

NUST (Pakistan) Providing Psychosocial Help to Humanity

In 2007, the National University of sciences and Technology, Islamabad Pakistan established The Centre for Trauma Research and Psychosocial Interventions (CTRPI). The Centre, the first of its kind in the region, was founded in collaboration with the Aberdeen Centre for Trauma Research, Robert Gordon University, Aberdeen, Scotland. The Centre was conceived to deal with the huge burden of psychosocial consequences of the Pakistan-Kashmir Earthquake of 2005, which was the biggest ever disaster in the history of Pakistan.

CTRPI pledges to provide state of the art, comprehensive health care to the survivors of all forms of psychotrauma, organize training of health personnel in the provision of evidence based, culturally sensitive interventions and to undertake quality research in collaboration with national and international organizations.

CTRPI has gained renewed significance in the wake of man made trauma in the form of terrorist activities, suicide bombings, violence and war against terror in the region. With cohorts of survivors of the 2005 earthquake, victims of suicide bombings, war on terror and violence registered at the Centre, CTRPI is strategically placed to deal with the casualties of all form of trauma and undertake quality research in the diverse fields of psychotrauma. It not only provides psychosocial cover to the survivors of the trauma but also organizes training activities to develop a corps of trained health professionals in the field of psychotrauma.

Since its establishment CTRPI has been involved in providing psychosocial help to survivors of man-made as well as natural disasters in the country. CTRPI has also been training mental health professionals and social workers to better equip the nation to deal with the psychosocial aftermath of disasters.

With experts from the University of Birmingham, CTRPI has trained more than 75 mental health professionals in Eye Movement Desensitization and Reprocessing (EMDR), a highly effective and evidence-based psychotherapy to treat survivors of day to day, human made and natural

traumas. CTRPI is the only centre in Pakistan that provides this intervention free of cost to the patients of post traumatic disorder.

CTRPI organized the First International Conference on Psychotrauma in August 2008 which gathered experts in the field of Psychotrauma from around the globe. The Conference was inaugurated by the Prime Minister of Pakistan, Mr Yousuf Raza Gilani and was attended by more than a thousand delegates from Pakistan, England, Scotland, Ireland, Turkey, USA, UAE, Australia, Sri Lanka and Bangladesh. The Conference received wide national and international electronic and print media coverage and was widely lauded as one of the most successful international conferences in Pakistan in recent times.

The Conference helped NUST and its subsidiary institutions such as CTRPI to form extensive academic and research links around the world. A Pak-Turkey Link under TUBITAK initiative of Ministry of Science and Technology Pakistan and its counterpart in Turkey was successfully launched for three years. Similar linkages have been formed with Robert Gordon University, UK, University of Birmingham, UK, Edge Hill University UK, and Institute of Medicine Sri Lanka, and Koraceli University Turkey. Learn more at the [Centre's website>>](#)