



**SYMPOSIUM/OTHER PROPOSAL**  
**2014 APA Annual Convention**

*Proposal ID: sym914108*

- 1. Type of program:** Symposium
- 2. Title of program:** Arab Spring: A Psychosocial Perspective  
First index term: 42 International  
Second index term: 82 Violence/Aggression
- 3. Brief Content Description:** This symposium contribute to the body of thought which seeks to understand the causes and effects of the Arab Spring with an attentiveness toward culturally relevant community intervention and humanitarian aid strategies.
- 4. Division to submit this proposal:** 52 - International Psychology  
**Second division:** 48 - Peace Psychology  
**Other division appropriate for submission:**
- 5. Length of time requested on program:** 1 hr. 50 min.
- 6. Chair(s) of session:**

**(1) Laura E Miller, PhD** (Submitter)

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Membership status: APA Member

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**7. Participants:**

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Membership status: APA International Affiliate  
Title of presentation: Hubris Syndrome: An Egyptian Perspective

Electronic Archiving: Yes

**(2) Shuki Cohen, PhD**

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Membership status: APA Member

Title of presentation: Understanding the motives and sentiments behind large scale mobilizations and revolts

Electronic Archiving: Yes

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Membership status: APA Member

Title of presentation: Humanitarian Intervention in Egypt: Trauma-Oriented and Ecologically Informed Perspectives

Electronic Archiving: Yes

**(4) Ani Kalayjian, PhD**

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Membership status: APA Member

Title of presentation: Transforming Generational Trauma & Peace building: Utilizing the 7-Step Integrative Model

Electronic Archiving: Yes

**8. Discussants:**

**(1) Mona Amer, PhD**

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**9. Accommodation request:** We will require standard audio visual equipment. In terms of scheduling, we have symposium members who prefer not to present on Sundays, if that is possible.

**10. Submit for CE:** No

## **Arab Spring: A Psychosocial Perspective**

This symposium aims to bring together people from a wide range of sub-disciplines within psychology to focus on Arab Spring uprising in the Middle East. Our intention is to contribute to the body of thought which seeks to understand the causes and effects of large scale socio-political mobilizations and their impact on the mental health and well-being of individuals and communities. In addition to considering how psychological theory may be used to understand the Arab Spring, we also aim to identify research priorities and clinical service needs of the region. Our chairs, Dr. Laura E. Miller and Dr. Wael Mohamed will moderate the symposium and Dr. Mona Amer will serve as a discussant. We will provide a brief introduction regarding the inspiration for the symposium, the importance of international collaborative research, and the contribution of each of the speakers. Our symposium will then begin with a talk by Dr. Wael Mohamed, who will provide a brief history of Egyptian government and society paired with a theoretical discussion of how government-community power dynamics may have influenced social systems and thought leading up to the Arab Spring. Following this theoretical discussion, Dr. Shuki Cohen present a qualitative analysis of motivations and sentiments during the height of the Arab Spring in Egypt using data collected protest signs in Tahrir Square. Dr. Laura Miller's presentation will then link these and other theories from cognitive, clinical, and developmental psychology to a discussion of the causes and effects of the most recent upsurge in violence in Egypt, with a specific focus on cultural strengths that may be used to leverage culturally-sensitive psychological interventions. Finally, Dr. Ani Kalayjian will speak to more specific methods for intervention practices related to alleviating intergenerational trauma and future peace building activities in the region.

### ***(1) Hubris Syndrome: An Egyptian Perspective***

Thousands of years ago, since the first unified Egyptian state, Egyptians have been familiar with a singular patriarchal and dominant leader. Hubris syndrome is an acquired syndrome that is associated with power especially with longer and greater power. The aim of this lecture is to provide the scientific community with an up-to-date review of the literatures describing hubris syndrome among presidents in general with special focus on Egyptian presidents. I did search in the databases for peer-reviewed studies dealing with Hubris syndrome in general and among Egyptian presidents specifically. The following databases were searched: PubMed-MEDLINE, Ovid MEDLINE and PsychINFO®. I approached the 'Hubris Syndrome' in the context of the four presidents that ruled Egypt from 1952 to 2011. Employing a sociological and psychological perspective. My search results did not reveal any single study dealing with hubris syndrome and Egyptian presidents. Among the four Egyptian presidents; two showed little tendency to hubris -in particular Naguib and Nasser- although others show clear hubristic traits including El Sadat and Mubarak. Given that there is no free access to medical records of Egyptian presidents, I do not know for certain if one of them suffered from any pre-morbid psychological or medical condition that may have predisposed them to Hubris syndrome. Consequently, my general conclusions about Egyptian presidents have to be treated with caution.

### ***(2) Understanding the motives and sentiments behind large scale mobilizations and revolts***

Understanding the motives and sentiments behind large scale mobilizations and revolts pose methodological challenges on psychological, cultural and political grounds. This study posits that the body of text on the signs that were carried by the protesters in Tahrir Square may represent the

communal psychological realities and aspirations of this mobilization in a minimally-biased way, especially vis-à-vis the analyses offered by the Western media reports. Six Hundred and thirty-seven photos of Tahrir Square during the critical period of 01/25/2011 – 02/11/2011 were collected using an extensive internet and social media search. Only photos with legible content in Arabic were selected. Redundancy analysis resulted in 313 unique pictures, whose content was then transcribed and was then subjected to thematic and semantic content analysis. This presentation will show results from both analyses, and will discuss the trade-off between the efficacy and fragility of this mobilization attempt, which focused almost entirely on the vilification of the then president Hosni Mubarak, making him the embodiment of all the ailments in the regime and the economic realities, while offering little by way of a positivist vision or a roadmap to improving or altering governmental policies in general

### ***(3) Humanitarian Intervention in Egypt: Trauma-Oriented and Ecologically Informed Perspectives***

A little over two years ago, Egypt's Arab Spring made history as it overturned Hosni Mubarak in a wave of non-violent protests. This past summer, there has been an upsurge in violent hostilities following the ousting of President Mohamed Morsi. While political analyses of the situation have been useful to many, it is equally important to consider psychological perspectives on the recent rise in violent conflict. Such perspectives will be instrumental in informing international aid organizations about the possible causes of recent violence but more importantly, may be helpful in tailoring psychosocial intervention approaches to the unique needs of the Egyptian populous. As such, the aim of this presentation is three fold: (1) identify useful psychological theories from diverse disciplinary perspectives that can be employed for understanding and evaluating the causes and effects of violence in Egypt, (2) discuss unique cultural strengths that may serve as important in-roads for effective peacebuilding and humanitarian intervention and (3) to provide practice recommendations for psychosocial care provided by service organizations based on state-of-the-art in psychological science.

### ***(4) Transforming Generational Trauma & Peace building: Utilizing the 7-Step Integrative Model***

Though political violence as a human-made disaster is avoidable, many still go on around the globe and impact thousands of people and generations to come especially in the Middle East. This presentation will examine perspectives of ongoing political conflicts between Palestine and Israel, Syria, and Lebanon. This paper will also describe how the 7-Step Integrative Healing Model can be applied to promote healing, transforming generational trauma as well as horizontal violence by increasing mindfulness. Despite numerous peace talks and international efforts, violence and conflict continue in the Arab world affecting lives of millions in Syria, Lebanon, Palestine and Israel. The five years of Israeli blockade in Gaza has caused the devastation of livelihoods, rising food insecurity, physical insecurity, blocked education, construction and reconstruction halts, the deterioration of water and sanitation, and feelings of helplessness, hopelessness, and humiliation. In the last two years the violence continues to destroy Syria and Lebanon. Because generational trauma coupled with horizontal violence continue destroying communities in these nations. Recent acts of violence in Syria have caused thousands of victims' suffering; some are handicapped physically, but most are handicapped emotionally and spiritually. Many minority Christian Armenians are kidnapped, raped, tortured, and their homes and factories confiscated by the Syrian opposition; others are terrorized

daily, as their churches, homes, and neighborhoods are bombed. Our Meaningfulworld Healing Teams worked to transform these sufferings, validate their trauma, empower survivors, and educate them about the destructive force of horizontal violence and generational trauma. The 7-Step Integrative Model has been utilized in these devastating conflicts. Based on physical, psychosocial, ecological, and spiritual facets, the model provides a framework that can be applied to all violence to instill healing, recovery, forgiveness, and lessons learned and a new meaning discovered.