

## Report Dutch NAP 1325-III

In 2020 ARQ National Psychotrauma Centre became signatory of the Dutch NAP 1325-III. By becoming signatory ARQ committed to support women, men and youth in conflict affected countries in their efforts for inclusive peace and security. Moreover, we strive for mental health and psychosocial support (MHPSS) for people from conflict affected areas and the Netherlands. This report provides an overview of what we contributed with the view to the NAP 1325 pledge that we wrote and signed.

**A** ARQ National Psychotrauma Centre will continue to support and give specialised mental health care to women affected by Sexual and Gender Based Violence (SGBV) as a result of war and human trafficking in The Netherlands and in conflict affected areas.

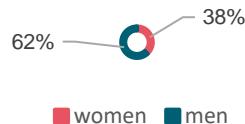
### ARQ Expertise Team Seksueel Geweld en Uitbuiting (SGU)

Expert team Sexual Violence and Exploitation - was founded in September 2013. In the past year our mental health professionals continued to provide mental health care to almost two thousand clients. ARQ offers mental health services to victims of sexual conflict-related violence and exploitation. We provide a programme that focusses on prevention, careful diagnostics and treatment, individual therapy and group therapy. Amongst the clients are many refugees who have been exposed to war and conflict in their home countries. Our Sexual Violence and Exploitation expert team treated seventy-two patients last year, of which sixty-five were women. Especially during COVID-19 crisis, the continuation of these treatment programs (sometimes online) is of utmost importance.

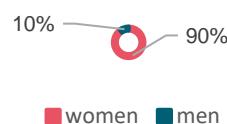
### The Amsterdam Coordination Point for Human Trafficking (ACM)

ACM<sup>1</sup> offers relief, guidance and information to victims of human trafficking and their accompanying children. ARQ has been collaborating with ACM for more than a decade. In 2020 we have screened several women on PTSS symptoms. Sixteen women have had an intake interview by the SGU expert team. Nine women will receive a Trauma Focused Therapy (TFT) at ARQ.

ARQ National Psychotrauma Centre  
Diagnostics & treatment in 2020  
N=1.923



ARQ Expert team SGU  
Diagnostics & treatment in 2020  
N=72



<sup>1</sup> ACM website: [hvoquerido.nl/acm/english](http://hvoquerido.nl/acm/english)

**B** ARQ National Psychotrauma Centre will capacitate staff and strengthen health systems in linking Mental Health and Psychosocial Support (MHPSS) and psychological, social consequences of SGBV in conflict affected areas.

#### Designed programme with ZOA Iraq and EMMA Organization

Mental Health and Psychosocial support to women and their families, who have been affected by conflict and displacement. A project proposal was submitted to a donor. We are expecting the result beginning of 2021.

#### Online training by ARQ experts for DRC research team & dissemination and validation workshop

Training and exchange meeting with data collectors from Democratic Republic Congo (DRC) on how to approach interviewees who have been affected by sexual and gender based violence. In the last phase of the baseline study in DRC, there was a dissemination and validation workshop, in which results were presented to key stakeholders, who were involved in the validation of the results. ARQ presented on the MHPSS findings from the data collection. See also under C about the study.

**C** ARQ National Psychotrauma Centre conducts and disseminates (scientific) research with a gender focus in the studies on the impact of traumatic events and psychotrauma.

#### ARQ Research

ARQ professionals are involved with research on Mental Health and Psychosocial Support both in the Netherlands and internationally. ARQ International is involved with research and assessments in conflict affected areas, in order to create a basis for MHPSS programming, that aims to contribute to enhanced mental health and psychosocial wellbeing. Quite some of this research has a particular gender focus. In 2020 ARQ was involved with a study in DRC and SAFE toolbox study:

#### **Baseline study Democratic Republic of Congo**

This was a baseline study by Cordaid, ARQ and partner organisations to get an informed overview of the needs of people affected by SGBV in Eastern DRC, of the care provided and gaps existing, and of the support that can be offered to survivors and their families in future programmes. ARQ provided expertise and support on assessing Mental Health and Psychosocial Support related to SGBV. The study was conducted among 270 SGBV-affected (primarily women and some men) asking questions about the SGBV-incidents, mental health impact and use of mental care, respondents of 520 households in the community asking their opinion and experience of SGBV in the community, and 32 medical doctors/staff about their health facilities and services for survivors of SGBV.

#### **SAFE toolbox study**

The SAFE toolbox is psychosocial intervention aimed at (re-)gaining a sense of (physical and psychological) safety after sexual violence. Ultimately the intervention is aimed at mitigating the risk of sexual revictimization. The toolbox was developed by the clinicians of *ARQ Expertise Team Seksueel Geweld en Uitbuiting (SGU)* and specifically designed for victims of sexual violence and exploitation with a migration background. Currently the feasibility of this toolbox is being evaluated in a pilot study in which the intervention will be offered to twelve female victims of sexual exploitation.

### ARQ Publications

ARQ has its own library that provides a wide range of resources related to psychotrauma and MHPSS and has access to a large international database on these themes. ARQ colleagues have published articles in several journals. The ARQ library provided an overview of those articles that are related to Women, Peace and Security, which can be found in **Annex 1 of this report**.

#### **Intervention, Journal of Mental Health and Psychosocial Support in Conflict Affected Areas**

*Intervention* is our peer reviewed scientific journal, providing a forum for professionals working in conflict affected areas and in the aftermath of natural disasters, and for those working with refugees from these regions. In 2020 an article on SGBV and MHPSS in DRC and a field report on women and their infants in Cameroon have been published:

- **Article:** [Contextualising therapeutic care for child survivors of sexual violence in situations of war: a reflection on theory, context and practice](#). Buuma M Maisha, Year 2020, Volume 18, Issue 1.
- **Field report:** [Baby friendly spaces: an intervention for pregnant and lactating women and their infants in Cameroon](#). E. Dozio, K. Le Roch, C. Bizouerne. Year 2020, Volume 18, Issue 1.

#### **Impact magazine**

ARQ also publishes a Dutch magazine on the psychosocial consequences of major events that affect people, organisations and society. The magazine is aimed at people professionally involved with the psychosocial consequences of disasters, crisis, war and violence, such as relief workers, researchers and policymakers. In 2020 several articles have been published with a special focus on, or special attention to women and children:

- Eva Alisic & Arend Groot: *Kind van de rekening* (IM 2020-1)
- Bart Nauta & Ingrid van Assouw: *Interview met militair chirurg Teun van Egmond* (IM 2020-3)
- Bart Nauta & Linda Verhaak: *Interview met generaal b.d. Patrick Cammaert* (IM 2020-3)
- M. Hoekstra & M. Zegers: *Hoe betrek je het gezin bij de behandeling van PTSS* (IM 2020-3)
- Erkenningsverhalen: *Doorwerking van oorlogsleed binnen families* (IM 2020-4)

## **Concluding remarks**

ARQ National Psychotrauma Centre is committed to continue its efforts in contributing to inclusive peace and security as well as psychosocial wellbeing of people affected by crisis. Therefore, ARQ will write, sign and submit a pledge for NAP 1325 IV that reflects our intentions and commitments for the near future. In line with what Mr. Paul Huijts mentioned during the launch of NAP 1325 IV: peace and security are more sustainable when women and girls are involved in the discussions. ARQ wholeheartedly agrees with this and would like to aim for this as well!

## **ANNEX 1: Publications by ARQ with special focus on or special attention to women and children.**

*With ARQ employees written in bold*

### **Articles**

Bijsterbosch, J. M., van den Brink, F., Vollmann, M., **Boelen, P. A.**, & Sternheim, L. C. (2020). Understanding Relations Between Intolerance of Uncertainty, Social Anxiety, and Body Dissatisfaction in Women. *The Journal of nervous and mental disease*, 208(10), 833-835.  
doi:10.1097/nmd.0000000000001208.

Indexed in: Ovid, Medline/Pubmed, Embase

**Dückers, M., Hoof, W. v., & Holsappel, J.** (2020). Psychosociale aspecten van crisismanagement: taken en uitdagingen voor bestuur en beleid. *Tijdschrift voor Veiligheid*, 18(3-4), 14-41.

Engel, S., van Zuiden, M., Frijling, J. L., Koch, S. B. J., Nawijn, L., Yildiz, R. L. W., Schumacher, S., Knaevelsrud, C., Bosch, J. A., Veltman, D. J., & **Oliff, M.** (2020). Early posttraumatic autonomic and endocrine markers to predict posttraumatic stress symptoms after a preventive intervention with oxytocin. *European Journal of Psychotraumatology*, 11(1), 1761622-1761622.  
doi:10.1080/20008198.2020.1761622.

Indexed in: PubMed

**Hoenselaars, L.** (2020). Column: Mijn vrijheid, jouw veiligheid. *Impact magazine*, 4(2), 28.

Karsten, M. D. A., Wekker, V., Bakker, A., Groen, H., **Oliff, M.**, Hoek, A., Laan, E. T. M., & Roseboom, T. J. (2020). Sexual function and pelvic floor activity in women: the role of traumatic events and PTSD symptoms. *European Journal of Psychotraumatology*, 11(1), 1764246.  
doi:10.1080/20008198.2020.1764246.

Indexed in: Medline/pubmed

van Steijn, M. E., Scheepstra, K. W. F., Zaaij, T. R., van der Post, J. A. M., **Oliff, M.**, & van Pampus, M. G. (2020). Posttraumatic stress disorder in partners following severe postpartum haemorrhage: A prospective cohort study. *Women and Birth*, 33(4), 360-366.  
doi:<http://dx.doi.org/10.1016/j.wombi.2019.06.016>.

Indexed in: Embase, Medline/Pubmed

van Steijn, M. E., Scheepstra, K. W. F., Zaaij, T. R., van Rooijen, D. E., Stramrood, C. A. I., Dijksman, L. M., Valkenburg-van den Berg, A. W., Wiltenburg, W., van der Post, J. A. M., **Oliff, M.**, & van Pampus, M. G. (2020). Severe postpartum hemorrhage increases risk of posttraumatic stress disorder: a prospective cohort study. *Journal of Psychosomatic Obstetrics & Gynecology*, 1-11.  
doi:10.1080/0167482X.2020.1735343 0167-482X.

Indexed in: Embase

Witteveen, A. B., Henrichs, J., Walker, A. L., Bohlmeijer, E. T., Burger, H., Fontein-Kuipers, Y., Schellevis, F. G., Stramrood, C. A. I., Olff, M., Verhoeven, C. J., & de Jonge, A. (2020). Effectiveness of a guided ACT-based self-help resilience training for depressive symptoms during pregnancy: Study protocol of a randomized controlled trial embedded in a prospective cohort. *BMC Pregnancy and Childbirth*, 20(1), 705. doi:10.1186/s12884-020-03395-9.

Indexed in: Medline/Pubmed

### Books

ARQ Kenniscentrum Kind, G. e. P. (2020a). *Veiligheid in gezinnen: voorkomen van traumatische stress. Informatie voor professionals in de jeugdsector en het onderwijs tijdens de coronacrisis*.

ARQ Kenniscentrum Kind, G. e. P. (2020b). *Veiligheid in gezinnen: voorkomen van traumatische stress Informatie voor gezinnen tijdens de coronacrisis*. Retrieved from:

[https://gezin.arq.org/sites/default/files/domain-60/documents/ark\\_factsheet\\_gezinnen\\_1-6015881490281933499748.pdf](https://gezin.arq.org/sites/default/files/domain-60/documents/ark_factsheet_gezinnen_1-6015881490281933499748.pdf)

### Book project on Resilience and Identity (in press)

Editor: Buuma Maisha, Scholte, W., Verhaak, L., & Ghafoerkhan, R.). *Identity and Resilience in Victims of Trafficking for Sexual Exploitation*.

### E-module

Centrum , A. N. P., & Veiligheid, I. I. F. (2020). E-module: Communiceren in de nafase. Retrieved from <https://www.ifv.nl/kennisplein/Paginas/E-module-Communicatie-in-de-nafase.aspx>