

Theme 2: Psychosocial and Healing Process

1. What is the role and place of the church in Kigali in responding to the crisis of Psychosocial and Healing Process?

- The church plays a significant role in addressing the **mental health and emotional well-being** of individuals affected by crises. It is a place where people can seek **spiritual and emotional support**.
- The church should also **prepare and equip counsellors** to provide direct support to those facing psychological challenges. This counselling role is crucial in helping people heal from trauma.
- **Training and education** within the church are essential for creating awareness about psychological health and providing congregants with tools to manage and recover from crises.

2. What are three practical steps that the church in Rwanda can take to respond to the Psychosocial and Healing Process?

- **Develop a Counselling Team:** The church should create a **dedicated team of counsellors** who are trained to deal with psychological crises. This team would be responsible for providing emotional and mental support to individuals in need.
- **Training for Crisis Knowledge:** Churches should provide **training sessions** to equip people with the necessary knowledge and skills to address psychosocial crises. This includes educating church members on the nature of crises and how to navigate them from a psychosocial perspective.
- **Field Visits and Engagement:** Churches should organise **field visits** to understand the specific psychosocial challenges in their communities. By doing so, the church can provide more tailored and effective support to those in need.

3. What are three practical steps that your church community can take to respond to the crisis of Psychosocial and Healing Process?

- **Training People to Protect Themselves:** The local church community should focus on training individuals on how to protect themselves and others from the effects of psychosocial crises. This involves raising awareness of the signs of psychological distress and teaching self-care practices.
- **Create Support Systems:** The church community must work on creating **support systems** that allow for open communication and help people feel less isolated. This may include creating small support groups within the church.
- **Provide Resources and Capabilities:** The community should seek to increase its **capacity to help**, by providing the necessary resources and assistance to those in crisis. This may involve partnering with healthcare professionals or offering material support where possible.

Conclusion:

The participants in Kigali identified the church as a central figure in providing both spiritual and psychological support during crises. The church's role extends to preparing and equipping a team of counsellors and offering training sessions that help individuals manage and recover from psychosocial crises. The responses also stressed the importance of engaging the community through field visits and creating systems that help protect and support people in times of distress. These efforts are necessary for addressing the deep emotional and mental impact of crises and ensuring a path to healing.

