

The Burnham Review

Manual Therapy and the Peace Process

Consider Manual Therapy and Complementary and Alternative Medicine for Optimal Health

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Kimberly Burnham, PhD Editor

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Health and the Peace Process

People who feel better, function better. People who feel better and function better, make better choices for themselves and their family. Then they make better choices for their community and their world.

Manual Therapists and Complementary and Alternative Medicine (CAM) practitioners have an opportunity, every time they see a client, to help that individual feel better and function better. Thus starts a cycle of peace.

“The easiest kind of relationship for me is with ten thousand people. The hardest is with one.”
— Joan Baez

What Can One Person Do?

Anyone, everyone can contribute to peace processes in the world.

Education

Educate yourself and your family and your community about everything, life, the world, your community. Education is a great tool against hate, conflict and often encourages peace. It is hard to hate

an individual you can imagine getting up, getting ready to go to work, and leaving their family as they go off to make really their dreams.

Donate

Donate time, energy, things, money, prays to

causes that support peace.

Buy

Buy Fair Trade. Buy from organizations that support peace and equity.

Contribute to Health

Contribute to your own health, to your family, to your community, to your world. Help yourself and other people feel better.

Think and Hope

As Margaret Mead said, “A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has.”

Shufat Refugee Camp

Ann Admon, PT, IMTC is contributing to the peace process in the Middle East. An American born, Jewish Israeli, Ann is volunteering on a weekly basis at the Shufat Refugee Camp in Jerusalem. She is

bridging cultures by using Integrative Manual Therapy, a unique form of hands-on therapy to treat Palestinian refugees.

For more information and to donate funds to this remarkable process go to www.TheBurnhamReview.com and click on Peace Process and the Bridging Cultures Page.

Run under the auspices of the Al Quds Charitable Society for Disabled and Rehabilitation Shufat Camp Jerusalem is situated about 4 km from Jerusalem, surrounded by Israeli colonies.

It hosts 22,000 persons. All are officially declared refugees by UNRWA, but a proper census has never been carried out. On the average the families are composed of 7.73 persons and the average age is 17. Shufat Refugee camp was created in 1966, when the Jordanian Government and the UN made the Palestinian habitants relocate, with the promise of new houses and land to cultivate.

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People are People are People.

Ann Admon is an Israeli citizen, American born, Jewish by religion and lives in Jerusalem.

By treating with this hands-on therapy, healing on many levels can take place. Physical, emotional, mental and spiritual.

It can bring about better health, lessen pain and stress and address disabilities caused by traumatic and/or emotional injuries. This treatment can also address physical and emotional issue among the many children who live here. Many of the children have impaired physical development and learning disabilities.

But foremost this project is about acknowledging the suffering of a people with the same dreams and hope for a better future, as we all have, for themselves, their children and future generations.

It is about the bridging of cultures, Palestinian and Israeli, we are all brothers and sisters. It is about changing belief systems, showing compassion and love.

“Civilization is a method of living and an attitude of equal respect for all people.”

— Jane Addams

The Association Between Health and Peace

“The association between violent conflict and health was further stressed in 1981 when the World Health Assembly passed a resolution that acknowledged the role of physicians and other health workers in the preservation and promotion of peace as the most important factor for the attainment of health for all”

— Griekspoor A, Loretta A.

Health and peace: an opportunity to join forces. *Lancet* 2001;358:1183.

Health Sector Activity Contributes to Peace Processes

“The 20th century has been the bloodiest in the history of mankind. Two world wars and numerous smaller violent conflicts have resulted in more than 110 million deaths, 50 million displaced and the suffering of countless more. The World Bank and WHO estimate that war will be the 8th most common cause of morbidity and mortality in the year 2020. Despite the enormous human consequences of violent conflict, it is a relatively new thought that physicians and other health professionals can play an active role in prevention, resolution and reconciliation after violent conflicts.

Since Henri Dunant in the 19th century founded the International Red Cross, health professionals have treated combatants and civilians in situations of violent conflict.

Meanwhile health professionals have been engaged in peace work, but only as individuals and not as professionals. This changed in the last half of the 20th century when organizations such as International Physicians for the Prevention of Nuclear War (IPPNW) and Physicians for Human Rights (PHR)

were founded with the purpose of preventing war, the use of weapons and human rights abuses, because of their grave consequences for human health. “¹ (Bulmann, 2007).

Early Trauma

“We have seen how early trauma serves to shape a person’s internal object world, sense of self, and constellation of defenses..”

— *Seritan, A. L., G. O. Gabbard, et al. (2006). "War and peace: psychotherapy with a holocaust survivor." Am J Psychiatry 163(10): 1705-9.*

Things That Help the Peace Process

1. Education and Awareness of the costs in human life, health, and the ability to have a good life.
2. Prevention seeks to diagnose illness early so as to diminish the resulting suffering.
3. Treatment after physical and psychological trauma is important for social rehabilitation of the community as well as for health. “Treatment and rehabilitation of victims of trauma combined with reconciliation strengthens the peace after a violent conflict. “²

“Human successes, like human failures, are composed of one action at a time and achieved by one person at a time.”

— Patsy H. Sampson

West Africa Health for Peace Initiative

“The Health for Peace Initiative has not been the usual outreach. It has achieved its original hope of ‘health for peace’, as on more than one occasion eye teams ran security

risks and fostered peace between populations. The enemy factions came to recognize the teams and facilitated secure movement. It started personal working relationships between eye care and health workers, peer-to-peer, across the borders. The strategy was adapted in each country: for example, minicamps were introduced in The Gambia, extended camps were introduced in Guinea, and trichiasis surgery camps were introduced to all. Collaboration was established to facilitate access to consumables: Guinea-Bissau established a local production of eye drops unit, The Gambia imported intraocular lenses for the camps and the district services.”³ (Faal, 2006).

“Aerodynamically the bumblebee shouldn't be able to fly, but the bumblebee doesn't know that so it goes on flying anyway.” — Mary Kay Ash

New Academic discipline?

“This discipline has been called Peace through Health, Health as a Bridge for Peace and Medical Peace Work.” (Bulmann, 2007)

Health-Peace Mechanisms

“Conflict management: Conflict between contending groups may be resolved, lessened, or contained through the use of "medical diplomacy" or health oriented superordinate goals

Solidarity: People and groups working to expand peace in difficult situations are supported by healthcare workers and groups with more power or freedom of action

Strengthening the social fabric: The bonds uniting a population across diversities (of ethnicity, social class, and so on) may be restored or

reinforced through methods of healthcare delivery as well as through reconciliation and healing

Dissent: Using legitimacy, experience, or expertise derived from health care, a person or group disagreeing with the policies of the governing or dominant group expresses this disagreement in actions and words

Restricting the destructiveness of war: Arguing on the basis of the health effects of military policies and weapons, and using expert knowledge and healthcare discourse, healthcare workers can argue for the restriction or abolition of these policies or weapons and work with others to have the restrictions embodied in international law.”⁴ (MacQueen, Santa-Barbara, 2000)

Effective Health-Peace Initiatives

“Health work in zones of conflict can initiate and spread peace through conflict management, solidarity with indigenous health workers, strengthening of the social fabric, public dissent and restriction of the destructiveness of war

Evaluation tools need refinement, but there is preliminary evidence of effectiveness for some health-peace initiatives.”

— MacQueen, G. and J. Santa-Barbara (2000). "Peace building through health initiatives." *Bmj* 321(7256): 293-6 from www.bmj.com/cgi/content/full/321/7256/293.

War, A Complex Disease

“Try thinking of war as a complex disease process that attacks the global "group organism" humankind. Think of this disease as having risk

factors that can be prevented from developing (primordial prevention) or modified (primary prevention) and whose effects we must treat (secondary prevention); and think of war as a condition which, once it has done its damage, leaves us with the tasks of healing and rehabilitation (tertiary prevention). And think of healthcare workers as having important roles at every stage of this process.”⁵ (Yusuf, Anand & MacQueen, 1998).

Health, Poverty and Fair Trade

In a British Medical Journal (BMJ), Hermann Dass, MD applied the same kind of thinking to poverty.

He looked at poverty as a disease and a social crisis, similar to war.

In many places, there is war, poverty and a break down of the health care system.

Dass notes, “The worlds biggest killer and the greatest cause of ill health and suffering across the globe is poverty.”⁶ (WHO, 1995).

Think of poverty as a complex disease process. Think of this disease as having risk factors that can be prevented from developing (primordial prevention) or modified (primary prevention) etc.

A careful analysis may reveal many possible interventions where medicine can make contributions to the prevention and treatment of poverty. One example is "fair trade". The fair trade movement intends to change the terms of trade in order to give a fair price to the producers⁷ (Fair Trade Association). The fair trade movement depends on conscious consumer choices.

Hospitals are places of consumption of large quantities of coffee. When do we decide on fair trade coffee and contribute to the prevention of poverty?⁸ (Dass, 1999)..

Films

1. Encounterpoint is a remarkable film about the lives of people who have lost loved ones in the conflict between Jews and Palestinian. They are now each working to find peaceful solutions and dialogues. Trailers can be seen at <http://www.encounterpoint.com/index.php>

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e-Newsletter Purpose

- (1) To educate your world about Manual Therapy, Massage Therapy and Complementary and Alternative Medicine;
- (2) To offer hope and options to therapists, clients and the general public;
- (3) To provide information to therapists, health care professionals, clients, and the general public; and
- (4) To grow strong, efficient, effective clinics providing Complementary Medicine options to clients

Topics will include: Strokes, Headaches, Vision, Parkinson's Disease, Knee and Hip Pain, Lymes Disease, Addictions, Back Pain, Arthritis, Chemotherapy Side Effects, Asthma, Bone Bruises, Immune System Dysfunction, Traumatic Brain injuries, Diabetes, Club Foot, Dysautonomia, Disruptions of Membranes, Failure to Thrive, Ehlers-Danlos Syndrome, Hypovolemia, Depression, Skin Disease, Jet Lag, Deviated Septum, Peripheral Neuropathies, Tinnitus, Multiple Sclerosis, Tumors and Blood flow, Thyroid Dysfunction, Sleep Disorders, Pregnancy, Shock, Spinal Cord Stenosis, Scoliosis, Green Tea, and

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More new refugees arrived in 1967 when the Israeli soldiers occupied Jerusalem and the West bank: the camp quickly became over populated, while the Israeli colonies grew bigger and bigger.

This is why we now have the population living in very difficult conditions. These Palestinian people are poor and isolated. The young people are without any possibilities of work. Children are without any leisure time activities.

Year by year, the population of the camp has grown much more than the normal birth rate (6.3 per 1000 inhabitants). In fact, a constant flow of exiles from Jerusalem who were evicted from their houses, or were indirectly expelled through the depauperising and social isolation which is happening in East Jerusalem.

The last newcomers are often in the worst shape psychologically, economically and culturally, when compared to earlier refugees. Ninety percent of them live under a minimum poverty standard.

The Al Quds society for Rehabilitation and Special Education in Shufat camp is a voluntary committee that was founded in 1993 in co-ordination with UNRWA. It is one of the most active committees in Shufat camp. It provides many services for the handicapped and disabled especially and for the whole community in general.

The social center at the committee in many activities such as:

1. Girls rehabilitation with handwork\
2. Program for special education
3. House visits for the poor
4. Summer and Winter camps
5. Lectures and symposiums on all subjects
6. Physical Therapy
7. Special classes for severely mentally retarded children
8. A Toy Library
9. Speech therapy

The local committee depends largely on financial aid, on donations and contributions from different sources, such as UNRWA citizen donations in addition to the fees collected from training, which are mostly symbolic.

Bridging of Cultures with Integrative Manual Therapy

The project: Bridging of Cultures with Integrative Manual Therapy (IMT) will be managed by Ann Admon, a certified Physical Therapist and certified Integrative Manual Therapist.

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People are People are People.

Target Group

For the first year, the target will be people of all ages in the Shufat Refugee camp with physical impairments, health issues of all kinds and learning disabilities.

In the future we hope to be able to expand and have other therapists with IMT training or other alternative therapies, come to help treat, as many people as possible, in this camp or other needed areas in the Israel.

Methodology of Work

Ann Admon, PT, IMTC will start by working 3 times a week, 7 hours a day.

The treatment will be done in Shufat Refugee Camp, at the center for Rehabilitation.

Each treatment will be 30 minutes minimum, thus enabling 10-14 people to be treated a day.

Budget

The estimated budget is \$30-40,000 per year. The initial year's budget includes a modest salary for the therapists and some administrative help, 2 massage tables and treatment chairs, pillows, blankets, sheet, office materials, a CD player and discs, a computer, a share of the utilities bill.

Donations

Check in U.S. Dollar can be made out to: Local Committee for Disabled and Rehabilitation and sent to Shufat Camp Jerusalem PO Box 55145 Jerusalem Israel

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