# Liberated: Refugee Trauma

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### Abstract

**Introduction:** Seeking asylum and leaving one’s home is a traumatic experience with heavy psychosocial consequences. The 21st century witnessed massive human suffering, with tens of millions of people getting displaced and forced to live in exile. This is a deadly web and a vicious cycle that needs to be broken in order to prevent the trans-generational transmission of trauma and dysfunction

**Purpose:** To shed light on the invisible wounds and scars of refugee trauma, especially when it comes to affecting the youth

**Methodology:** The 10 recommendations for caring for refugees will be introduced in detail, to encourage therapists to use similar interventions when working with refugees and asylum seekers in their communities, in order to help them heal and get empowered

**Findings:** This project was proven extremely effective with traumatized population, especially refugees, in Libya, Syria, the USA, and soon to be implemented with the Burmese and other affected refugee communities throughout the world

**Conclusion & Significance:** For refugees to heal, they need to have a voice, write their own coherent narrative, try to make sense of their painful ordeal, make amends, explore forgiveness, and move towards closure and empowerment

**Recommendations**: Trauma-informed care is very important in the overall wellbeing of refugees, and is a vital step in their integration into their host communities

### Image

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 **Recent Publications**

1. https://ajp.psychiatryonline.org/doi/abs/10.1176/appi.ajp.2017.17020187
2. https://ajp.psychiatryonline.org/doi/abs/10.1176/appi.ajp.2017.17091058
3. https://www.marsad.ly/en/2012/12/28/opinion-recommendations-for-peace-and-reconciliation-in-post-conflict-libya/
4. https://healthcare.utah.edu/the-scope/shows.php?shows=0\_7cn9ewgk
5. https://pdxscholar.library.pdx.edu/cgi/viewcontent.cgi?referer=https://www.google.com/&httpsredir=1&article=1002&context=anth\_grad

**Biography**

Dr. Omar Reda is an international trauma expert and a sought-after public speaker on issues of psychological trauma, Muslim mental

health, refugees’ mental health, the Libyan revolution, and the Arab Spring

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**Notes/Comments:**

This presentation will cover multiple themes, including refugee trauma, the war on terror, and how to help empower youth.