

MoM-Central MHPSS TF-23

Date	Tuesday 9 August 2016	Venue	WHO Conference Room (-1)
Time	2:00-3:00	Minutes prepared by	Nour Kik

Organizations attending	Embrace, EMDR Lebanon Association, Dorcas MSD, Handicap International, Himaya, Fundacion Promocion Social de la Cutlura, GIZ, IDRAAC, International Medical Corps, International Committee of the Red Cross, Lebanese Red Cross, Medecins Du Monde, Medecins Sans Frontieres, Ministry of Public Health, Ministry of Social Affairs, UNHCR, UNICEF, UNRWA
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Agenda

1. **Presentation about EMDR (Psychotherapy technique) Lebanon Association and its activities**
2. **Presentation on ambiguous loss by ICRC**
3. **General Updates**

Discussion	Action / Decision / Suggestion
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1. **Presentation about EMDR (Psychotherapy technique) Lebanon Association and its activities**

<ul style="list-style-type: none"> ➤ EMDR Lebanon Association gave a presentation on 1) What is EMDR Psychothrapy, 2) EMDR Association in Lebanon and 3) The issue of preserving the integrity of EMDR therapy and other psychotherapies: ➤ Eye Movement Desensitization and Reprocessing (EMDR) is an evidence-based psychotherapy technique which is very effective in treating PTSD and other psychological disorders. ➤ EMDR Lebanon Association is a non-profit organization for mental health professionals which consists of Lebanese psychologists/psychotherapists who are trained or certified in EMDR Therapy. ➤ Goal: To introduce EMDR Therapy to the Lebanese community & Arab world and spread the awareness of its efficacy ➤ Activities include: <ul style="list-style-type: none"> - Organization of the basic EMDR training course—overall 10 days of training (minimum 50 hours) - Organization of continued education EMDR workshops. Building trauma-focused interventions in communities and using EMDR protocol for phobias, migraines, and fibromyalgia - Basic EMDR training course will be announced soon ➤ 23 European countries contribute to EMDR meetings. EMDR Lebanon is an observer organization ➤ EMDR Lebanon notified the task force that there are individuals in Lebanon who give courses in EMDR—claiming they are certified trainers in this 	<ul style="list-style-type: none"> ➤ The PPT presentation given by EMDR Lebanon will be shared with the task force along with the minutes.
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technique—but they aren't. As such, it is important for all to be aware of this issue.

2. Presentation on ambiguous loss by ICRC

- Ambiguous loss is an important issue that needs to be understood.
- Loss remains for many years—it doesn't diminish like other problems.
- Missing persons: the loss isn't generally "verified". Either because they're not martyrs etc., or they're not known to be dead
- Who are the missing persons we're concerned with? The missing from war, though the theory/term can apply to many other missing persons
- The economic burden on the families of missing persons is considerable as they haven't only lost the family's breadwinner, but they will also often pay huge sums in efforts to find lost loved ones.
- Families may not accept loss or even support from others—they still want to keep hope.
- ICRC conducts group sessions to help persons find meaning and to prevent social isolation. Through these group sessions, people give each other resilience and have an opportunity to exchange experiences about how to deal with ambiguity.
- ICRC also conducts a lot of awareness raising and lobbying activities and are working towards having a Law on the missing. They also train staff, including those who work with Syrian refugees.

- The PPT presentation given by ICRC will be shared with the task force along with the minutes.

3. General Updates

- 4Ws (Who is doing What, Where and until When) mapping exercise to be launched this coming week.
- Short MHPSS TF Performance evaluation questionnaire to be sent out by the end of the month. The questionnaire will be online and anonymous.

- The active collaboration of all MHPSS TF member organisations is critical for a comprehensive and reflective mapping that is timely and useful for everyone.
- The input of all TF members is highly needed for the continuous improvement of the MHPSS TF efficiency and effectiveness.

Next meeting: Tuesday September 20, 2016 at 2pm at the WHO Conference Room (-1), Lebanese University Glass building, Mathaf.