

Global Mental Health at Palo Alto University

June 2014

Volume I, Issue 2

Inside this issue:

Kwibuka20, May 2014	1
Rwanda President Kagame Visit, Feb. 2014	2
PhD Student Researches Culture and Political Violence	3
STS Training Around the World	4
Holocaust Memorial Day at PAU, April '14	4
Student Groups Sponsor Film on Girls Around the World, May 2014	4
Disaster Mental Health Relief in the Philippines	5
Business Psychology Alumna Active in Ugan- da	6
Stanley Sue Visit to China in Sept. 2014	7
GACE Now in Latin America	7
GACE Initiative in China Update	7
Masters Program Inter- national Work 2014	7
Mothers and Babies Around the World Internet Project	8
Kwibuka20 Posters, May 2014	9-11

Kwibuka20: Commemoration of the Genocide Against the Tutsi in Rwanda By Bill Froming, Ph.D., Provost

A very moving and inspiring [Kwibuka20](#) Commemoration of the Genocide Against the Tutsi in Rwanda was hosted by Palo Alto University and Stanford University's Department of Psychiatry and Behavioral Sciences on behalf of [The Rwandan Community of California](#). The Rwandan Community of California is a member of the [Global Diaspora Network](#).

Kwibuka20 was a 3-day event that began with the movie, ['Sweet Dreams](#), about Ingoma Nshya and their business venture, Inzozu Nziza, the first ice cream shop in Rwanda. Filmmakers Rob and Lisa Fruchtmann spent 18 months following Rwanda's first female drumming troupe as these extraordinary women showed that the power of music and drumming can lead to a path of reconciliation, empowerment, and entrepreneurship. With the help of Brooklyn's Blue Marble Ice Cream the women found a path to business ownership. ['Sweet Dreams' will be screened throughout the US and Rwanda](#) later in the year.



**Bill Froming, Provost, and
Rwanda Ambassador Mathilde
Mukantabana, May 2014**



**Attendees of the workshop on Healing Historical Harms led by
David Anderson Hooker, Ph.D., May 2014**

how trauma can lead to ongoing cycles of violence, impediments to reconciliation, and what means there are of respectfully recognizing differing viewpoints. PhD Candidate and lecturer AKR visiting from Rwanda and INATEK (Institute for Agriculture, Technology Education in Kibungo) contributed his commentary in the Peacebuilding workshop, met the Gronowski Clinic Directors and participated in supervision with Dr. Froming. Carl Wilkens followed with his story later in the evening. (continued on page 2)

The film screening was followed by a daylong workshop on Healing Historical Harms led by David Anderson Hooker, Ph.D. of Eastern Mennonite University (EMU). Dr. Hooker has brought the EMU peacebuilding methodology to many countries of Africa and other countries of the world. Event attendees included survivors, psychologists, and writers, in discussing

(continued from page 1)



David Anderson Hooker, Jean-Pierre Dusingizemungu, Yotam Heineberg, Byron Bland

Finally, the capstone event, the Kwibuka20 Commemoration on the Stanford University Campus, took place with people coming from Rwanda, including, Dr. Jean Pierre Dusingizemungu - President of Ibuka, Yves Kamuronsi - Associate Director of the Kigali Genocide Memorial and Documentation Center, Miss Rwanda 2012 and FESPAM - Aurore Umutesi, Toty Kayumba and Grace Kamuronsi. Powerful and inspiring testimonials of survivors Frida Umuhiza and Consolee Nishimwe helped members of the audience grasp

the enormity of suffering caused by the Genocide Against the Tutsi in Rwanda. Young people provided poetry, song, and a candlelight procession of memory and hope. Dr. Eugene Nshimiyimana gave a most interesting and thought-provoking talk on the specificity of language and discourse in describing and memorializing the Genocide Against the Tutsi so as not to confuse the public and future historical documentation about who was targeted in the genocide. Dr. Derick Burleson, an evacuated member of the last Peace Corps group before the genocide, provided additional poetry. Finally, the Rwandan Ambassador to the United States, Mathilde Mukantabana spoke of Vision 2020 and the markers of hopeful future for Rwanda. (See posters from Kwibuka20 Commemoration Events on pages 9-11 of this GMH Newsletter and [online](#))

February 2014 Events Surrounding Rwanda President Kagame's Visit by Bill Froming, Ph.D., Provost

PAU organized a series of events in February 2014 for the President of Rwanda, His Excellency Paul Kagame. The goal was to provide forums where President Kagame could interface with academic and business leaders in California. On Wednesday, February 12, he gave a talk at the World Affairs Council in Los Angeles. The event was organized by UCLA's Center for Global Health and its co-director, Dr. Thomas Coates. Thursday morning President Kagame met with UCSF's leaders in Global Health in San Francisco and in the afternoon a reception with investors was hosted by Tom and Nancy Riley. Mr. Riley is the former Ambassador from the U.S. to Morocco. Friday morning February 14 President Kagame visited UC-Berkeley at an event hosted the UCB Chancellor Nicholas Dirks. UC faculty presented their research on topics that could be beneficial to Rwanda as it rebuilds after the genocide. Drs. Bill Froming and Karen Froming were present and facilitated these meetings.

Friday afternoon Soren Gordhamer at the Wisdom 2.0 Conference in San Francisco [interviewed President Kagame](#). The day ended with a dinner hosted by PAU. The speakers included Dr. Stephen Smith, the Executive Director of the Shoah Foundation, Bill Froming, PAU Provost, President Kagame, and the women's drumming group from Rwanda, Ingoma Nshya. See President Kagame's

talk [here](#) and Dr. Stephen Smith's talk can be found [here](#). The banquet was attended by members of the PAU Board, faculty, administration, staff, alumni, and students. Hosting a sitting head of state was a first for PAU. Much of the credit for organizing the events goes to Dr. Karen Froming and the Rwandan Ambassador to the United States, Her Excellency Mathilde Mukantabana.



Rwanda President Paul Kagame Speaks at Wisdom 2.0 Conference in San Francisco, Feb. 2014

The Palo Alto University **Global Mental Health Newsletter** is published two times a year and [posted](#). Articles, letters and photos are welcome; send them to Harriane Mills, Palo Alto University, 1791 Arastradero Road, Palo Alto, CA 94304.

Editor: Harriane Mills, hmills@paloaltou.edu, 650-433-3846

Cultural Factors and Political Violence - How Does it Affect the Next Generation?

PAU Student Researches the Answer

By Helena Ting, Ed. D., V.P. of Community Development

Oula Khoury, a first-year Ph.D. in Clinical Psychology student, is studying the cultural and political violence effects on children. Particularly, Oula aspires to study familial and cultural variables that can serve as protective or risk factors in the face of chronic exposure to war and political violence. Following her academia at Palo Alto University (PAU), hopes to work with children and families of diverse cultural backgrounds within the context of community mental health centers.



**Oula Khoury, Ph.D. program student, with her three boys:
Ryan (age 4), Jude (age 3), and Kayan (age 3)**

Oula is Palestinian and was born and raised in Israel. She attended the University of Haifa in Israel for her undergraduate studies and completed a Master's Degree in Child Clinical Psychology at Tel Aviv University. She first became interested in working with children because she felt that contact with them helped her to get in touch with her inner child and brought out a happier side of her. She was curious as to how children think, conceptualize, and experience the world around them.

Following her masters program, Oula spent four years completing a dual internship in clinical and developmental psychology to obtain licensure in Israel at a health community center and a child development center, both in Tel Aviv. Oula spent her time as an intern in the child development center and outpatient mental health clinic for children and adolescents, working mainly with children under the age of 10.

The most rewarding part about working with children: seeing how quickly they could improve, especially when parents were cooperative with treatment and supporting child improvement. Oula felt the most difficult part of her internship experience was when child services and other agencies needed to become involved with the cases due to abuse situations. *"Having my own children has made me [Oula] more empathic and less judgmental of other parents and has deepened my understanding of the everyday difficulties modern families face."*

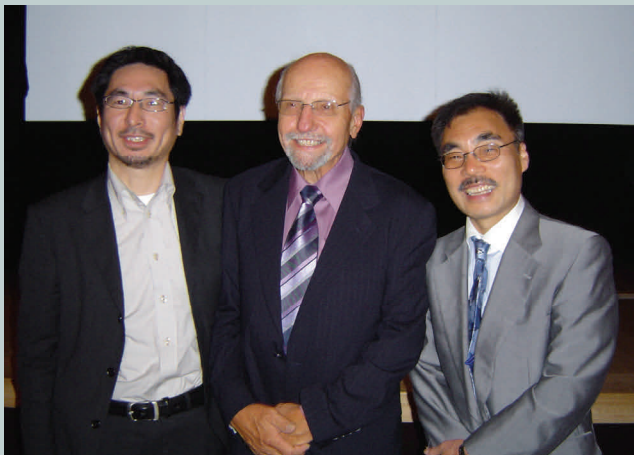
How did Oula find PAU? Oula moved to the United States five years ago with her partner to pursue higher education. She searched for a Ph.D. program that would serve both a clinical and research focus and that had an excellent good reputation in the mental health community. After consulting with several professionals in the bay area who recommended PAU, she began her Ph.D. studies. Oula has been living in the Bay Area for the past three years and is a mother of three boys: Ryan (age 4), Jude (age 3), and Kayan (age 3).

Oula's research background included the completion of an empirical thesis exploring the moderating effects of parental styles on the relationship between chronic political violence and children's psychological distress across cultures. Later, she also worked for a period of four years in the [Cohen-Harris Center](#) for trauma as a research assistance studying personality variables that predict willingness to engage in violence against outside members in the context of the Israeli-Palestinian conflict.

Systematic Treatment Selection (STS) Trainings from our Community to the World

Systematic Treatment Selection is an integrative model based on empirically supported principles of therapeutic efficacy developed by Dr. Larry E. Beutler, Dr. Bruce Bongar and their colleagues. This evidence consists of consistent, empirical evidence that outcomes are associated with three classes of variables: patients, interventions, and relationship factors. Thus, the STS can apply to cross-theories and cross-cultural approaches. Currently, a cloud-based online system is available; www.innerlife.com. The Palo Alto University Gronowski Center (Directors Dr. Sandra Macias, Dr. Nancy Haug, and Dr. Nichole Shiloff) have been conducting a study of effective supervisor-supervisee training using STS. The project Manager is Dr. Satoko Kimpara.

Moreover, recently, Dr. Beutler provided a lecture of STS supervision training at the International Society of Psychotherapy Research (SPR: Dr. Beutler was a past president for two terms) through webinar. Dr. Larry Beutler and Dr. Satoko Kimpara have been travelling and conducting STS trainings among Argentina, Portuguese, Mainland China, Indonesia, Korea and Japan. Dr. Larry E. Beutler is already selected as a key note address at the International Congress of Psychology (ICP: a biggest international conference) in 2016, Yokohama, Japan (<http://www.icp2016.jp/>) and the Systematic Treatment Selection Panel is also invited to address this significance. Dr. Satoko Kimpara is currently a member of program and promotion committees of ICP 2016, Yokohama, Japan. She was requested to write articles of Palo Alto University from the editorial board of Japanese Journal of Stress Management. She is going to introduce scholars, students, and board members' works twice a year to highlight PAU Global Mental Health activities to Japan.



Larry Beutler visit to Japan



Satoko Kimpara Visit to Indonesia

Yom HaShoah — Holocaust Memorial Day — at PAU, April 2014

On April 28, 2014 PAU hosted an event commemorating the 6 million Jews lost during WWII and the resistance fighters who fought to stop the Nazi killing machine. A survivor spoke about his experiences. We have had other speakers in years past and it is always an emotional event. Honoring those who were killed for no reason other than their faith should give us pause. As you know, the killing has not stopped. We commemorated the 20th year since the Genocide Against the Tutsi in May 2014. The Middle East is torn apart by members of different sects of Muslims killing each other. Then there is Egypt, the Central African Republic, etc., etc. Hearing from people caught up in past killing fields is a way to increase knowledge and awareness with the hope of preventing more such incidents.

TSG, CAFÉ & SECA Sponsor Viewing of Film *Girl Rising* in Palo Alto

The PAU Trauma Student Group (TSG), Child And Family Emphasis (CAFÉ) and Students for Ethical Culture Awareness (SECA) sponsored a viewing of the film *Girl Rising* in Palo Alto on May 22, 2014. From Academy Award-nominated director Richard E. Robbins, *Girl Rising* journeys around the globe to witness the strength of the human spirit and the power of education to change the world. Viewers got to know nine unforgettable girls living in the developing world: ordinary girls who confront tremendous challenges and overcome nearly impossible odds to pursue their dreams. The film carries a powerful message: if we educate girls, we can change the future of 66 million girls around the world who only dream of going to school. Prize-winning authors put the girls' remarkable stories into words, and renowned actors give them voice.

Building Capacity for Disaster Mental Health Relief in the Philippines

By Lynn Waelde, Ph.D.

The last GMH newsletter reported on our disaster relief work in Samar and Leyte Provinces five weeks after Super Typhoon Yolanda (Haiyan) struck the Philippines. In the immediate aftermath of the disaster, I worked with Gina Hechanova, Ph.D., Pia Ramos, Ph.D., and their colleagues at Ateneo de Manila University, the Psychological Association of the Philippines, and University of the Philippines-Visayas to integrate mindfulness and meditation training into their Philippine-adapted Psychological First Aid (PFA). In late December 2013, we offered training to about 130 disaster responders in the two provinces. These responders used the training for their own self-care and in turn offered training to many others. By New Year's Eve I had an urgent request to send audio-recordings of guided meditations for the responders to include in their ongoing PFA workshops. As the year turned to 2014, I sat quietly on a deck overlooking the Pacific in Hawaii and recorded some files to email in time for their workshops on January 2nd.



Tacloban Domestic Airport, Tacloban City, Leyte Province, where we landed five weeks after Typhoon Yolanda

PFA is useful in the immediate aftermath of a disaster, so as time went on the group needed an intervention for the intermediate phase, when more focused services might be needed for those who have lasting reactions to disaster stress. We reviewed all the disaster mental health manuals we could find to evaluate them for fit with Filipino culture and their match for the needs and capacities of disaster responders. My colleagues quickly decided they would need to write their own manual and proposed that we convene a three-day meeting in February 2014 to do in-depth Inner Resources meditation training for a broader audience of responders and then sequester ourselves in a conference room and not come out until we had written a manual. I will admit, I did try to discourage them from the effort.



Baggage claim, Tacloban airport. This airport had no running water and little electrical generator power

I told them that writing a manual generally takes years and the collective efforts of many. I am happy to say that I was quite wrong. Psychologists, counselors, and disaster responders came from around the country to work together and the result is *Katatagan: A Resilience Program for Filipino Survivors*. The manual contains six modules that can be used in sequence or as stand-alone workshops. All contain some mindfulness training, but one module focuses on mindfulness and meditation as a way of managing physical stress reactions. As of this writing, the manual is in print and being used throughout the country with thousands of survivors. I am working with colleagues in the Philippines to evaluate the outcomes of these workshops and the Inner Resources training we did for about 70 psychologists. Two students in my research group, Jenna Moschetto and Kate Macia, have joined the effort.



Inner Resources training for Disaster Responders, Psychological Association of the Philippines

I am very grateful to Allen Calvin for providing the opportunity to work in the Philippines and to my colleagues in PAU's Institute for Peacebuilding for their support. Plans are being made for Drs. Hechanova and Ramos to visit PAU next academic year to do some training in disaster responding and Filipino mental health. I hope many of you can join us. Look for a training announcement we expect to take place during the first week of November.

Palo Alto University Business Psychology Alumna opens Non-profit Organization and providing great volunteer opportunities in Uganda for PAU students/alumni

By Helena Ting, Ed. D., V.P. of Community Development

The [Business Psychology bachelor's degree program](#) at Palo Alto University (PAU) has been producing successful business people since its inception. Recent graduate Grancia Faith Nansembe has used her education and her passion to help others to create a non-profit children's center in Uganda.

Faith was born in Uganda and raised in Sweden. After completing high school in Sweden, she came to the U.S. to pursue her bachelor's degree in Business Psychology with Palo Alto University. It was during her time at PAU that Faith and a few members of her family saw a pressing need for children's services in Uganda. They decided to take matters into their own hands and offer a solution to the problem: John and Faith Children's Resource Center.

The [John and Faith Children's Resource Center](#) (JFCRC) has exciting volunteer opportunities available to qualified candidates. **Selected volunteers will live in Uganda to work with the children and help with the Center's day to day activities for 3 months. The non-profit will provide housing and food for the entire trip at no cost. Volunteers are only responsible for their plane ticket and any extra expenses at their discretion.**

JFCRC is a safe haven for the young children of Uganda. Instead of roaming the streets and getting into trouble, the 2 acre Center gives these children a place to play, eat, learn, and receive medical attention. They give the children food, clothing, toys, shelter, access to a medical doctor once a month, and a loving environment where they can learn and grow. They believe that by supporting these children, they can help them reach their full potential and keep them from falling back into patterns of crime and poverty.

Faith's education in PAU's Business Psychology program has played an important role in her ability to open the Center. She credits her management and social psychology classes, as well as the focus on emotional intelligence, with helping her understand how to manage different people and processes. She also comments that her personality assessment class has really helped her when working with people from different countries, nationalities, and cultural backgrounds.

Palo Alto University is extremely proud of Faith's use of her education to help those in need. To learn more about JFCRC and their volunteer opportunities, please visit <http://www.jfcrc.com/> or email Faith grancian@hotmail.com. To learn more about PAU's Business Psychology bachelor's degree program, visit <http://www.paloaltou.edu/bs-business-psychology>.



Grancia Faith Nansembe

Stanley Sue Visit to China in September 2014

Dr. Stanley Sue, a member of PAU's China Advisory Council, will be visiting Beijing and Shanghai this September. He is involved with PAU's Global Advancement of Counseling Excellence in China, headed by Dr. Martha Chiu. His plans are to (1) meet with students in the MA Counseling Program, as well as administrators involved in mental health programs in China and (2) support efforts to further use internet resources as training and intervention tools.



GACE Now In Latin America

By Eduardo Bunge, Ph.D.

We are proud to announce that Global Advancement of Counseling Excellence (**GACE**) at PAU has started in Latin America, we are now having students in Argentina, Uruguay, and hoping to extend it to other countries too. We are glad to have the possibility to exchange knowledge with students from diverse cultural backgrounds which gives us a wider perspective of human suffering and healing.

Although we are in the early stages of the project, it promises to expand the knowledge and increase the quality of mental health professionals around the world. We will keep working to make this project grow because we consider that contributing to the education and training in mental health is a pressing necessity nowadays to which PAU wants to contribute. Like our motto states, our goal is to keep on "engaging minds and improving lives."

PALO ALTO UNIVERSITY
Engaging Minds, Improving Lives

Directory • Email • Pearson LMS • Portal • PAU Merchandise

Info • Visit • Apply • Donate

Academic Programs Admissions Gronowski Center News & Events About

Global Advancement of Counseling Excellence

PACIFIC GRADUATE SCHOOL OF PSYCHOLOGY

About the Global Advancement of Counseling Excellence

Global Mental Health Challenges
Scarcity of Mental Health Counselors
Support Palo Alto University's Work in the Global Advancement of Counseling Excellence

PAU Masters' Programs

- California Evening Residential M.A. Counseling Psychology
- Palo Alto
- Monterey Bay
- San Mateo
- Los Altos Weekend
- Global Online With 4 Week Summer Residential M.S. Psychology (Ph.D. Prep)

Global Advancement of Counseling Excellence (GACE) is a model initiative launched by Palo Alto University (PAU) to provide a partnered solution in which students are educated globally online and trained locally on-the-ground to meet a global need for highly trained counseling professionals. The GACE Global Online Master's degree program empowers students to earn a M.A. in Counseling and learn culturally relevant clinical training and supervision under international standards of excellence. Rooted in understanding of the foundations of human behavior, the GACE model provides tools to students in becoming counseling professionals to far-reaching communities around the globe. GACE enables students on a global scale to work with their immediate community to meet the ever-growing need for mental health support and treatment.

"Thank you Bill [Palo Alto University, Provost] for your vision and inspiration in taking PAU's mission to a global level from supporting trauma recovery work in Rwanda to providing systematic psychology training to mental health providers in China. As a graduate from PAU, I feel proud of the wonderful work PAU has been doing and am eager to contribute to the mission in any way I can."

Dr. Hui Qi Tong, PAU Alumni
Staff Psychologist
Women's Clinic
San Francisco VA Medical Center



2013 Lima World Congress in CBT where Dr. Ricardo Muñoz and Dr. Bill Froming announced the GACE program in Latin America (Eduardo Bunge on right)

An Update on the PAU GACE (Global Advancement of Counseling Excellence) Initiative in China

Palo Alto University's GACE Initiative in China continues to be a deliberate effort to increase the quantity and quality of mental health counselors in a country where there is a shortage of well-trained professionals to meet mental health needs. Recently, Dr. Martha Chiu, our Director of Academic Affairs and Clinical Training- China, gave a presentation to update the PAU community about the continued progress of this initiative in China. To find the video of her May 2, 2014 presentation on PAU's YouTube channel, just click on this link <https://www.youtube.com/channel/UCMv6o6xuK2cbXJu-ClgBs2g>.

Masters Programs International Work 2014

PAU's Masters' programs have been engaged in international work to improve mental health around the world. The GACE (Global Awareness Advancement of Counseling Excellence) initiative is meeting the underserved need to advance professional mental health counselor education in both China and Latin America, where mental health services and the counseling profession are still developing. The GACE Initiative offers PAU's M.A. Counseling curriculum, which has been designed to meet international standards, through online courses and on-the-group practicum and internships. The Global M.A. Counseling program currently has 38 students in China and 3 students in Argentina and Uruguay. In addition, the M.S. Psychology Global Online program serves international students in India, Japan, Israel, France, and Germany.

Reaching perinatal women all around the world: The Mothers and Babies Internet Project

As part of her research program, PAU faculty member, Alinne Barrera, Ph.D., is focused on reducing mental health disparities among women with an emphasis on Spanish-speaking populations and perinatal women around the world. While at the University of California, San Francisco (UCSF) / San Francisco General Hospital (SFGH), Dr. Barrera was funded by an NIMH Individual Postdoctoral Fellowship Award (2007-2009) to design and test a web-adapted prevention of postpartum depression (PPD) intervention, the Mothers and Babies Course/*Curso Mamás y Bebés* (Muñoz et al., 2001). Dr. Barrera was initially focused on a) learning whether a fully automated, online version of the intervention would interest pregnant women and b) examining the efficacy of the web-adapted intervention in reducing PPD risk.



Mothers and Babies logo

The Mothers and Babies/*Mamás y Bebés* Internet Project was launched in 2009 as an English and Spanish-language randomized controlled trial (RCT). During the 3.5 years the site was actively recruiting, it attracted 176,295 Internet users from 183 countries and territories. Of these, 6,745 pregnant women consented to participate and 2,575 completed enrollment procedures (Barrera et al., 2014).

Thus, Dr. Barrera's first question was answered: Yes, pregnant women were interested in online resources focused on managing mood changes during the perinatal months. Given the global reach of the study, Dr. Barrera also determined that women, especially Spanish-speaking women, from all around the world were in greater need of online maternal mental health resources. Spanish-speaking participants represented 78% of the sample and resided in Latin America and Spain. It should be noted that the English-speaking sample was equally diverse, with a majority of participants residing in India, South Africa, Pakistan, and the United Kingdom. Preliminary findings comparing the two conditions demonstrated a strong prevention effect for women who reported higher levels of depression during the prenatal months and who viewed the web-adapted intervention. Therefore, Dr. Barrera's second question was also answered: Yes, the web-adapted intervention could reduce the risk of PPD, especially among women already experiencing depression during pregnancy.

Engaging participants in the RCT website proved to be a challenge. Dr. Barrera along with Ph.D. graduate students are currently working on the redesign of the study website with an emphasis on improving participant engagement and retention. To this end, Dr. Barrera recently completed a follow-up study where a subsample of the participants in the RCT provided feedback on the structure, design, and content of the web-adapted intervention. Additionally, participants were asked to provide information relevant to women in their communities (e.g., "What do mothers in your region of the world like to do with their babies?") and to express their interest in new content (e.g., "Would you be interested in learning how to be more compassionate?"). In collaboration with colleagues at George Washington University in D.C. and the University of Zaragoza in Spain, Dr. Barrera and her students are gearing up to launch an online study aimed at identifying psychological and sociocultural factors relevant to perinatal women. These data will inform several new projects, including the next version of the Mothers and Babies/*Mamás y Bebés* Internet Project, as well as student dissertations.



Dr. Alinne Barrera, Ph.D.

What began as a small pilot RCT has now expanded to a global maternal mental health research program focused on using technology as a vehicle to educate and support perinatal women. Although there are already multiple websites dedicated to perinatal issues, fewer provide reliable and accurate information, or are culturally relevant to international communities of women. Dr. Barrera's goal is to provide all women the opportunity to learn how to recognize and manage changes in their mood during and after pregnancy with the long-term goal of fostering a healthier and happier life for mothers and their newborn babies.

Dr. Barrera joined the PAU Faculty in the fall of 2009. She is an Assistant Professor and Associate Director of Clinical Training in the PhD Clinical Psychology Program, and Associate Director of the PAU Institute for International Internet Interventions for Health (i4Health). For more information about Dr. Barrera's research program, contact her directly at abarrera@paloaltou.edu

SURVIVORS
EVERYONE IN RWANDA HAS A STORY TO TELL

"As a child I was told to be silent, but I will not keep quiet. Now, I stand up and express myself. It gives me freedom."

Edouard Bamporiki

I grew up in a rural area in the Eastern Province... [text continues]

Rwanda 20 AEGIS www.rwanda20.org

BUILDING PEACE THROUGH UNITY

"We feel like one family"

They have sat down with each other, looked into each other's eyes, cried together and made a conscious decision. To live Rwanda.

Rwandan communities, villages and individuals get together to form dialogue groups of all kinds, young people, women, survivors and problems, to listen and learn from each other about their lives and difficulties. They are there to support each other and to discuss solutions to their communities as one.

"As we healed our hearts together our aim became harmony in Rwandan society. We began to talk about reconciliation in our communities and in our families."

Rwanda 20 AEGIS www.rwanda20.org

BUILDING PEACE THROUGH UNITY

"It was our own initiative"

They came and motivated for us... [text continues]

Persons have asked for forgiveness... [text continues]

All this time and so much pain and suffering... [text continues]

Rwanda 20 AEGIS www.rwanda20.org

BUILDING PEACE THROUGH UNITY

Groups of survivors and perpetrators have been formed... [text continues]

TEACH THE CHILDREN

Jacques Nkomezi
Martin Uwizemana

"Our friendship changed our parents and our community"

We were afraid... [text continues]

When Jacques came to live with us, everything was different... [text continues]

Rwanda 20 AEGIS www.rwanda20.org