

PAR (Participatory Action Research)

WHO WE ARE:

- In 2012, Basmeh & Zeitooneh developed out of a small-scale initiative set up by **Syrian volunteers** in Shatila, Lebanon
- The initiative **grew rapidly**, providing access to its programs in **vulnerable communities** throughout the rest of

Lebanon, & Turkey



- B&Z main goal was to **fill the gaps** left by other aid agencies

● **B&Z** now **serves** **17,500** Individuals in **BEIRUT** **250** full-time **Employees & Volunteers**

● **5** community centers in **LEBANON**

Research Objective

This research examines Syrian and Palestinian women's experiences of coping with challenges arising from displacement, where it describes and reflect the results of the program conducted with sixteen women who participated in individual and group-based psychological support .



Key Research Findings

The findings shed the light on the following :

- 1-Different challenges faced by women in displacement such as constrained living circumstances and financial difficulties and the lack of alternative opportunities and the responsibility of securing a livelihood for their family placed a burden on them , in addition for feeling helpless and worried about safety and education and the future of their children.
- 2- Informal coping mechanisms in response to these challenges and the role of which participatory group interventions can play in enhancing individual's resilience , and the importance of the support through staff of Non-Governmental Organization, also in informal situations.
- 3- Program design should utilize refugees' existing skills and capacities, as well as meeting their needs. Access to income-generating programs and other benefits and assistance should be equally available to women and men.

Changes & Impact

This report focus on changes in five key areas of Syrian and Palestinian women's experiencing displacement :

- 1- Painting as window to the Past and as a vision of the future : where women projected their longing for lost oved and bygone times onto the figures they painted as reflective of a wish for stable life and circumstances.
- 2- Empowerment and Self-efficacy : where women described feelings of accomplishment joy and pride acquired in the process of painting , seeing the picture and receiving feedback from the instructing artist .
- 3- Regulating Emotions : where women described how painting helped them at least temporarily to reach a state of mind which they otherwise found rarely attainable in their daily lives.

Knowledge Learning
CREATING
Changes Activity
Producing
Achievement
Energy *Getting*
Temptation *away*
of colours

Changes & Impact

4- Sense of Community and safe space : where women expressed that the space of painting sessions appeared to be a space which allowed the women to seclude themselves emotionally and physically from their worries and from the environments in which these arise .

5- Effects of improved Coping : New perspectives, where women expressed how their awareness of their needs increased and in their ability to cope with challenges encountered in their daily lives family relations.



Lessons Learned

- 1- The critical element of understanding and responding to person holistically can sometimes be squeezed or scarified in the ongoing challenges of short-termism and the limitations of humanitarian funding .
- 2- The use of drama exercises during the sessions as rituals of beginning and closure enhanced verbal exchange between the participants and supported the process of personal reflections and resolving conflicts ,solving problems and formulating new perceptions that in turn lead to positive change and growth and healing .



3- The process of making arts is in itself a therapeutic experience , and is an opportunity to use imagination in an authentic and spontaneous way that can lead to personal fulfilment a, emotional reparation and alteration.

4- Importance of building on existing Community- based support mechanism and staff support that encourage the participants to share their most difficult experiences and providing support to community members in retelling stories that have been closed while taking into consideration the context and the preexisting complexities in the community .

Thank you



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