

BeautifulMind Consultants, Ltd.

JENGA: The East Africa Psycho-Social Network

The Fourth JENGA International Training Workshop on Mental Health and Psycho-Social Support

Summary Report

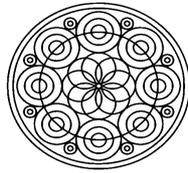
Introduction

JENGA IV was held from 10 to 12 July 2017 at the Swiss Lenana Mount Hotel in Nairobi, organized by BeautifulMind Consultants (BMC), Ltd., a Kenya-registered Social Enterprise dedicated to capacity building in MHPSS in the East Africa Region and its training arm the JENGA East Africa Psycho-Social Network. The Workshop was attended by 22 participants, including trainers and the BMC organizing team. Below are some of the key take-aways from the presentations.

Key points

The Body-Mind Approach to Well-Being, *Brinda Wachs, Executive Director of BeautifulMind and Jungian Psychoanalyst*

- The body as a fulcrum, a stabilizing force, because it is of the Earth (Nietzsche).
- Body and mind are connected: An integrated approach to well-being
- Help the patient be at home in their body, then they can be at home in the world.
- "I want to change everything about my body": Body acceptance and Body love.
- Yogi idea: The body as a temple, you are given it for a time, to handle with care.
- Importance of balance between sleep, nutrition and physical exercise
- importance of creativity: it helps to reduce stress and to work through anxiety, depression, addiction, psychosis and mood disorders
- Creativity brings us back to our own desires
- Through a desire-based expression of creativity, we can get access to our emotions
- Energy might be blocked in our body and hold us back; it needs to be released so that we can move forward (eg. through physical exercise)
- We should never be too one sided: too rational in the brain or too much living in dreams, fantasy, unconscious
- There should be a balance between body, mind and soul



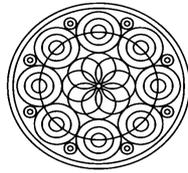
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- A dream (dream work) might help us to find psychic balance
- Terminology matters! eg. not everyone might be ready to talk about spirituality although they experience something as such
- The difference between the mind and the brain is that the brain has a physical location while the mind is a more abstract term
- Every client has to be allowed to have their own definition/ concept/ terminology; use theirs; don't explain your concept to the patient!
- Expression is the opposite of depression!
- Movement is one of the most powerful therapeutic methods which should be used more often in mental health care
- Movement, dance might not heal but can serve as coping strategies when eg. trauma or loss are experienced

Child Development and Child Protection: Overview of Child & Adolescent Well-Being in East Africa, Bernice Nderitu, Psychosocial Consultant and Child Development Specialist, Nisela Group, Nairobi

- Child development and child protection
- What to do with children who have absolutely no safe place to live? when the family is abusive, neglecting, abandoning?
- How do we define a child? Every culture has a different definition of a child and childhood
- Play for kids help with social, emotional, physical and cognitive development
- In sub-sahara Africa it is normal for children to help at home, take care of younger siblings, elderly and sick, do errands, have chores, obey parents (and getting pride from this obedience)
- Abuse happens everywhere, eg. sending small children to boarding school and they don't see their parents for one whole year
- We should (almost) all work with children to do prevention work, it is everyone's responsibility! not just the government and the parents
- There is resilience in every child!



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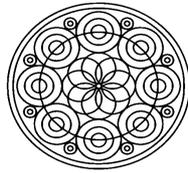
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Helping Adolescents Cope with the Impact of the Media on Their Body Image and Self-Esteem, Mtheto Hara, Educator, MA, Department of Psychology, CUEA and Training Director, BMC

- Healthy body image: feeling comfortable in one's skin, happy with how one looks, feeling good about one's self inside and outside, value who you are more than how you look
- Unhealthy body image: thinking the body is disgusting or too big/small/thin/fat etc., feeling that nobody loves me because of how I look, taking long to be satisfied with the outer appearance (standing long in front of the mirror)
- Adolescence: a period of transmission and rapid development
- Group discussion on how parents can support children to have a good body image and on how media influences the body image of adolescents (Tiwonge)

Adolescent Health and Teen Suicide: Prevalence and Prevention, Kaye Alianda, South African College of Applied Psychology, Johannesburg

- Suicide in adolescents: prevention rather than cure
- Teenagers are impulsive, they don't rationalize as adults do, this makes them vulnerable for suicide
- Suicide attempts are often a cry for help
- Suicide is often linked to depression
- Often only the tip of the ice berg is seen although there are many underlying issues
- In Kenya more women attempt to and also actually succeed in taking their lives than men
- It is unclear how much money the government allocates in their budget for mental health care in Kenya



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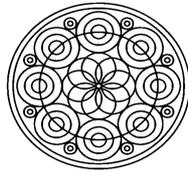
- Technology has a negative influence on suicide rates of adolescents: cyber bullying and videogames
- Also the availability of firearms adds to suicide rates
- Suicide is preventable when teenagers are given the chance to talk about their issues and have someone to reach out to

Depression and Psycho-Sexual Issues, Julie Githiri-Goko, Psychodynamic Psychotherapist / Psychosexual Therapist, Nairobi

- Depression and psychosexual issues are often related and it is hard to say which one came first
- There is a need for help when no satisfactory sex has been experienced for more than 6 months
- Only 9% of psychotherapists ask about the sexual relationships of their clients
- The psychological impacts of depression and psychosexual issues are similar
- Treatment includes psychosexual therapy, meditation, sensate focus, medication, treatment by a qualified practitioner, mostly speech therapy
- Approach needs to be holistic: not only talking about sex but the whole life of the client

Take Aways Day I

- We should encourage women and men to love their own bodies but sometimes changes are necessary for health reasons
- It is surprising that the modern media has such a big impact on young people in Africa, too
- The Personal is Political



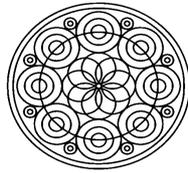
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DAY II

Psycho-social Support for Primary School Orphans in Embakasi Village of Nairobi County, Dr. Teresia Kavuli Kinai, Senior Lecturer, Department of Educational Psychology, Professor of Psychology, Kenyatta University, Nairobi

- There are more than 1.8 million orphans in Kenya
- They suffer from poor education, health, diet, social behaviour, mental health, mostly due to lack of parental guidance
- Results from her study: 100% of orphans experience grief. 53% lack homework support (no parents at home, no electricity etc.), 38% are often absent from school due to health issues, being left with a smaller sibling etc.
- Girls miss school more often than boys because they take care of smaller siblings
- Schools should provide lunch because it was found that orphans are more likely to come to school on those days that lunch is provided
- More expressive arts is needed: singing, writing letters and poems to their parents, more group counseling sessions
- Counselors should be better skilled to help orphans work through their grief and mourning period
- Role plays should be done: burials and mourning ceremonies
- Counselors should teach RESTORE: relaxation techniques, physical exercise, silence (meditation), positive thoughts, other peers as support system, respiration (breathing mindfully), eating (healthily)
- Awareness has to be created in the society: orphans are not a burden but citizens as any other person and need attention
- Laws need to be improved: children have to have the right to go to school and not being sent for errands by their caregivers or left with smaller siblings, also physical and sexual abuse by caregivers has to be followed up on better by the government
- Sponsors are needed to support the care of orphans
- Important to notice: the bond between the child and the parent continues existing, children are allowed to still feel connected to the parent in their hearts



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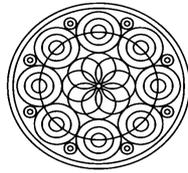
- Google: therapist aid, psychologytools.org

Art Therapy and Journaling, Nyawira Kuria, Art Therapist and PhD Candidate, Clinical Psychology, USIU-Africa and Assistant Dean of Students, University of Nairobi

- Visual journaling is associated with Carl Jung
- painting and drawing is the natural language of children, adults rather prefer talking
- drawings help to open discussion with trauma or loss patients
- only the artist herself knows what it meant to them, so: ask them! don't just start interpreting for them and jumping to conclusions!
- self-expression! painting and writing
- it helps to explore new ideas outside the box – creativity!
- therapy can be done outside or inside as long as the client feels safe and ethics are appreciated
- art can restore what has been lost

What's Your Storyline? Storytelling, Psychodrama & Family, Joseph Alan Wachs, Storyteller and Educator, New York

- The power of storytelling
- Techniques: mirroring, play back theatre (changing roles), psychodrama, drama therapy, empty chair
- Creates empathy, sympathy etc.
- It might not be therapy but it is therapeutic
- Storytelling in the family: during dinner, at bed time, in the living room
- Book tip: "Introduction to Jungian picture interpretation" by Theodore Abt; "Life Paints its own Span" by Susan Bach
- You need to be trained to do expressive arts as a therapeutic method but anyone can use it as one tools of their tool box



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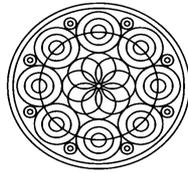
DAY III

Substance Abuse & Addiction Among Youth: Impact on the Family, Annika Ouko, MA Student CUEA, Former Addictions Counselor, Asumbi Treatment Center, Nairobi and BodyMind Concept of Addiction, Brinda Wachs, Executive Director, BMC

- Addiction affects the whole family and it is a universal problem
- The whole family needs treatment
- It needs a body-mind approach to treat addiction
- When the body is affected, the mind is affected. When the mind is affected, the body is affected
- When is an addict and addict? Which role does culture play in it? There are screening tools which (with some alternations) can be used in any culture, apart from that: Is your life unmanageable? Have you seriously tried stopping and were not able to? Has your tolerance level increased? Do your personal and professional relationships suffer from your substance use?
- Approaches: detox, rehab, relapse prevention, AA meetings, body work: dance, movement, distraction, physical exercise, expressive arts and having a sponsor
-

Nakuru Women's Prison Psycho-Social Support Program, Iregi Mwenja, Founder/CEO, Psychiatric Disability Organization, Kenya

- PDO has been existing since the beginning of this year
- Aim: making mental health accessible
- If you want to help the most deserving – go to prison!
- There are more seriously mentally ill people in prison than in a hospital
- Why? misconception: people with mental health disorders are a danger to the public; intolerance; and others



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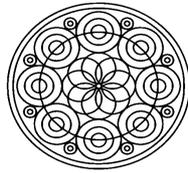
- Women are more affected than men by mental health issues
- More than 60% of inmates are affected by HIV/AIDS because HIV + are more likely to be arrested and more likely to commit a crime
- Most precious gift in women prison: Ugali flour
- Saddest day in women's prison: valentines day
- Staff in prison has a high prevalence to alcohol addiction: around 30% are affected, meaning only 70% are reliable and able to carry a gun

Psychoticism and Involvement in Risky Sexual Behavior Among Students in Secondary Schools in Nyakach Sub-County, Kisumu County, Kenya, *Dr. Peter Omae Onderi, Maseno University, Kenya*

- Study tested whether there is a relationship between psychosis and risky sexual behaviour in secondary school children in a sub-county near Kisumu
- Result: there is a strong relationship between the two which indicates that students rating high in psychoticism are more likely to engage in risky sexual behaviour

Sexting Among Adolescents in Nairobi, Stephen Asatsa, PhD. Candidate,
Department of Psychology, CUEA, Nairobi

- Sexting: texting sexual contents esp. between two phones
- Study is looking at sexting among adolescents
- Adolescents are not allowed to use cell phones at public schools and often also not allowed by the parents
- But: ALL participants said they had access to phones
- 65% sext on a daily basis
- Very few never do it
- Masturbation, porn, multiple sex partners is higher when sexting is done more frequently



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- Reasons: sex is a taboo as a topic on public (75%); it is an easy way to start a relationship (82.5%); hub for information about sex (84%); privacy for sex expression (74%); platform for non-judgemental sex expression ("bad manners")(81%)
- Recommendations: don't ban phones! they can be an educative tool. parents have to be available and guide their children in fb, whatsapp etc.; open talk between adults and young people; training peer counselors at schools

A Window to our Souls: Dream Analysis for Psycho-social Support, Brinda Wachs, Executive Director, BMC and Jungian Psychoanalyst

- The dream opens the door to the unconscious
- Important question: What is the purpose of the dream?
- The dreamer owns the dream, we don't interpret it, we respect the dreamer
- Jung was mostly interested in series of dreams rather than a single dream
- There is the individual unconscious and the collective unconscious (which we use in the Ullman method of dream analysis)