Field trial of a complicated grief psychosocial program for adolescents in occupied Palestine

This field trial sought to assess the efficacy of a new group-based complicated grief psychosocial program (Children and Grief) for adolescents in Nablus, occupied Palestine.

Participants (n = 158) were 10-18 years and referred to school counsellors because of unresolved grief. A mixed methods quasi-experimental design involved a non-randomized intervention group (n = 79), a waitlist comparison (n = 79) and program fidelity measure.

Traumatic loss events were identified from adolescent records. Symptoms of complicated grief, posttraumatic stress and depression were assessed using standardized measures at pre and post-test.

Program experience was explored through interview of nine randomly selected adolescents and all presenters (n = 9). Analysis involved an omnibus MANOVA and a quasi-qualitative analysis of interview data.

A large effect size was found in reducing complicated grief. Longitudinal evaluation and randomized control trials are needed to evaluate the impact of Children and Grief throughout Palestine and other war contexts.

Biography

Dr Ian Barron, a Fellow of the British Psychological Society, is a Reader in Trauma Studies and Head of Postgraduate Research at the University of Dundee as well as a co-director of the International Centre for Child Trauma Prevention and Recovery (ICCTPR).

Dr Barron, previously a principal educational psychologist in Palestine, is an accredited practitioner in Eye Movement Desensitization Reprocessing (trauma recovery) and Video Interaction Guidance (fostering attachment).

Dr Barron is widely published in the field of child abuse prevention and trauma recovery and is on the Editorial Board of the Journal of Family Violence and the Journal of EMDR Practice and Research.

Currently, Dr Barron is project lead in trauma recovery projects in Occupied Palestine, Malta, Brazil and Scotland.