

Reflection and cooperation about mental health trauma and research



Najun in Recovery Journey team in partnership with **SANADS** would host an online meeting to reflect and cooperate about exchange practice and knowledge mental health trauma and research in Syrian context.

**June 27th
2026**

DamascusTime:
Saturday 1pm

Sydney Time :
Saturday 8pm



In collaboration with
Dr Ruth wells

**Ruth Wells is a Senior
Research Fellow in
the Trauma at UNSW,**

Webinar topic and speakers

Introduction and Housekeeping

Mahmoud M



Psychosocial interventions in low-income
countries

Salah Lekkeh
Psychologist



Social stigma of mental health, and raise
awareness of mental health

Nada Mahameed
Psychologist



**Faiza Munajed
senior interpreter
in NSW health**

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Introduction and Housekeeping :

- Acknowledgment
- The International Day in Support of Victims of Torture (on **June 26**)
- importance of social acknowledgment of trauma and violence lived experiences.

: مقدمة

الاعتراف المجتمعي و الاقرار
بجرائم الاختفاء القسري و
الاعتقال التعسفي

الحديث عن اليوم الدولي
لمساندة ضحايا التعذيب (في 26
يونيو)

توطئة عن أهمية الاعتراف
الاجتماعي بتجارب الصدمات
والعنف المعاشة.



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acknowledgment

A sample declaration and acknowledgment that can be adopted in our meetings:

"I would like to begin by acknowledging the suffering and pain experience of the families of victims and survivors of arbitrary arrest, enforced disappearance, and inhumane treatment in Syria, and by acknowledging the right of the families of victims and survivors to justice, empowerment, and participation in achieving justice."

acknowledgment

نموذج لإعلان وإقرار يمكن
اعتماده في اجتماعاتنا:

"أود أن أبدأ بالإقرار بمعاناة وآلام
عائلات ضحايا وناجين الاعتقال
التعسفي والاختفاء القسري
والمعاملة اللاإنسانية في سوريا،
وبالإقرار بحق عائلات الضحايا
والناجين في العدالة والتمكين
والمشاركة في تحقيقها."



Fanarat Organization



SANADS

Syrian Australian Network for
Advocacy of Detainees & Survivors

The International Day in Support of Victims of Torture (on June 26)

في السادس والعشرين من يونيو/حزيران من كل عام، يُحيي
العالم اليوم الدولي لمساندة ضحايا التعذيب

وهو يومٌ خصصته الأمم المتحدة للتأكيد على الحظر المطلق
للتعذيب والتعبير عن التضامن مع الناجين وأسْرهم

ويُعَدُّ هذا اليوم بمثابة تذكير بأهمية تعزيز كرامة الإنسان وحقوقه
والعدالة والمساءلة و ضرورة ايقاف دوائر العنف ورفع مستوى
الوعي بالآثر المدمر للتعذيب

كما يذكرنا بضرورة العمل على حشد الجهود في مساندة الناجين
في سعيهم نحو التعافي والعدالة والتمكين.



Social Acknowledgment - Evidence based model

تُقدّم عددٌ كبيرٌ من الدراسات والأبحاث المُحكّمة أدلّةً قويّةً على أن الاعتراف
المجتمعي بالصدمة عاملٌ حاسمٌ في رحلة التعافي.

كم حيث أظهرت الدراسات أن الاعتراف الاجتماعي يرتبط ارتباطًا وثيقًا بتحسين
نتائج التعافي و تخفيف أعراض اضطراب ما بعد الصدمة

مما يُشير إلى أن الاعتراف بالمعاناة ليس مجرد دعم، بل يُشكّل آليةً رئيسيةً في
عملية التعافي من الصدمة.

لدى فان محاولة ادخال نماذج الاعتراف و التقدير كجزء من تقاليد اجتماعتنا هي
جزء من تصور قائم على الادلة لدعم اسر الضحايا و الناجين من الاعتقال التعسفي و
الاختفاء القسري .

Maercker & Müller (2004) ,Maercker &Horn (2013)
,Maercker & Hecker (2016) ,Mueller et al. (2008), Wagner et
al. (2012),Xu et al. (2016).

Social Acknowledgment Synthesis

A substantial body of peer-reviewed literature demonstrates that societal acknowledgment of trauma is a critical factor in psychological recovery. **Maercker and Müller (2004)** introduced the construct of “social acknowledgment,” showing that recognition as a victim or survivor is significantly associated with posttraumatic stress disorder (PTSD) severity and may predict outcomes more effectively than general social support. Longitudinal research by **Mueller, Moergeli, and Maercker (2008)** further established that perceived social disapproval predicts increased PTSD symptoms over time, highlighting the enduring impact of societal responses on recovery trajectories. Expanding this perspective, **Maercker and Horn (2013)** and **Maercker and Hecker (2016)** propose a socio-interpersonal model of PTSD, emphasizing that both trauma and recovery are embedded within relational and societal contexts, where acknowledgment, validation, and cultural responses shape psychological outcomes. Importantly, experimental evidence strengthens this relationship: **Xu et al. (2016)**, in a randomized controlled trial, found that improvements in social acknowledgment and trauma disclosure significantly mediated reductions in PTSD symptoms, demonstrating that acknowledgment functions not only as a correlational factor but as an active mechanism of change in recovery. Supporting this, **Wagner et al. (2012)** found that low levels of perceived social acknowledgment are associated with heightened PTSD symptoms and complicated grief. Collectively, these studies provide robust empirical evidence that societal acknowledgment and validation of suffering are not merely supportive factors but constitute central mechanisms in the trauma recovery process.

Social Acknowledgment Citations

1.Maercker, A., & Müller, J. (2004).

Social acknowledgment as a victim or survivor: A scale to measure a recovery factor of PTSD. Journal of Traumatic Stress, 17(4), 345–351. <https://doi.org/10.1023/B:JOTS.0000038484.15488.3d>

Key contribution: Establishes social acknowledgment as a measurable predictor of PTSD severity

2.Mueller, J., Moergeli, H., & Maercker, A. (2008).

Disclosure and social acknowledgement as predictors of recovery from posttraumatic stress: A longitudinal study in crime victims. Canadian Journal of Psychiatry, 53(3), 160–168. <https://doi.org/10.1177/070674370805300306>

Key contribution: Shows social acknowledgment predicts PTSD outcomes over time

3.Maercker, A., & Horn, A. B. (2013).

A socio-interpersonal perspective on PTSD: The case for environments and interpersonal processes. Clinical Psychology & Psychotherapy, 20(6), 465–481. <https://doi.org/10.1002/cpp.1805>

Key contribution: Positions trauma recovery within social and community contexts, including acknowledgment

4.Maercker, A., & Hecker, T. (2016).

Broadening perspectives on trauma and recovery: A socio-interpersonal view of PTSD. European Journal of Psychotraumatology, 7, 29303. <https://doi.org/10.3402/ejpt.v7.29303>

Key contribution: Emphasizes that recovery occurs within social and community environments

5.Wagner, B., Keller, V., Knaevelsrud, C., & Maercker, A. (2012).

Social acknowledgement as a predictor of post-traumatic stress and complicated grief. International Journal of Social Psychiatry, 58(4), 381–385 <https://doi.org/10.1177/0020764011400791>

Key contribution: Demonstrates that low acknowledgment is associated with worse PTSD and grief outcomes

6.Xu, W., Wang, J., Wang, Z., Li, Y., Yu, W., Xie, Q., He, L., & Maercker, A. (2016).

Web-based intervention improves social acknowledgement and disclosure of trauma, leading to a reduction in posttraumatic stress disorder symptoms. Journal of Health Psychology, 21(11), 2695–2708. <https://doi.org/10.1177/1359105315583371>

Key contribution: Found that increases in social acknowledgment significantly mediated reductions in PTSD symptom

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Governance procedures

We have begun implementing several measures to strengthen governance, including:

Establishing a advisory panel to manage the meeting;

Focus on live experience led approach to be key stakeholders, particularly families of the forcibly disappeared and survivors ;

addressing and responding to your feedback after each meeting and publishing meeting minutes on our website.

اجراءات الحوكمة

بدأنا بتنفيذ عدة إجراءات لتعزيز الحوكمة، تشمل ما يلي:

تشكيل لجنة استشارية لإدارة الاجتماع؛

التركيز على نهج قائم على الخبرة المباشرة ليكون أصحاب المصلحة الرئيسيين، ولا سيما عائلات المختفين قسراً والناجين؛

معالجة ملاحظاتكم والرد عليها بعد كل اجتماع،

ونشر الاجتماعات على موقعنا الإلكتروني.



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CONTACT Methods



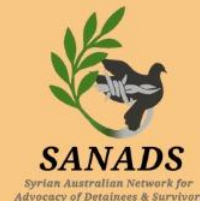
Email : syrianvoice2@gmail.com



<https://syrian-voice.org/reflection-and-cooperation-meeting/>



<https://www.facebook.com/p/Syrian-Australian-Network-for-Advocacy-of-Detainees-and-Survivors-61576296356418/>



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Najun in Recovery Journey team in partnership with **SANADS** would host an online meeting to reflect and cooperate about exchange practice and knowledge mental health trauma and research in Syrian context.

Every 3-4 month

DamascusTime:
Saturday 12pm

Sydney Time :
Saturday 8pm



Guest speaker :
Expert or
Academic and
Researcher



Webinar topic and Syrian speakers

15 min or 500-700 words

Topic 01 ,

Speaker



Topic 02

Speaker



Topic 02

Speaker



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Potential partnerships



FASSTT is a network of rehabilitation agencies supporting survivors torture and other traumatic experiences in AUstralia .



**International
Rehabilitation Council for
Torture Victims**

IRCT's Torture Journal an academic source for peer-reviewed research and debate

**Independent Forensic Expert Group
(IFEG)**

Potential partnerships

The International
Society for Traumatic
Stress Studies



Australasian Society
for Traumatic Stress
Studies



**FASSTT
conference May
2026 :**
SANADS would
present a poster