

FOUNDATION HOUSE TRAUMA RECOVERY FRAMEWORK

PERSECUTION AND HUMAN RIGHTS VIOLATIONS	→ SOCIAL AND PSYCHOLOGICAL IMPACT	→ MANIFESTATIONS OF TRAUMA REACTION	→ RECOVERY GOALS
Killings, serious injuries Threats to self and others 'Disappearances'	Chronic fear Helplessness Loss of agency and control	Anxiety signs and symptoms Avoidance behaviours Hypersensitivity to threat	Restore safety Enhance control
Death or separation from loved ones Imposed isolation Forced displacement	Breaking of bonds Disruptions of connections to family, friends, community and cultural beliefs	Damage to attachments Grief Depression Family and community fragmentation	Restore secure attachments, connections to others, and belonging
Human rights violations on a mass scale	Destruction of core beliefs of human existence	Loss of trust Questioning meaning and identity Sensitivity to injustice	Restore trust, meaning and purpose to life, identity and justice
Transgression of sacrosanct boundaries Impossible choices	Humiliation and degradation	Guilt Shame Blaming of others	Restore dignity and value Reduce excessive shame and guilt