

# Change the World Webinar 3: Mental Wellness and Resilience as Essential to Urban Safety

## 27 January 2021

*Under COVID-19 vulnerability has at last been recognised as a global condition, amplified by climate change, political, economic and social instability. Cycles of vulnerability are driven by low resilience and inter-generational trauma: disrupting individual, interpersonal, institutional, and societal functioning and resilience.*



**Dr Barbara Holtmann** will moderate the session. She is Director of Fixed Africa, and has over the past 25 years become a specialist in systemic transformation and development with particular emphasis on systemic responses to urban unsafety.



**Bonface Beti** is an African artist and multidisciplinary practitioner working with embodied theatre-based processes on trauma and social change. Since 2004 he's worked with Amani Peoples' Theatre and now with the Green String Network.

**Nomfundo Mogapi** is the Executive Director at the Centre for the Study of Violence and Reconciliation (CSVr). She is a clinical psychologist and has been working in the field of violence, peace-building, transitional justice and traumatic stress for 18 years



**Dr Angi Yoder-Maina** is the Executive Director of Greenstring Network. She is a specialist in post-conflict peacebuilding, development, and governance with a focus on healing-centered peacebuilding, capacity strengthening, strategy development, and institutional strengthening.

**Pier Luigi Sacco** is Professor of Cultural Economics, IULM University Milan and Senior Researcher, metaLAB Harvard, Special Adviser of the European Commissioner for Education and Culture, member of the European Research Advisory Board, and member of various European National Culture Committees.



In this third webinar in the *Change the World* series, we will unpack what we know about trauma and its impact on every aspect of urban life, with particular focus on urban safety, from excessive use of force by law enforcement, to self-perpetuating cycles of interpersonal conflict and violence to violent protest, negative resilience and even corruption.

Behavioural responses to trauma often intensify trauma. The world now lacks the capacity to provide traditional professional intervention for widespread anger, anxiety, fear, loss, grief and hopelessness. We look to the experts for creative, courageous and innovative ways to heal and revitalise individuals, communities and institutions to shift our approaches based on compassion, empathy and reconnection with ethical and human-rights-based individual and collective resilience.

Structural, relational and individual approaches allow for interplay between enabling environments and individuals with agency. A culture of compassion and care, access to support services, and life skills to navigate and access those support services are simple and effective means to build resilience for individuals, in interpersonal relationships, communities and institutions.

*The way to build urban safety and break the disruptive developmental cycle catalyzed by COVID-19 is to support rebuilding with resilience interventions for institutions, communities and individuals, to enable them to participate in the recovery from this crisis and to 'Build Back Better'.*

The need for enhanced support for mental wellness to address COVID19 related trauma, provides opportunities for post traumatic growth. Resilience is a moment-by-moment practice, it is fluid and there is space for both pain and hope, for both challenges and opportunities. Holding all of these possibilities at once can be both difficult and enable growth and development.

**27 January 2021**

**1 - 3pm Johannesburg / 4:30 - 6:30pm Delhi**

**12 - 2pm Vienna / 6 - 8am New York**

**To register: <https://crimealliance.org/events/view.php?id=67>**

**Pursuing urban safety objectives towards the Sustainable Development Goals in times of extreme disruption #BuildBackBetter**