



INTERNATIONAL  
**TRAUMA**STUDIES  
PROGRAM

## 1st International Congress on Trauma Prevention Studies

*“From Darkness to Hope: Healing from Trauma in a World Facing Violence and Poverty”*

January 9–11, 2026  
Istanbul, Türkiye

	<p style="text-align: center;"><b>CLINIC WORKSHOP</b></p> <p><b>Instructor Name:</b> Dr. Samah Jabr</p> <p><b>Workshop Title:</b> Addressing Colonial Trauma</p>
<p style="text-align: center;"><b>Workshop Description</b></p> <p><i>(A brief overview of the topic)</i></p>	<p>This workshop explores the psychological impact of colonial trauma and its ongoing effects on individuals and communities. Participants will examine how systemic oppression, displacement, and sociopolitical violence shape mental health, identity, and collective well-being. The workshop emphasizes culturally grounded, trauma-informed approaches that integrate local knowledge, community resilience, and liberation psychology principles. Through case discussions and practical exercises, attendees will learn strategies for supporting individuals and communities affected by historical and ongoing colonial violence, fostering empowerment, healing, and resistance.</p>
<p style="text-align: center;"><b>Topics Covered</b></p>	<ul style="list-style-type: none"><li>• Understanding colonial trauma and its psychological impact</li><li>• Historical and ongoing effects of systemic oppression on mental health</li><li>• Principles of liberation psychology in clinical practice</li></ul>

	<ul style="list-style-type: none"> <li>• Trauma-informed approaches for individuals and communities</li> <li>• Strategies for fostering resilience and empowerment</li> <li>• Case studies illustrating colonial trauma interventions</li> <li>• Ethical considerations and culturally sensitive practices in conflict-affected settings</li> </ul>
<b>Duration</b>	90 minutes
<b>Maximum Number of Participants</b>	35
<b>Target Audience</b>	<ul style="list-style-type: none"> <li>• Mental health professionals, including psychologists, psychiatrists, counselors, and therapists</li> <li>• Social workers and community mental health practitioners</li> <li>• Humanitarian workers and educators supporting conflict-affected populations</li> <li>• Graduate students and trainees in psychology, social work, or related fields</li> <li>• Researchers and practitioners interested in trauma, resilience, and decolonial approaches</li> </ul>



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[www.utocko2026.whr.org](http://www.utocko2026.whr.org)



**Bahcesehir University**

