be diagnosed. The disease before a child is enrolled in kindergarten or school, showing symptoms of the disease through interaction with the surrounding community, and some cases cannot be diagnosed before puberty.

Symptoms of Autism

According to the Autism Society, autism symptoms typically become clearly evident during early childhood, between 24 months and 6 years of age. Symptoms include a marked delay in language and cognitive development. There may be signs of obsessive and/or antisocial

behavior.

Asperger syndrome, another PDD, may be referred to as "high functioning autism." Asperger syndrome usually lacks the primary communication and cognitive problems that characterize classic autism.

Autism symptoms can range from mild to severe. Some people may be considered autistic but manage to function in society without many setbacks. For others, the condition can have a substantial impact on their lives.

Causes of Autism

Genetic causes: Research has confirmed the existence of genes that have a role in causing the convergence, some of these genes cause this disease.

Environmental factors: Environmental pollution and transmission of viral infection may be the cause of the disease.

Other factors: problems during labor or birth.

Treatment of Autism

A child with autism is expected to become better connected and communicated with after treatment, to be less frightened and awe of some bright lights and annoying voices, and to improve verbal skills and the ability to learn better, as treatment is divided into several types:

Drug treatment: There are some medications that have effective therapeutic properties, which are handled by the doctor, help control brain disorders, and treat some of the diseases associated with autism such as epilepsy.

Educational treatment: There are specialists who apply certain special rehabilitation programs to children infected with the disease, where the child is paid to communicate with the surrounding environment.

Psychotherapy: Psychosocial support is provided to the child with the disease, through parental education, how to handle it properly.

The most important causes of treatment for autistic children are mother and father, by demonstrating interest, compassion and affection, and integrating the child with the surrounding community in the neighborhood and school.

drawing is now used as one of the methods of psychological therapy to treat mental illness.

Drawing is one of the most important tools to communicate effectively with children, it is the easiest tool to release what is going on in their minds, and bring them out into the outside world in the form of a graphic style.

Drawing helps



the patient be in an imaginary world out of reality and thus easy to cure the patient who lives in an unrealistic world.

Drawing therapy has been proven to be effective in the treatment of mental disorders. Studies have shown that drawing improves the mood and psychological state of people who are

ill. It is one of the factors that eases the tension experienced by mental patients, in addition to providing the person with the positive energy that helps him/her to be in a better psychological and health statue.

A way to Communicate with Children

Drawing is often used to treat children more than adults. «There are a lot of motivations that drive children and makes them practice scribbling,» says Amani Sweid, a specialist in art therapy at the Family Development and Counseling Foundation. Arches, circles, triangles and all shapes, «indicating that the child tries through the shapes that draw to convey many of the meanings reflected in his drawings.

«These forms are a way to express feelings, and emotions through which the child tries to communicate with others,» Swaid.

She added that the child resorted to drawing to satisfy his/her sense of movement, and to express self, feelings and emotions, in addition to entertainment, clarification, communication and tradition.

Playing Therapy

The Psychotherapist confirmed that most standardized methods have proven effectiveness and positive influence on children with certain difficulties.

She added that the playing filled with several wishes, the most important of which is called the «therapeutic function,» which means the use of playing in a planned way to achieve changes in the child's behavior and personality.

Mrs. Swaid defined playing therapy as a «therapeutic approach to help a child who is experiencing shock or emotional or family difficulties such as divorce, abuse, or aggression.»

According to Mrs. Swaid, childhood is one of the important stages in human life, as it is a stage in which the child's abilities grow and develop his/her talents, during which he/she is vulnerable to influence, direction and formation.

Noting that many studies and research have proved the seriousness of this stage and its importance in building the character and determine its future.

The psychologist pointed out that the mentally disturbed child behaves in a different behavior than the normal psychologically child, mentioning out that many games played by children reflect the problems they suffer from, the child who pulls dolls and toys shows his/her emotions towards adults, which

he/she cannot show for the fear of punishment. This indicates that this projection of feelings makes it easier to identify the causes of the disorder.

When is this Treatment Used?

The treatment of the mentally disturbed child and its introduction into the therapy program is only when the child suffers from distrust, frequent anger, anxiety, immature behavior as compared to his/her age, difficulties in learning, and sleeping and eating problems, when he/she is very shy, as well as his/her inability to adapt to family changes, Mrs. Swaid said.

The Aim of Treatment According to Mrs.

Swaid, the treatment of playing and drawing seeks to achieve several goals, including release the emotional pain caused by abuse through different expressive tools, helping the child to express himself/ herself, and making the child evoke and confront his frightening emotions.» She also emphasized that the child prefers to show his/her concern, fear and guilt through the tools of playing and drawing, better than to directly show to people.

Treatment Period

«Treatment by playing and drawing may take short or long periods», Mrs. Swaid said, indicating that this depends on the severity of the symptoms and the cooperation of the parents and the environment surrounding the child”.



Drawing...

Art and Therapy!

Everyone knows that drawing is one of the finest arts, but what many do not realize is that drawing is not limited to being an art, it is also used as a therapy for psychological situations, called «drawing therapy».

Family Development and Counseling Foundation is one of the rare institutions in Yemen that uses drawing as a means of treating mental illness.

How can Drawing Assist in the Treatment of Mental Illness? And How Useful is it?

After the remarkable development in the field of psychology and personality analysis.

of the Foundation locally, regionally and internationally, and has partnered with a number of counterpart organizations at the local, regional and international levels.

• How important is psychological therapy? And where does it lie?

-The human being is an integrated, neurological, psychological and interdependent structure, physical health and mental health need the same degree of formal and societal attention. A psychological disorder is like an organic disease, needs to be treated and pursued until the patient recovers. The patient should be exposed to

violence from June 2014 to May 2016, with fund from the Dutch government.

The current project is the psycho-social response to the people affected by war and conflict from July 2016 to June 2018, also funded by the Dutch government.

We have also undertaken a project to provide specialized psychological health services to the 400 most affected and impoverished people in the Republic of Yemen from February to April 2018, with fund from the International Development Organization. The project was carried out through the medical camps in five governorates: Amran, Hajjah, Sana'a, Taiz, Aden, and Lahaj.

The difficulties have increased our determination to help our people who suffer from this intense violence



the therapist early, before it becomes more chronic and difficult to treat.

However, what distinguishes the psychological patient from the organic is that the latter represents a burden on the person who suffers from it alone. The effects and consequences of a mental patient are extended to members of his/her family, community, and here lies the importance and necessity of addressing mental disorders and illnesses more seriously and in a sustained manner.

• How many projects has the foundation implemented so far?

The projects and activities of the Foundation have been numerous and ongoing since its establishment, but its most important projects have included prevention and treatment of gender-based

• In your opinion, why was the implementation of the humanitarian and social response to the conflict-affected people project chosen in particular at this time? How important was it? And how did people benefit from it?

-During the war which our country is facing with great psychological pressure, the foundation stressed the determination to implement the project of psychosocial response to conflict-affected people. The proposal was presented to the Dutch government, which in turn interacted and financed the project.

• What governorates have been targeted in this project? And how were they chosen?

The focus has been on governorates that have been the destination of displaced

people from governorates that witness armed conflicts, such as the Amanat Al-Asemah, Sana'a, Amran, Aden and Taiz governorates. During the project, people were sensitized on the psychological effects of war and given some individual psychiatric sessions and the association, in addition to promoting the free services offered by the foundation.

• What has this project achieved?

-donors have seen the great success of the project through the accomplished projects statistics, as well as the efficiency of the Foundation's cadre through a practical experience and testing by donors of the Foundation's cadre, at which time donors were surprised by the high efficiency of the cadre.

• What kinds of difficulties, obstacles and problems do you face during the implementation of all these projects?

It is clear that we are now working in such difficult, tough circumstances of our country, Yemen, and the suffering that our people are experiencing as a result of the war and the ongoing conflict. But these difficulties have made us more resolute and determined to provide aid and assistance to the victims of this intense violence, especially among the family, the first and fundamental of Yemeni society.

• There are more than 15,000 civil society organizations in Yemen, what distinguishes you?

-The current conditions in Yemen require the efforts of many organizations and different bodies to join hands and to work together to address the magnitude of the challenges facing the Yemeni people today. But what distinguishes our Foundation from other organizations is that it exclusively specializes in the field of psychological treatment and counseling and has a specialized male and female crew to perform this exclusive task. It also operates in accordance with the highest standards and norms in this field in terms of professionalism, patient privacy and conditions follow-ups. Moreover, the foundation covers all the governorates of the Republic

through the hotline or the foundation's branches in a number of governorates and we look forward to expanding more and have branches in all governorates of the Republic of Yemen.

• What are the accomplishments of the foundation?

The foundation has strong record of accomplishments during its first eight years. The number of its employees has increased from nine employees at the beginning of its establishment to thirty employees in the last few years. The foundation also has branches in some of the Republic's governorates, all of which are highly professional, and their primary focus is on the mental patient everywhere in Yemen, regardless of his/her race or religious, political convictions. We also have partnered with a number of local and international organizations, most notably organizations such as the United Nations, women without Borders and Austria, as well as the Dutch government. With this regional and international recognition of the foundation success, we have increased the efficiency of its staff and continually upgraded their skills, with numerous training programmers for employees in Jordan and Egypt, and this approach is still ongoing.

• What are your expectations? What are your plans in the future?

- I dream and look forward to the day when every family be free from the psychological disorders that threaten its integrity, balance and stability.

- I dream and look forward to the day when every family will be free from the psychological disorder that threatens its integrity, balance and stability.

My greatest dream is to bring stability to my country, Yemen. I also hope Yemen becomes safe, happy again and people live in peace, love and harmony. This great wish, although it seems to be ideal for some, is capable of curbing the diseases and disorders that are rampant today and widely in our country. For the record, there are people in the developed world today that have largely reached that level, and have been struggling to attain human perfection.

Not only has war taken souls, but also worsened mental and psychological conditions. Family Counseling and Development Foundation had to take a serious action to alleviate the suffering of the people.

The Family Counseling Magazine interviewed the Chairperson of the Foundation, Dr. Balqis Jabari to talk about the annual contributions of the Foundation and the role it plays

Dr. Bilqis Jabari for « FAMILY COUNSELING »:

The great psychological pressures that people face have prompted us to implement the psychosocial response to Yemenis affected by wars and conflicts project

• At the beginning would you mind giving us a brief about the foundation and its origins, history, stages of development until it reached this level?

-the foundation was established on January 8, 2011, coinciding with the launching of popular protests, in which most of the Republic's governorates are demanding equality and decent livelihoods. Years earlier, economic and social indicators had pointed to the continuing deterioration of the conditions of the majority of the population, which had triggered those protests.

Unemployment, poverty and deprivation have escalated dramatically and living conditions have become extremely difficult and harsh for the majority of Yemeni families to the extent of destitution. These are the major reasons to exert enormous psychological

pressure on individuals, families and communities and lead to psychological, social and emotional imbalance. A specialized professional Foundation has to be in place, which the family and its members have to resort to in order to receive treatment, care and psychological counselling as do those who suffer from Organic diseases find the competent physician to treat their diseases. This is what prompted me to establish the Family Counseling and Development foundation. The main role was to provide treatment, care and counseling for those who suffer from mental and psychological disorders. What has helped me to establish this Foundation is the experience I gained when I worked a psychotherapist at the «Glenn World» psychological Center in Maryland, United States of America during the

period of 2003-2005, and later as Vice-President of the Psychological and Educational Counseling Center, Sana'a University, 2006-2015.

In recent years, psychological pressure has increased in intensity and violence against Yemeni citizens, making their psychological balance extremely fragile, pushing many to commit suicide, have psychological disorders or increase antisocial behaviors that threaten the security and integrity of the society.

With a number of colleagues, I initiated the establishment of the Family Counseling and Development Foundation in January 2011, as a non-profit organization, with the aim of providing treatment and counseling to the needy Yemeni individuals and families of men and women. We set up a free hotline to give counseling

and therapy treatment through the foundation's psychotherapists who work from 8:00am to 8:00pm every day except Fridays.

This free hotline was the first professional and vocational line not only at the level of Yemen, but also among some countries in the Arab world. Here, we must pay tribute and thanks to all the Yemeni telecom companies that cooperated with the foundation and dedicated the free hotline 136, this has been a significant contribution by those companies, because extension calls across the hotline may sometimes take between 20 minutes to half an hour or more, which cannot be afforded by a poor and low-income Yemeni citizen.

After increasing demand on the hotline, we expanded the spots to reach 15 hot lines. It has also grown in recognition

The psychological field has left almost nothing but tried to take advantage of it. However, this time it benefits from the so-called «group therapy». Many studies have concluded that the work of group sessions helps those cases to recover faster, because it helps to remove barriers and shame and encourages the patients to accept the situation and get out of the trauma suffered by.

How to Treat

Ms. Bilqis al – Fadhli, a group psychotherapist, said, “group therapy

their feelings, interpersonal behaviors, reactions and patterns.

Another reason that the Family Counseling and Development Foundation in Yemen resorted to this type of treatment is the lack of psychiatrists and psychologists in Yemen. The number of psychiatrists is 44 while only 120 psychologists. On the other hand, one in every five people in Yemen suffers from psychological disorders with varied severity, according to a recent study conducted by the Studies and Research

total number of sessions is from 12 to 16, based to the nature of the problem as well as to the extent of interaction among the group members.

On what is being discussed during the therapy session, Ms. Al-Fadhli said that the most important focus of the sessions is the emotional relaxation and expression of feelings, where painful experiences are called to express in front of the group, which helps to improve and heal, the group is the right place for a person to speak frankly about his feelings and wounds without shame or blame from others, adding that group therapy also focuses on the interaction of group members among themselves.

Ms. Al-Fadhli indicted that the lower the psychological interventions among the group, the better and more beneficial the result, which reflects the success of the group. As the role of the therapist, according to Ms. Al-Fadhli, is limited to being only a catalyst, and the treatment lies among the group.

However, the group therapy does not include all psychological cases, according to the Foundation therapy specialists. As there are psychological diseases that are excluded from group therapy and are not subject to group therapy sessions, such as psychological cases that have anti-social behavior called ‘skeptopaths’, as well as cases of doubt and suspicion of others. In addition to the cases of depression and mania or severe mental disorders suffered by the lack of concentration.

Effectiveness

In order to determine the effectiveness of group therapy, the « Family Counseling and

Development magazine” met one of the patients that participate in the group therapy who said that she is keen and punctual to attend every group therapy session. She confirmed that the mixing with other psychological patients during the group therapy makes her feel calm. the patient shared this example: One member feels isolated and lonely, and doesn’t know how to make friends. The group supports her by listening when she talks and engaging with her the entire session, which by itself decreases her sense of isolation. The members also share their own experiences. And they share how they’ve navigated loneliness or overcome isolation, “offering hope, inspiration, encouragement, and sometimes suggestions.”

Advantages of Group Therapy

The group therapy differs from the individual therapy in many ways. The patient indicated that the individual therapy made her feel that her situation was the worst, but in the group therapy, she feels better when she started listening to others’ problems and struggles that are much greater than the problems and struggles of hers.

Some of the advantages that occur in group therapy include: Group therapy assures individuals that they are not alone and that other individuals share similar problems and struggles. ... Group therapy offers the opportunity to both receive support from others and to give support to others.

The patient also pointed out that the progress they experienced in the group therapy which made them keen to attend all the session and not miss any of them.



emerged during the World War II, which is usually used in wars and conflicts, especially when people need psychological interventions. On the other hand, there are only a few psychologists who cannot cover the psychological needs of all people.»

Wars and conflicts cause psychological disorders among people, due to psychological stress during this time. “As a result of the scarcity of mental health professionals in the face of the huge number of mental patients left behind by wars and conflicts. The purpose of group therapy is to help individuals better understand themselves in the context of their relationships so that they can make more informed, healthy, and adaptive choices based on a deeper awareness of

Unit of the Foundation.

Terms and Conditions

The selection of psychological patients in a group therapy is subject to the conditions and terms. First and most importantly, the patients selected for treatment within one group suffer from the same psychological disorder, which then the psychotherapist tries to change their troubled behavior by creating interaction among them.

Ms. Bilqis al – Fadhli explained that the group therapy is required to be in a closed place, has appropriate lighting, and that the session be circular and comfortable. The duration of the session for the group therapy is from one and a half to two hours: one session per week, 10 cases maximally, and the

Group Therapy; the Most Effective Means during War

«He who sees the calamity of other people finds his own calamity light»
an old saying said by many people. Nonetheless, the psychological field benefits
from this statement in making it a means of psychological treatment, how to use
the combination as a means of psychological therapy





Life Returned to her after 20 Years of Suffering

Suad (a pseudonym), 40 years old, did not know that a life of misery, pain and suffering awaits her after she is associated with her cousin who married her 20 years ago.

Since her marriage, she has never known the taste of happiness, because of cruel treatment of her husband. However, the fear for the three children and their fate, made her bear the cruelty of her husband over these years patiently and in silence.

Although her husband was an expatriate in one of the Gulf states, he did not change his cruel treatment of his wife, but his cruelty increased, especially after he returned as a result of deportation.

Since his return, he has become a terrifying nightmare for his wife and children. His children have been deprived of their education and forced to go to work to return with money. Those who do not return money are imprisoned in a room for several days without food or drink.

All this made his wife and children in a bad psychological state, especially after he threatened to divorce her if she spoke with him a single word.

Then Suad tried to find a way to save her children from this torment and suffering, but she had only one way which is to kill her children and then commit suicide.

But the divine predestination intervened, and before that, her husband expelled her from the house on the pretext that he could no longer bear her and wanted to marry another woman, forcing her to return to her family's house.

Now, Suad is suffering from distress

and hopelessness in everything. She begins to hate all men and encourages her daughter to reject anyone proposes to her and convince her that all men are like her father.

Suad does not know that this will be the beginning to change her life and her children from suffering and pains to happiness and joy.

One day, during her stay at her family's home in Al-Bayda governorate, a woman from the village met her and told her to call the free Hotline to take psychological counseling to relieve her troubled condition.

Suad initially was not enthusiastic about it, but she later saw that she would not lose anything if she tried it. She actually called the hot number, and from here the twinkle of hope shone in front of Suad. The hotline psychologist listened to her story and her condition, asking her to attend some psychotherapy sessions.

Undergoing Treatment

The psychologist began by encouraging Suad to relieve herself of all that she felt and helped her to show her condition. psychologist also encouraged her to have psychotherapy sessions and told her that she is not the only one facing such conditions.

Suad agreed to undergo psychological treatment, the psychologist explained the nature of the treatment and told her that her husband's cruel treatment is due to suffering from personality disorder as well as from mental disorder, as a result of his parents' death and his life as an orphan who moved to live with his sister and her husband, who was

brutally harassing him. This means that he did not deliberately treat her with such harshness, and his cruel treatment would end as soon as he is treated, which made her feel reassured and relieved.

Developing her Capabilities

She was helped to expand her vision of things more in order for her to relax and control anxiety and tension throughout the sessions. Her sister-in-law was around during that period as a physiotherapist assistant in the behavioral therapy. In addition, Suad was trained to return to her ordinary activities and reintegrate her into society.

Improving her Conditions

Signs of improvement began to appear during the first two weeks, which made her keen on continuing the psychological treatment sessions.

Suad did not only recovered from psychological disorder, but also was able to convince her husband's family to find a solution for their son, and indeed her husband underwent a clinical appointment with the psychiatrist in the same institution, and was diagnosed as suffering from a "state of psychosis and personality disorder and needed treatment. The wife was told how to deal with the husband and help him with the treatment.

after six months of treatment and psychological sessions, Suad, the wife, returned to her children. The husband, who soon after recovered and started getting better, was able to reunite with his children and wife since the divorce was invalid decision due to his incapacity at the time.