



living **PEACE**
Men Beyond War

A psycho-social intervention to engage men
in ending SGBV in conflict areas

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Where can we buy the medicine that changed your husband?

Eastern DRC (IMAGES 2012)

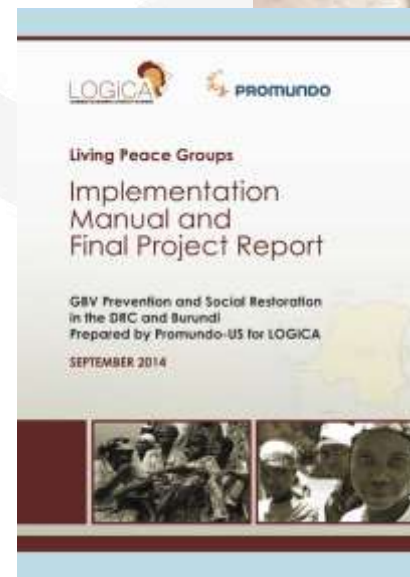
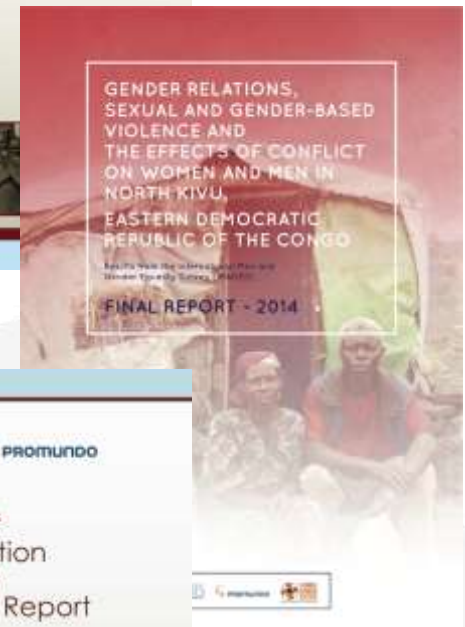
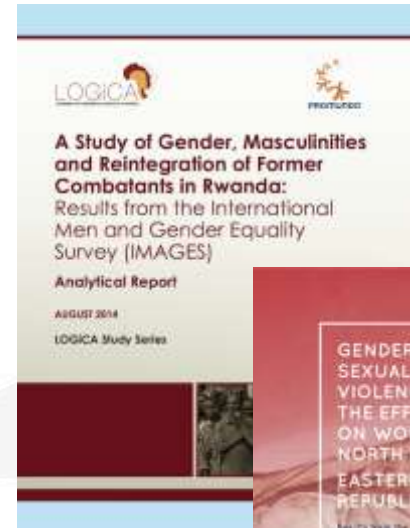
65 % women survived IPV

57% men report IPV



Research in DRC 2010-2014: Key Findings

- Gender inequality is the norm, IPV is “normal”
- Men are victims and aggressors
- War/conflict leads to higher levels of IPV
- IPV is used as coping strategy in the context of gender inequality



LOGICA project 2012-2013

Formative research on 3 methods to engage men in ending SGBV: CARE Burundi, Women for Women DRC, HEAL Africa DRC

Some key findings:

- Most approaches focus on education and sensibilization to change behaviors
- Traumatization men not addressed, behavior change limited

Living Peace methodology

- Trauma healing and psycho-social support for men with gender-specific approach adopted from feminist psychotherapeutic models
- Contextual and cultural appropriate approach
- Adaptation of coping behaviors
- Bottom up & community based: *help the community to heal themselves (LP Dr. Benoit)*
- Gender equality = sharing being human

Living Peace groups



- 15 group sessions, 12-15 male participants
- 2 trained facilitators
- Group therapeutic environment & 4 phases
- Home-work
- Spouses involved
- Peace mediators in community

Story of Abby and Kyalu

Male gendered identity and coping

I felt powerlessness to do anything. I felt always revenge.

The trauma I felt made me crazy. I lost control of my anger and became violent with everyone around me.

Peers said: you're carrying someone else's burden, you have become weak, you lost value in community.

Abby in Living Peace group



Intrinsic motivation

I needed friends

Similar experiences of other men in LP

They understand the pain I was feeling

I realized I need to retake control of my life and take care of my family

Talking to my wife was greatest homework I was given.

After the 3th session, my husband woke me up in the middle of the night, he apologised and asked me to forgive and forget all the bad things he had done to me. Now we talk, we are happy, we are gaining weight and my children are very happy.

Women from the community next to us come to our village asking the medicine we gave our husbands: it is a miracle



Charlotte 8 children, 42

The miracle is a method

Post testing in pilot shows key factors that make change possible;

1. Exchange of experiences in group: solidarity, equality and cultural tradition
2. Self reflection and “touching the heart”: enable change through trauma-healing
3. Learning new skills to cope
4. Sharing being human as a couple creates space for gender equality

Impact of change



- Management of problems at home
- Stop alcohol abuse and reduced drinking
- Controlling frustration and aggression
- Sharing income with wife and family
- Peace at home and happy children
- Improved health conditions

Living Peace project 2015

- 900 men as group participants
- 12.000 people through campaigns (radio soaps, film, etc.)



Targeted groups

- Men with history using SGBV (health centers)
- Military (FARDC) and Police (PNC)
- Communities in high risk zones for renewed conflict(MONUSCO)



We helped women as victims, that is good, we should continue. But we need to focus on the source, and that are men.

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