

Stories of War: *healing the wounds of Domestic & Gender based Violence*

Introduction and Background

➤ Key elements

- Violence and fragility
- Increasing numbers of IDPS
- Basic needs (shelter and food) leads to vulnerabilities
- The perpetrators

Introduction and Background

➤ **Mission's Intervention**

- Provision of assistance
- Trauma Healing and Resilience Building

Case Study 1: Anne

- Biodata: (single mom, 2 daughters. IDP)
- Her Story: Economically weak, 2 daughters raped by the same person, psychological and emotionally disturbed

Case Study 1: Anne

- Healing process: referred to our centre for her raped daughter, daughters healing, her recovery and economic support
- Next Step: regular visits, business report

Case Study 2: Jane

- Biodata: 39, mother of 3, married at 16,
- Her Story: toxic relationship, physical and psychological torments, separated from her husband

Case Study 2: Jane

➤ Healing process:

- came into our centre devastated and drained,
- undergone 6 weeks of assessing her situation,
- still afraid of her estranged husband but will to take legal action, counselling continues

Case Study 2: Jane

- Next step: talk to the centre's legal advisor

Case Study 3: Claris

- Biodata: 49 married to a husband who torments her, mother 3
- Her Story: forced into marriage, neglected by husband

Case Study 3: Claris

- Healing process: 10 months of counselling, one hour week of, now has a positive image of herself, wrote a letter to her late dad
- Next step: continue counselling and economic support

Case Study 4: James

- Biodata: married with 2 children
- His Story: abandoned by wife and children, after losing his business and failing sight, feeling depressed and lonely

Case Study 4: James

- Healing process met him during a psychological first aid outreach, subsequent home visits followed, he is more hopeful and positive about his sight fully healed

Case Study 4: James

- Next step: continue to work with him and help in restarting his business

Our Perspective

Through our Trauma Healing and Resilience Centres, we envision a Cameroon society where people would be managing their traumatic past with hope of the future