

# Reimagining Wellbeing:

## Indigenous Knowledge and Approaches and Protection of Humanitarian Workers

*Simplified Programme*

23–25 September 2026 | Nairobi, Kenya



### Day 1: Wednesday, 23 September 2026

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| 08:00 – 08:45 | Check-In & Registration (All Speakers & Participants)                                                                                                                                                                                                                                                                                                                                                                                                       |
| 08:45 – 09:00 | Security Briefing                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 09:00 – 09:30 | <b>Opening remarks:</b> Taib Abdulrahman, 1st Deputy Governor of the Kenya Red Cross Society.<br>Nathalie Nyamukeba: ICRC MHPSS Regional for Africa (based in Nairobi)<br>IFRC Regional Director<br><b>Opening Plenary</b><br>(Ndovu Main Hall)<br><i>Moderator: Safia Verjee (D.S.G. International Centre for Humanitarian Affairs [ICHA], Kenya Red Cross Society)</i><br>Sarah Harrison; Dr Rafael Van den Bergh; Representative: IFRC; Dr Mercy Karanja |
| 09:30 – 10:30 | <b>Session 1: Decolonizing and Localizing Mental Health and Psychosocial Support</b><br>(Ndovu Main Hall)<br><i>Moderator: Yasin Duman (RCRC Movement MHPSS Hub &amp; RCRC Research Network)</i>                                                                                                                                                                                                                                                            |
| 09:30 – 09:45 | <b>When Healing Fragments the Healer: African Relational Ontology as a Framework for Reimagining Psychosocial Wellbeing - Eberechukwu Owuamanam SJ</b>                                                                                                                                                                                                                                                                                                      |
| 09:45 – 10:00 | <b>Whose Knowledge Shapes the Care? Community Explanatory Models in Post-Conflict Somalia - Mohamed Ibrahim</b>                                                                                                                                                                                                                                                                                                                                             |
| 10:00 – 10:30 | <b>Q&amp;A</b>                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 10:30 – 11:00 | <b>Break</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 11:00 – 12:15 | <b>Session 2: Children, Adolescents and Youth Wellbeing</b><br>(Ndovu Main Hall)<br><i>Moderators: Cecilia Mwangi &amp; Maureen Amuhinda (Kenya Red Cross Society)</i>                                                                                                                                                                                                                                                                                      |
| 11:00 – 11:15 | <b>Wellbeing Interventions for Forcibly Displaced Children and Adolescents - Tooba Akhtar &amp; Kristin Hadfield</b>                                                                                                                                                                                                                                                                                                                                        |
| 11:15 – 11:30 | <b>Measuring Child Wellbeing in Humanitarian Contexts - Ashley Nemiyo &amp; Noemi Skala</b>                                                                                                                                                                                                                                                                                                                                                                 |
| 11:30 – 11:45 | <b>Integrating MHPSS and SRHR for Adolescent Wellbeing - Rosemary Ayiera</b>                                                                                                                                                                                                                                                                                                                                                                                |
| 11:45 – 12:15 | <b>Q&amp;A</b>                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 12:15 – 13:40 | <b>Lunch Break</b>                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 13:40 – 14:30 | <b>Session 3: Community Mental Health and Social Determinants of Wellbeing</b><br>(Ndovu Main Hall)<br><i>Moderators: Mercy Githara (Kenya Red Cross Society) &amp; Jessica Lambert (DIGNITY &amp; RCRC Research Network)</i>                                                                                                                                                                                                                               |
| 13:40 – 14:00 | <b>Spatial Heterogeneity and Multilevel Determinants of Institutional Delivery in Somaliland: Mapping the Social Determinants of Maternal Well-being - Hamze Gas Dahir</b>                                                                                                                                                                                                                                                                                  |
| 14:00 – 14:30 | <b>Q&amp;A</b>                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 14:30 – 14:45 | <b>Break</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 14:45 – 16:15 | <b>Workshop 1: Applying the Red Cross Red Crescent Mapping Project to Understand and Build Integrated Climate and MHPSS Programming</b><br>(Simba Hall)<br><i>Moderators: Caleb Chemirmir &amp; Peter Murgor (Kenya Red Cross Society)</i><br><i>Limited capacity (50). Sign up at the start of the day; first come, first served.</i><br>Christine Bourey<br>Lucie Reford & Andrés Barrera Patlan<br>Shona Whitton                                         |
| 15:45 – 16:15 | <b>Q&amp;A</b>                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 16:15 – 17:00 | <b>Networking Session</b><br>(Ndovu Main Hall)<br><i>Facilitators: Sarah Davidson &amp; Wilson Opudo</i>                                                                                                                                                                                                                                                                                                                                                    |

## Day 2: Thursday, 24 September 2026

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| 09:00 – 09:30 | <b>Session 4: Protection of Humanitarian Workers: Keynote Lecture</b><br>(Ndovu Main Hall)<br><i>Moderator: Rafael Van den Bergh (Protect Humanitarians)</i><br><b>From Individual Counselling to Community Healing: A Multi-layered Staff Care Model and Indigenous Wellbeing Practices for Humanitarian Workers in Ukraine</b> - Anna Kholodnytska |
| 09:30 – 10:50 | <b>Session 5: Protection of Humanitarian Workers: Organizational Responsibility, Duty of Care and Preparedness</b><br>(Ndovu Main Hall)<br><i>Moderator: Nishant Joshi (Humanitarian Aid International)</i>                                                                                                                                          |
| 09:30 – 09:45 | <b>Duty of Care for Staff and Volunteers During Disaster Response: A Case Study of the KwaZulu-Natal Floods at the South African Red Cross Society</b> - Sehorane Kwuimi (Lehlomla)                                                                                                                                                                  |
| 09:45 – 10:00 | <b>Determinants of Staff Burnout in Humanitarian Settings: The Role of Organizational Staff Care Systems in Ethiopia: A Mixed Methods Study</b> - Debela Tarecha Neda                                                                                                                                                                                |
| 10:00 – 10:15 | <b>Enhancing Ethical Crisis Preparedness in Healthcare: Evaluation of a Web Course</b> - Martina Gustavsson                                                                                                                                                                                                                                          |
| 10:15 – 10:30 | <b>Rethinking Personal Safety Training in Humanitarian Action: From Trauma-Based Simulation to Well-Being-Centred Preparedness</b> - Vivegan Jayaretnam                                                                                                                                                                                              |
| 10:30 – 10:50 | <b>Q&amp;A</b>                                                                                                                                                                                                                                                                                                                                       |
| 10:50 – 11:20 | <b>Break</b>                                                                                                                                                                                                                                                                                                                                         |
| 11:20 – 12:50 | <b>Session 6: Protection of Humanitarian Workers: Psychological Impacts, Peer Support and Care Responses</b><br>(Ndovu Main Hall)<br><i>Moderator: Carla Uriarte (Protect Humanitarians &amp; RCRC Research Network)</i>                                                                                                                             |
| 11:20 – 11:35 | <b>Protecting the Well-Being of Local Humanitarian Workers: Evidence from Peer Refugee Helpers in Greece and Aid Workers in Gaza</b> - Gro Mjeldheim Sandal & Alaa Alnasser                                                                                                                                                                          |
| 11:35 – 11:50 | <b>Identifying Practical Guidance for Suicide Prevention and Response in Humanitarian Settings: A Qualitative Study</b> - Matylda Sulowska                                                                                                                                                                                                           |
| 11:50 – 12:05 | <b>Who Cares for the Carers? A Reflective Analysis of Peer Support and Systemic Challenges in Emergency MHPSS Response</b> - Doaa Abdelrahman                                                                                                                                                                                                        |
| 12:05 – 12:20 | <b>Beyond PTSD: Moral Injury, Shared Trauma and Peer Support among Cameroonian National Humanitarian Workers - A Decolonial Approach</b> - Eunice Blondelle Epoma; Gustave Armand Esuele; Marie-Chantale Ntjam; Siméon Boris Nguéhan                                                                                                                 |
| 12:20 – 12:50 | <b>Q&amp;A</b>                                                                                                                                                                                                                                                                                                                                       |
| 12:50 – 13:50 | <b>Lunch Break</b>                                                                                                                                                                                                                                                                                                                                   |
| 13:50 – 15:20 | <b>Session 7A - Parallel Panel: CoCreate Humanity's Mental Health Humanitarian Peer Support Model</b><br>(Simba Hall)<br><i>Moderator: Diletta Salvati (INSO)</i><br>Tania Shybko & Moses Bwesige Mukasa<br><i>Runs alongside Session 7B</i>                                                                                                         |
| 13:50 – 15:20 | <b>Session 7B - Parallel Panel: Organisational Approaches to Staff Care, Safety, and Wellbeing in Humanitarian Settings</b><br>(Kifaru Hall)<br><i>Moderator: Frédérique Vallières (Trinity College Dublin &amp; RCRC Research Network)</i><br>Ganna Legkova; Cátia Sofia Peres de Matos; Charles Zemp<br><i>Runs alongside Session 7A</i>           |
| 15:20 – 15:40 | <b>Break</b>                                                                                                                                                                                                                                                                                                                                         |
| 15:40 – 17:40 | <b>Workshop 2 - When the Body Is Left Behind: Why Is the Body Absent from MHPSS?</b><br>(Simba Hall)<br><i>Facilitator: Henrik Kjellmo Larsen (Affiliated with Monash University)</i><br><i>Limited capacity (60). Sign up at the start of the day; first come, first served. Runs alongside Workshop 3</i>                                          |
| 15:40 – 17:40 | <b>Workshop 3 - Protecting Volunteers in Humanitarian Work: A Safeguarding &amp; MHPSS Experiential Lab</b><br>(Kifaru Hall)<br><i>Facilitator: Rihème Lanani (Tunisian Scouts)</i><br><i>Limited capacity (36). Sign up at the start of the day; first come, first served. Runs alongside Workshop 2</i>                                            |
| 15:40 – 17:40 | <b>Self-Organised Networking Opportunity - Out and About in Nairobi</b><br><i>Runs alongside Workshops 2 and 3</i>                                                                                                                                                                                                                                   |

## Day 3: Friday, 25 September 2026

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| 09:00 – 10:30 | <b>Session 8 - Supporting Humanitarian Workers and Responders</b><br>(Ndovu Main Hall)<br><i>Moderator: Sarah Davidson (British Red Cross &amp; RCRC Research Network)</i>                                                                                                 |
| 09:00 – 09:15 | <b>Navigating Vicarious Trauma in Witnessing War-Related Sexual Violence: Integrating WRSS and the SERS Method</b> - <i>Wioletta B. Rebecka</i>                                                                                                                            |
| 09:15 – 09:30 | <b>The Peer Support Leaders Program in Syria: A Promising Model to Strengthen Staff Wellbeing in Humanitarian Contexts</b> - <i>Fatima Jarrar &amp; Mohamad Al Sayed</i>                                                                                                   |
| 09:30 – 09:45 | <b>VentSpace: A Pre-Disclosure Emotional Expression Intervention for Reimagining Early Psychosocial Support in Low-Resource Settings</b> - <i>Valeria Muinde</i>                                                                                                           |
| 09:45 – 10:00 | <b>Rethinking Duty of Care: Humanitarian Workers in a Changing Risk Landscape</b> - <i>Nishant Joshi</i>                                                                                                                                                                   |
| 10:00 – 10:30 | <b>Q&amp;A</b>                                                                                                                                                                                                                                                             |
| 10:30 – 10:50 | <b>Break</b>                                                                                                                                                                                                                                                               |
| 10:50 – 12:20 | <b>Session 9: Innovations for Wellbeing in Humanitarian Contexts</b><br>(Ndovu Main Hall)<br><i>Moderators: Jessica Lambert (DIGNITY &amp; RCRC Research Network) &amp; Jilly Kaunda (Kenya Red Cross Society)</i>                                                         |
| 10:50 – 11:05 | <b>Bridging Mental Health Gaps in Vocational Training Centres: Addressing Social Determinants Among Youth in Nairobi's Informal Settlements</b> - <i>Catherine Onguti</i>                                                                                                  |
| 11:05 – 11:20 | <b>Vernacular Architecture as a Core Component of MHPSS in Protracted Displacement</b> - <i>Mikayla Branch</i>                                                                                                                                                             |
| 11:20 – 11:50 | <b>Community-Based MHPSS Integration: Zambia's Operational Experience</b> - <i>Serah Kalumbilo &amp; Ernest P. Nyame-Annan</i>                                                                                                                                             |
| 11:50 – 12:20 | <b>Q&amp;A</b>                                                                                                                                                                                                                                                             |
| 12:20 – 13:20 | <b>Lunch Break</b>                                                                                                                                                                                                                                                         |
| 13:20 – 14:35 | <b>Session 10 - INTIQAL: Collective Meaning-Making, Cultural Continuity, and Humanitarian Worker Wellbeing in Gaza</b><br>(Simba Hall)<br><i>Moderators: Carla Uriarte (Protect Humanitarians &amp; RCRC Research Network) &amp; Henry Kyalo (Kenya Red Cross Society)</i> |
| 13:20 – 13:35 | <b>Humanitarian Work and the Blurred Line Between Helper and Survivor</b> - <i>Anthony Dutemple</i>                                                                                                                                                                        |
| 13:35 – 13:50 | <b>Integrating Collective Meaning-Making into MHPSS Practice</b> - <i>Liliana Herrera Sanchez</i>                                                                                                                                                                          |
| 13:50 – 14:05 | <b>Heritage, Space, and Psychosocial Resilience in Gaza</b> - <i>Rafif AlAmassi</i>                                                                                                                                                                                        |
| 14:05 – 14:35 | <b>Q&amp;A</b>                                                                                                                                                                                                                                                             |
| 14:40 – 15:15 | <b>Closing Remarks</b> (Ndovu Main Hall)<br>Dr Sarah Davidson; Shona Whitton; Dr Yasin Duman; Carla Uriarte; Sarah Nduku                                                                                                                                                   |