

## **An approach to trauma resolution that works**

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**T**here is an overwhelming impact of trauma on populations and individuals. Trauma survivors increase every day. The great ocean of trauma survivors is richly fed by the flow of domestic violence, rape, MVA's, civil violence, natural disasters, terrorist activities, attacks on law enforcement agents (e.g., the police) post military combat experiences and more. This poses to the world an enormous public health problem. If professional health care givers are to give meaningful help they have to give treatment that works. The place of an approach to trauma treatment that really works therefore becomes singularly essential. Equipping ourselves with an effective approach is a good way to prepare ourselves for the task of helping trauma survivors. Such an approach should be available and easy to learn by those who provide care: e.g., Doctors, GP's, Psychologists, Psychiatrists, Nurses Counsellors/ Therapists who see trauma survivors in the course of their work. Arming these disciplines with an effective treatment puts us in a strong position to be of greater help and make a difference in the lives of trauma survivors. This presentation argues for the use of Human Givens approach. What does Human Givens approach do? Its advantages. Evidence of its Effectiveness : Practice based and Research Findings. Discussion & Recommendations.

### **Biography**

Ehioriaze Sydney Okojie has obtained his MBCh from Cairo University, Faculty of Medicine, Egypt and MSc in Clinical Tropical Medicine from London University School of Hygiene. He has worked as GP and managed health services in positions as Medical Manager and Director of a university health service.

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