
THE PALESTINIAN EXPERIENCE

Through a Trauma Lens

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Child & Adolescent Psychiatry Fellow | UVMHC

31 May 2024



Samar Abu Elouf for The New York Times. 16 October 2024

COMMUNITY AGREEMENTS



RESPECT AND TRUST



CURIOUS AND OPEN



**LISTEN TO
UNDERSTAND, NOT
TO RESPOND**



**FOCUS ON IMPACT
BEYOND INTENT**



USE "I" STATEMENTS



**ALLOW DISCOMFORT
TO LEAD OUR
GROWTH**



**SHARE
ACCOUNTABILITY**

DISCLOSURES

None, except...



Bayt Nattif Ethnic Cleansing; 1948

OBJECTIVES

Understand	Understand a succinct history of Palestine and the Palestinians.
Acknowledge	Acknowledge the mental health needs of the Palestinian diaspora, those in Palestine, and allies impacted by the genocide in Gaza and associated events.
Recognize	Recognize the human-caused healthcare disaster unfolding and a clinician's role in the context of patient care but also advocacy.

The Nation.

FEATURE / JANUARY 25, 2024

What Does It Mean to Be Palestinian Now?

After October 7, this question has become a matter of grave importance, amid crackdowns on free speech and protest. Five writers reflect on the state of Palestinian life today.

NOURA ERAKAT, AHMED MOOR, NOOR HINDI, MOHAMMED EL-KURD, and LAILA AL-ARIAN [SHARE](#) ∨

Do You See What I See?

Laila Al-Arian



(Courtesy of Laila Al-Arian)

I put down my phone just before closing my eyes to sleep, a final break from the endless stream of horrific news from Gaza. The last posts I see are chilling: Palestinians in Gaza describing the ferocity of Israel's bombing campaign, many of the posts declaring "This is the worst night" yet. Then there are the videos. The screams of terror as 2,000-pound bombs hit homes, the flares of bright orange illuminating Gaza's night skies, and the billowing smoke that

follows.

The cycle repeats as night turns into day. I reach for my phone as soon as I wake up and see posts of Gazans taking stock of the events of the previous night: who was killed, who was rescued from the rubble, who was shot by snipers while fleeing for their safety and waving a white flag.

Outside of Gaza, to be a Palestinian in this moment is to go through the motions of life while feeling dead inside. It feels like it should be a state of emergency, but all around us life goes on. People do their grocery shopping, gather for the holidays, and blow out their birthday candles, while we are overcome by powerlessness and grief. To be Palestinian right now is to feel betrayed by those who remain silent, whatever their reasons, and to feel gratitude and hope from those who have spoken up.

It's not just Palestinians, though. So many people have told me that this is a life-defining moment for them that has shaped their views in profound ways. *Those people have seen what I've seen.*

Something has broken in all of us, and we will never be the same. **N**



WHO ARE THE PALESTINIANS?

Sarouf family. Jaffa, 1928. (Courtesy:
Palestinian Museum)

PALESTINE **SHRINKING** EXPANDING ISRAEL



VISUALIZING**PALESTINE**

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Watch:
Farha on Netflix

See:
PalestineRemembered.com

Read:
Ilan Pappé's *The Ethnic Cleansing of Palestine*

INTERGENERATIONAL AND HISTORICAL TRAUMA

- Intergenerational trauma: oppression, marginalization, humiliation, and discrimination, in a myriad of forms over an extended period, that lead to pervasive traumatization across generations.
 - Seen with Australian Aborigines, Native Americans, Jews, Romani, and other populations
 - These traumas are now more openly acknowledged but still commonly subject to social and political criticism. Those who are outspoken are often vilified and scapegoated
- Historical trauma: intergenerational trauma experienced by a specific cultural group that has a history of being systematically oppressed
- Coexist with situational trauma (i.e. discrete events) and cumulative trauma (i.e. recurring traumatic experiences and their impact)
- Epigenetic transmission (changes to genetic activity outside of the DNA sequence)

COLLECTIVE TRAUMA

- Collective trauma: refers to a shared traumatic event(s) that involve large groups of people and can be transmitted across generations and communities
- Deep sense of injustice and victimization leading to feelings of collective resentment, anger and distrust.
 - Thus, “collective trauma exacerbates and complicates individual traumatic stress reactions that are triggered by further exposure or reminders of threat to self and others.”

DR. SAMAH JABR



“

**In Gaza, there
is no ‘post’
[traumatic]
because the
trauma is
repetitive and
ongoing and
continuous.**

Samah Jabr

Chair of Mental Health Unit,
Palestinian Ministry of Health

Palestine: A Timeline of Traumatic Events & Collective Healing

Definition of historical trauma: Cumulative emotional and psychological wounds over time, arising from massive collective traumas that cross generations.

Definition of collective memory: A shared set of memories, knowledge, and information linked to the identity of a particular group of people.

Just as there is a historical trauma that crosses generations, there is also psychological growth, steadfastness, and bonding that crosses Palestinian generations.

British Mandate and the Balfour Declaration

1916-1917

1948

Nakba: Land expropriation, displacement of two-thirds of the Palestinian people, military rule for the 1948 Palestinians, diaspora, camps and refugees.

Setback and its aftermath: the expropriation of the rest of the Palestinian land and the unification of Jerusalem under occupation, Jerusalemites without citizenship, more displacement, repression, and arrest.

1967

Oslo and aborting the gains of the uprising
Expansion of settlements between cities and villages and the establishment of the apartheid wall

1993

Palestinian division and fighting after the rejection of the results of the 2006 elections, the siege of Gaza and repeated military campaigns against civilians there, a violent military response to the peaceful return marches.

2007

The deal of the century, the imposed normalization with Arab countries, and the absence of the Palestinian issue globally

2020



A Palestinian Trail of Tears



In Israel's first months, largely Arab cities emptied as inhabitants were forced to flee. Photograph by David S. Boyer / Corbis

First Nakba, 1948

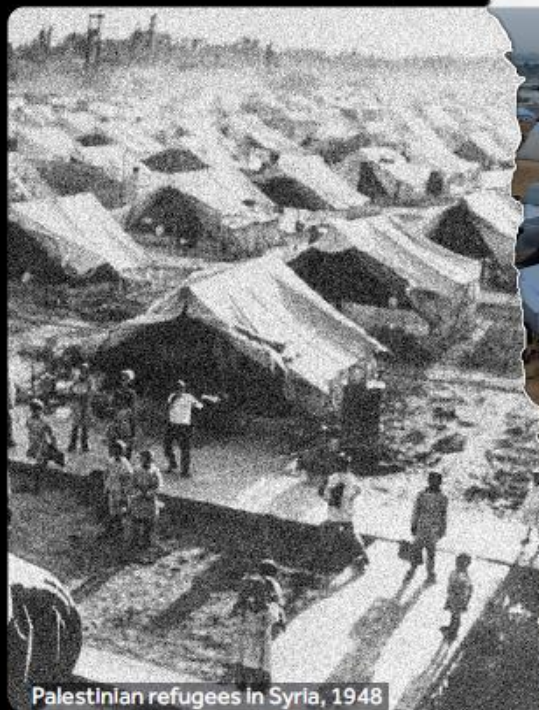


Second Nakba, Today

ONGOING EXPULSION

1947–1949

Palestinian Nakba (catastrophe)



Palestinian refugees in Syria, 1948

2023–2024

Ongoing Nakba in Gaza



Displaced Palestinians in Rafah, Gaza, 2023

750,000+

Palestinians, or 80% of the Palestinian population in the lands taken by Israel, were **ethnically cleansed from their homes.**

1,900,000+

Palestinians, or 85% of Gaza residents, were **expelled from their homes and are at risk of being ethnically cleansed from Gaza.**

VISUALIZING PALESTINE



Photo by Active Stills, Mohammed Zaanoun
SOURCES bit.ly/vp-Nakba2024

MAY 2024
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ONGOING DESTRUCTION

1947–1949

Palestinian Nakba (catastrophe)



Ruins of Manshiyya neighborhood, Yafa, 1948

2023–2024

Ongoing Nakba in Gaza



Ruins of Al-Rimal neighborhood, Gaza, 2023

50%*

of Palestinian villages/urban neighborhoods **depopulated.** Many were **destroyed** to prevent refugees from returning.

*estimate based on village statistics of 1945

70%

of housing in Gaza **damaged or destroyed.**

VISUALIZING PALESTINE



SOURCES bit.ly/vp-Nakba2024

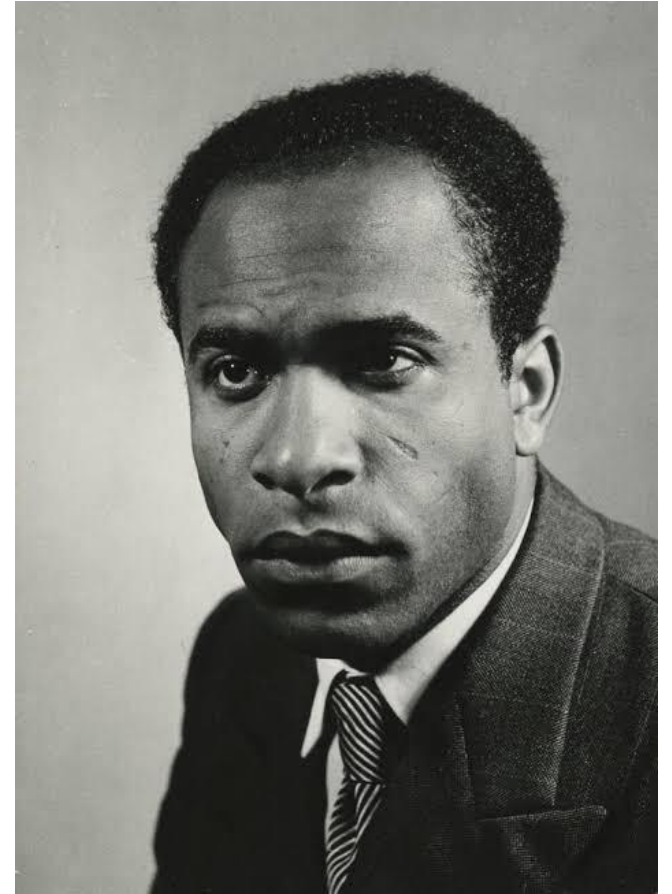
MAY 2024
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THE IMPORTANCE OF CONTEXT

- “The collective and chronic nature of violence in Palestine requires a reassessment of the prevailing biomedical model of individual trauma that guides conventional psychiatric responses to such events.”
- “Suffering and endurance have to be interpreted at both an individual and collective level, rather than privileging predominantly Western understandings of psychological trauma which treat the individual as the locus of pathology and the terminus of treatment.”
- “The collective and political nature of violence and trauma under occupation requires collective, community-based responses that acknowledge the political context of occupation.”
- “In seeking to maintain a sense of political neutrality, the mode of trauma relief deployed by international humanitarian aid agencies in Palestine [...] largely ignored the specific political nature of violence under occupation, thus stripping children from their social and cultural contexts and their historical and political narratives.”

LIBERATION PSYCHOLOGY

- Frantz Fanon (1925–1961) was a psychiatrist born on the island of Martinique under French colonial rule. He worked in Algeria as a psychiatrist during the uprising against the French colonists. In *The Wretched of the Earth*, he wrote of psychiatry as a tool for colonial domination.
- Critique of the following assumptions:
 - (1) the causes and effects of political violence are purely medical
 - (2) the effects of mass trauma can be measured individually; those who are not “diagnosed” or “diagnosable” are not affected
 - (3) solutions are primarily found in individual, psychological treatment, not in the realms of community or society



LIBERATION PSYCHOLOGY

- One must honor and attempt to draw out people's understandings of the political and historical contexts of suffering.
- This may go against a central tenant in Western humanitarian aid. However, "taking sides against the oppressor or oppressors (whomever they may be) is only asking practitioners to make ethical choices, not to abandon objectivity."
- "The curative work of the psychologist is necessary, but if psychology's work is limited to curing, it can become simply a palliative that contributes to prolonging a situation which generates and multiplies the very ills it strives to remedy."
- "Trauma, in the form of an accident or sudden loss, is harsh, unexpected, and individual in nature. However, the trauma of political violence is often 'perfectly foreseeable and, unfortunately, perhaps even foreseen and planned.'[...] Examining the effects of trauma is insufficient. Rather, attention should be directed at the conditions that allow trauma to persist."

LIBERATION PSYCHOLOGY

- “Trauma relief projects targeting Palestinian children and youth often obscure the context of occupation and resistance in their programming in an attempt to maintain political neutrality, and in so doing undermine the relevance of such programs to the lives of young people. By ignoring the collective nature of violence under occupation, and by assuming antisocial forms of resistance to occupation, trauma relief projects transform the violence of occupation into individual suffering that must be overcome through personal self-empowerment, transforming the political struggle against occupation into a personal project of self.”
- “Euphemisms such as ‘past and on-going violence’ or ‘violence and trauma’ are often used instead of direct reference to the context of occupation.”

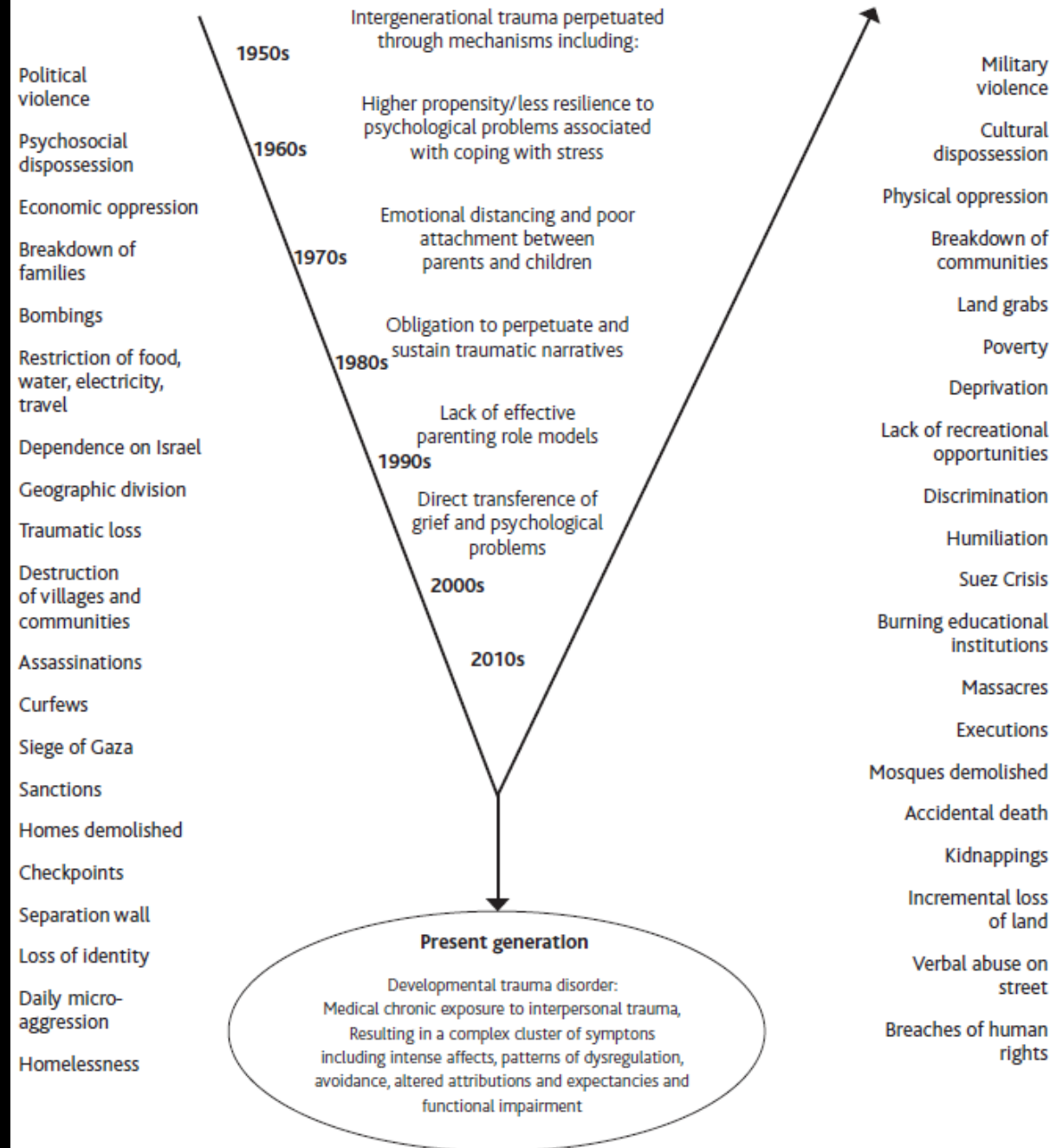
PALESTINIAN TRAUMA

- Western interpretative lenses of the Palestinian social suffering risk underestimating the crucial role of the political antecedents of the Palestinian intergenerational trauma.
- “Mental health humanitarianism in Palestine does not explain the profound political roots of the collective suffering. It focuses on the mere dysfunctional psychological responses, underestimating the healing power of collective actions and advocacy to restore violated human and social rights.”
 - Response of Gazans to student protests worldwide.
- “Feelings of helplessness and grief are connected to the historical sense of dispossession and uncertainty that Palestinians endured for generations. Anxiety, depression, and somatizations mirror the ongoing traumatic reality characterizing the occupied Palestinian territories. Furthermore, shame and anger are the symptomatic expressions of humiliation and loss of dignity among the civil population. Finally, bereavement and losses are existential conditions and constellate adults, youths, and elders’ lives.”

PALESTINIAN TRAUMA

“The phenomena of resilience and resistance are more collective than individual and allow Palestinians to remain strong and resolute, steadfast in their place, in the wake of an ongoing attempt to uproot them emotionally, psychologically, and culturally. Such endurance is the so-called Palestinian *sumud*. The historical and transgenerational trauma in subjugated and racialized indigenous populations makes up the ongoing trauma when people ‘endure the social suffering of war daily, and the cumulative exposure to political violence [that] gradually transforms the wounds inside into disease and death.”

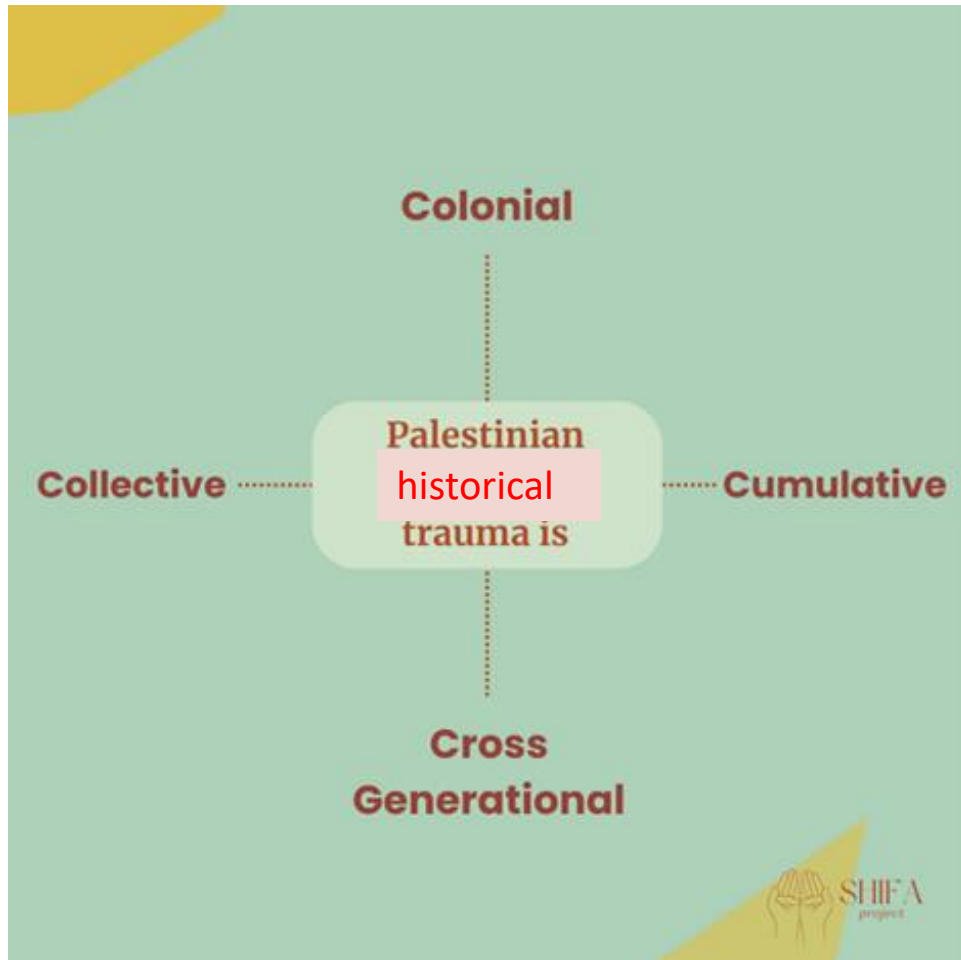
Figure 1: Intergenerational trauma event framework for programme evaluation in occupied Palestine



Barron, I, McInnes, J, Abdallah, G (2016) Intergenerational trauma framework for programme efficacy studies: child trauma recovery in occupied Palestine, *Critical and Radical Social Work*, vol 4, no 2, 217–30, DOI: 10.1332/204986016X14601003012367

“Here is the truth of the diasporic Palestinians: They are not magically diasporic. Their diaspora-ness is a direct result of often violent, intentional and illegal dispossession. One day, a house is yours. One day, it is not. One day, a neighborhood is yours. One day, it is not. One day, a territory is yours. One day, it is not. This same sort of dispossession is grounded in the same mindset and international complicity that is playing out in Gaza. It matters where you start a narrative. Diasporically or not, being Palestinian is the quintessential disruptor. We exist and our existence presents an existential affront. As long as we exist, we challenge several falsehoods, not the least of which is that for some, we never existed at all.”

- Dr. Hala Alyan, 25 October 2023, *The New York Times*, “The Palestine Double Standard.”



Collective Treatment

Historical/ collective trauma needs to be reprocessed collectively.

It can be alleviated through cohesive and collective efforts such as recognition, remembrance, solidarity, creativity, community psychology and mass cooperation





Trauma is transmitted across generations through:

- The narrative
- Parental communication styles
- Epigenetic modulation

Historical trauma is collective, so its treatment must be collective.

Gaza annihilation, a horrific barbaric attack on the West Bank and Jerusalem

2023 - 2024

The psychological impacts of historical trauma

Survivor's guilt, psychological numbness, and feelings of alienation from Palestinian society

Feelings of loss, fear, anger, disappointment, oppression, grief and defeat

The spread of feelings of envy, fierce competition, and distrust of others

Destruction of the societal fabric and the spread of violence, classism, and gender discrimination.

Submitting to the role of the victim, losing initiative, effectiveness, and self-confidence on the individual and collective levels, and the tendency toward individual salvation.

Creating geographically separate communities, and dispersing and fragmenting the Palestinian identity

The absence of democracy and the spread of nepotism and corruption

Inducing a sense of inferiority among some, fascination of the enemy, identification with the occupier and complicity with him.

Treatment of Historical Trauma

Restoring collective memory and enhancing critical awareness

Truth

It acknowledges our feelings and subjectivity, protects us from feelings of isolation, and helps heal our sense of wounded humanity.

Solidarity

Restoring language, art, science, wisdom, and all religious and national values that remind us of our identity before traumas.

Spirituality

Resistance &

Resisting oppressive regimes is a necessity and an essential component in healing the mind from the effects of submission and occupation.

Advocacy

Healing

Acknowledging the mixed feelings resulting from trauma and providing space to talk about and understand them instead of repressing and denying them

Spaces

Community

Solidarity and compassion. We grow and liberate together

Care

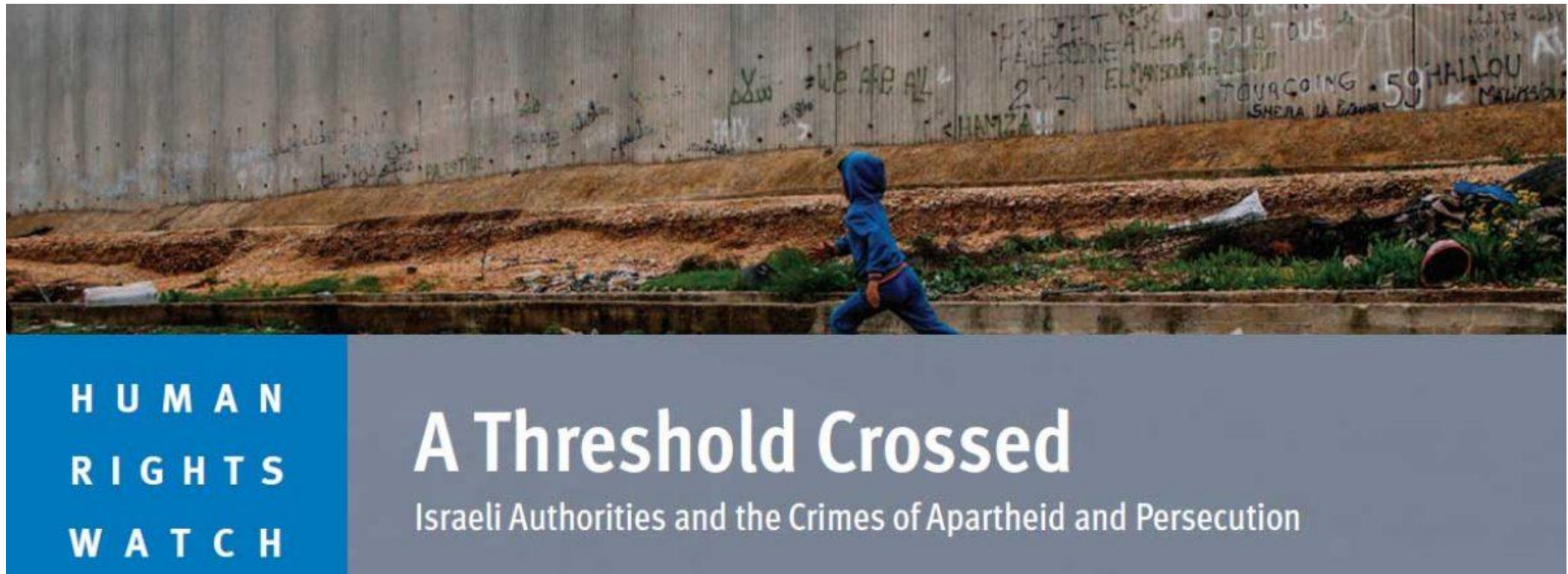
Self

Protecting ourselves from the phenomena of compassion fatigue and burnout, so that we are able to complete the path

Care



AN APARTHEID STATE



Remember—It was South Africa brought the case of genocide to the ICJ.

INHUMANE ACTS

Israeli authorities have carried out a range of abuses against Palestinians. Many of those abuses in the occupied territory amount to inhumane acts.

Map: Israel and Occupied Palestinian Territory

HUMAN
RIGHTS
WATCH

VISUALIZINGPALESTINE

SWEEPING MOVEMENT RESTRICTIONS

GAZA **WEST BANK**

Closure of Gaza, imposition of permit regime, erection of separation barrier in part on Palestinian land, and nearly 600 checkpoints and other obstacles across the West Bank

LAND CONFISCATION

WEST BANK **EAST JERUSALEM**

2+ million dunams of West Bank land confiscated (more than 1/3 of its total land area), including in East Jerusalem

FORCIBLE TRANSFER

WEST BANK **EAST JERUSALEM**

Effectively impossible for Palestinians to obtain building permits in most of the West Bank, including East Jerusalem; thousands of homes demolished as a result

DENIAL OF RESIDENCY RIGHTS

GAZA **WEST BANK** **EAST JERUSALEM**

500,000+ Palestinians across the occupied territory stripped of legal status since 1967

SUSPENSION OF CIVIL RIGHTS

GAZA **WEST BANK**

4.7 million Palestinians in the West Bank and Gaza have for decades been denied basic civil rights, such as freedom of speech and assembly or a say in the affairs that affect them most

SOURCES HRW (2021). A Threshold Crossed
WWW.VISUALIZINGPALESTINE.ORG

@visualizingpal
/visualizing_palestine
fb.me/visualizingpalestine

APR 2021
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STATISTICS OF A CONVENTIONAL APPROACH (ALL BEFORE 2023)

- In 2020, a large study (n=1137) of Palestinian children in Gaza found that 41% met criteria for PTSD.
 - Another study of adolescents (n=229) between age 15 and 19 found 69% had PTSD and 95% had severe anxiety.
 - A meta-analysis of 28 articles representing 32 samples with a total of 15,121 participants from Gaza and the West Bank revealed a pooled prevalence of PTSD of 36% with some studies indicating up to a 70% prevalence.
 - A 2016 study of 327 pregnant women in the West Bank revealed 60% of them had anxiety disorders.
 - A 2012 study of 139 Palestinian adolescents revealed 41% of them met clinical criteria for clinical depression.
-

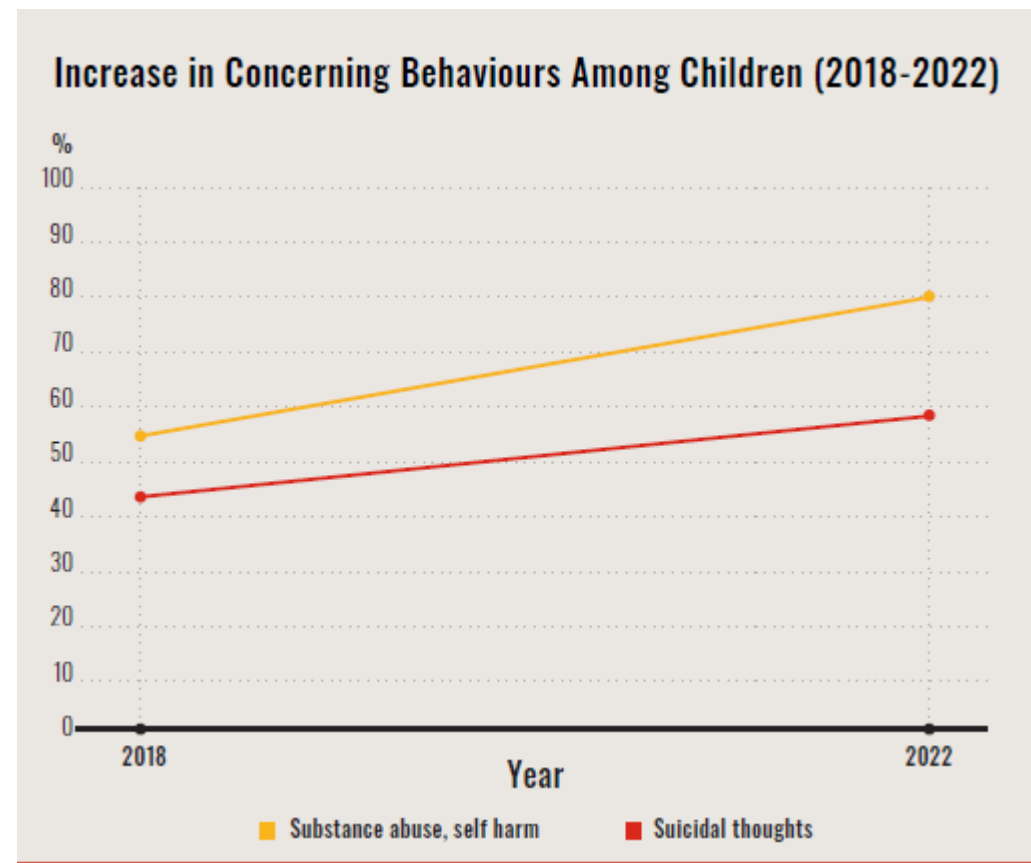
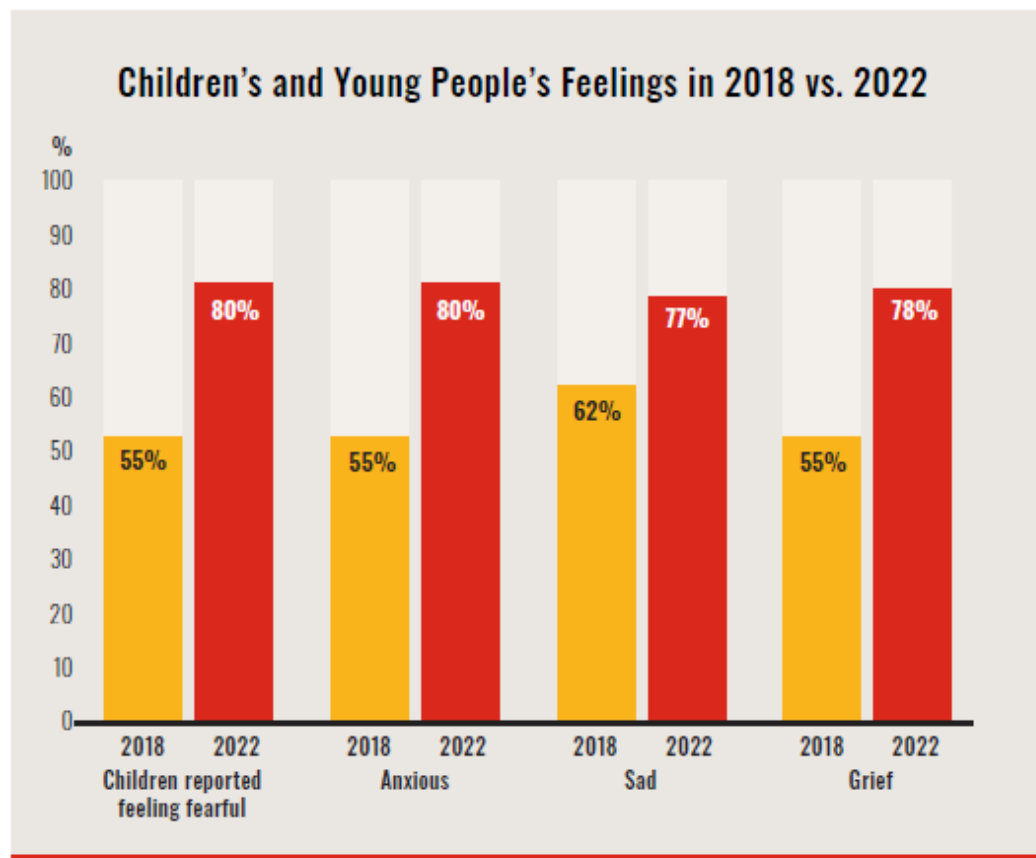


Table 1 Type of traumatic experiences by parents and children

Traumatic events	Parents (<i>N</i> = 200)	
	No	%
Watching mutilated bodies and wounded people on TV	197	98.5
Witnessing the signs of shelling on the ground	190	95
Hearing the sonic sounds of the jetfighters	188	94
Witnessing bombardment of other homes by airplanes and helicopters	186	93
Hearing shelling of the area by artillery	186	93
Witnessing firing by tanks and heavy artillery of neighbours' home	174	87
Hearing about killing of a friend	167	83.5
Witnessing assassination of people by rockets	158	79
Hearing about killing of a close relative	141	70.5
Witnessing firing by tanks and heavy artillery on your home	127	63.5

A 2007 STUDY

EUR CHILD ADOLESC PSYCHIATRY (2007)
XX:1–10 DOI 10.1007/S00787-007-0653-9

THE GAZA TRAUMATIC CHECKLIST (DEVELOPED IN 1993)

TABLE 1
*Traumatic Experiences: Gaza Traumatic Event Checklist
(N = 239)*

Traumatic event	N	%
Witnessing beating of close relative	53	22.2
Witnessing beating of friend	82	34.3
Witnessing killing of close relative	11	4.6
Witnessing killing of friend	35	14.6
Hearing of killing of close relative	19	7.9
Hearing of killing of friend	56	23.4
Witnessing shooting of close relative by rubber/plastic or real bullets	30	12.6
Witnessing shooting of friend	59	24.7
Shot by rubber/plastic or real bullets	6	2.5
Beaten up	13	5.4
Witnessing relative's detention	51	21.3
Witnessing friend's detention	76	31.8
Tear gas inhalation	134	56.1
Witnessing night raids	100	41.8
Witnessing day raids	117	49.0
Imprisonment	2	0.8
Having limbs broken	3	1.2
Witnessing breaking relative's limbs	10	4.2
Witnessing breaking friend's limbs	36	15.1
Witnessing house closure/demolition	7	2.9
Witnessing friend's house closure/demolition	35	14.6

A Palestinian ACES

Table 3 Reliability analysis of TCL scale ($n = 965$)

Item **Items**

- 1 Did you inhale teargas?
- 2 Did you or any of your family members witness a night raid/day raid?
- 3 Did you witness painful hand tying during the moments of arrest?
- 4 Have you witnessed sniffer dogs during the moments of arrest?
- 5 Did you witness the demolition of homes/your school/of a friend/ relative?
- 6 Is your home threatened by demolition?
- 7 Have you been assaulted by settlers?
- 8 Have you been assaulted by soldiers?
- 9 Have you been assaulted by pigs or dogs owned by settlers?
- 10 Did you experience any attack against your school or your home?
- 11 Have you been injured during the participation in the great march of return?
- 12 Have you been detained by the Israeli army while going to school?
- 13 Were you subjected to gunshots?
- 14 Were you insulted on a military barricade?
- 15 Were you arrested?
- 16 Was your house subjected to shelling by tanks?
- 17 Was your house subjected to shelling by planes or drones?
- 18 Were you kept inside your house with your family by military forces?
- 19 Were you burnt by grenades or phosphorous bombs?
- 20 Have you ever been surrounded by shelling?
- 21 Were you injured or hurt during the war?
- 22 Did you have any fears of death as a result of the continuous shelling?
- 23 Were you deprived from medical care at the time that you needed it?

- 24 Were you deprived of water, food and electricity?
- 25 Were you and your family subjected to eviction?
- 26 Was one of your family members injured?
- 27 Was one of your family members arrested?
- 28 Did you see one of your family members beaten by the Israeli army?
- 29 Did you see one of your family members isolated by the Israeli army?
- 30 Did you lose a family member due to military violence?
- 31 Were you obliged to leave your house during the shelling?
- 32 Were you and your family forced to leave before the shelling or after the shelling?
- 33 Did you see a friend get killed?
- 34 Did you see a friend or friends get injured?
- 35 Did you see strangers get killed?
- 36 Did you see strangers injured?
- 37 Did you see a shooting?
- 38 Did you see the remains of a car that had been shelled by a plane?
- 39 Did you see the remains of a car that had been shelled by a tank?
- 40 Did you see funerals of martyrs?
- 41 Did you see body parts of martyrs or dead people?
- 42 Did you see people dying during the shelling?
- 43 Was your house demolished by the occupation while you are outside of it?
- 44 Was your land subjected to bulldozing by the occupation?
- 45 Was your area subjected to incursion?
- 46 Did you suffer any losses due to shelling?
- 47 Did you have losses in your house due to shelling?
- 48 Did your family lose its source of living as a result of military violence?

PALESTINE TODAY

OCCUPIED WEST BANK

At least 500 Palestinians killed in the occupied West Bank

between October 7, 2023 and May 16, 2024

At least

502

people killed
by Israeli forces
and settlers

including

124 children

At least

4,950

people
injured



At least

3,985 people
displaced

At least

8,088 people
arrested

At least

648 structures
demolished



Source: OCHA, shireen.ps | May 16, 2024

@AJLabs ALJAZEERA

Sky News Gaza video

<https://www.youtube.com/watch?v=RM3RV8X2PqU>

GAZA TODAY

217 DAYS OF BOMBING ON GAZA

(October 7, 2023–
May 11, 2024)

34,904
PALESTINANS
KILLED

493
HEALTHCARE
WORKERS
KILLED

243
MOSQUES AND
3 CHURCHES
DESTROYED

78,514
INJURED

14,500
CHILDREN
KILLED

1.1
MILLION FACING
FAMINE



SIX WARS OLD

SIXTEEN YEARS OF CHILDHOOD IN GAZA

Of 2.3 million Palestinians in Gaza, **47% are children**. Most of these children have lived their entire life under Israeli blockade, **experiencing multiple types of trauma**.

LIFELONG CONDITIONS

WATER CRISIS

97% of fresh water contaminated. Lack of access to clean drinking water is a leading cause of illness and child mortality in Gaza

DEEP POVERTY

61% poverty rate / 63% food insecurity; 35% of Palestinian children under 5 at risk of not reaching their developmental potential due to chronic trauma

RIGHT TO EDUCATION

2/3 of schools in Gaza operate on double shifts due to classroom shortages

MENTAL HEALTH

95% of children in Gaza showed symptoms of anxiety, depression and trauma in one 2022 study

AGE 0

BORN A REFUGEE

I was born as one of the more than 70% of Palestinians in Gaza whose families were originally displaced during the Nakba in 1948

BLOCKADE

The year I was born, Israel imposed a blockade on Gaza (ongoing as of 2023) by land, air, and sea, intensifying earlier restrictions

AGE 2

FIRST ASSAULT

I survived a 22 day attack on Gaza. Israeli forces killed 1,385 Palestinians, including 318 children

AGE 5

SECOND ASSAULT

I survived an eight day attack as Israeli forces killed 168 Palestinians in Gaza, including 33 children

AGE 7

THIRD ASSAULT

I survived fifty days of onslaught as Israeli forces killed 2,251 Palestinians in Gaza, including 556 children. Over 1,500 children were orphaned

AGE 11

GREAT RETURN MARCH

For two years, I saw my community turn out en masse to protest the blockade. Israeli forces killed 214 protesters, including 46 children, and injured 8,800 children with live ammunition, rubber bullets, and tear gas

AGE 14

FOURTH ASSAULT

I survived an eleven day attack as Israeli forces killed 230 Palestinians. Twelve of the 67 children killed were participating in a trauma recovery program

AGE 15

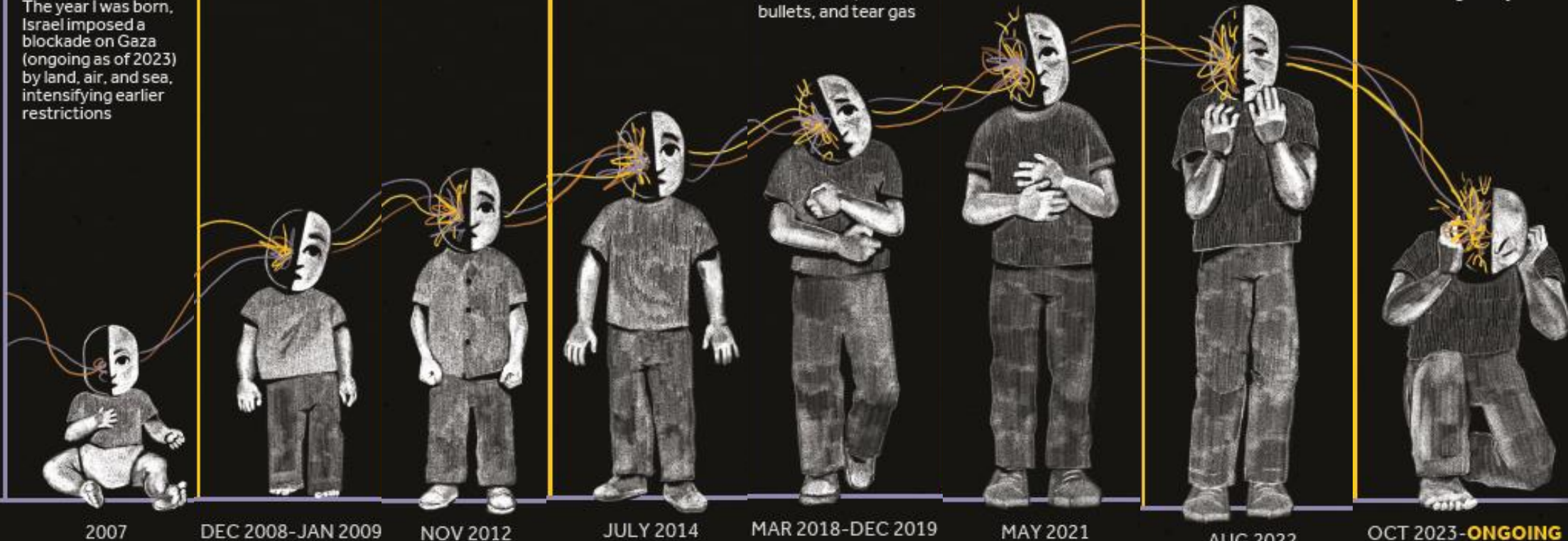
FIFTH ASSAULT

I survived a three day attack on Gaza. Israeli forces killed 33 Palestinians, including 9 children

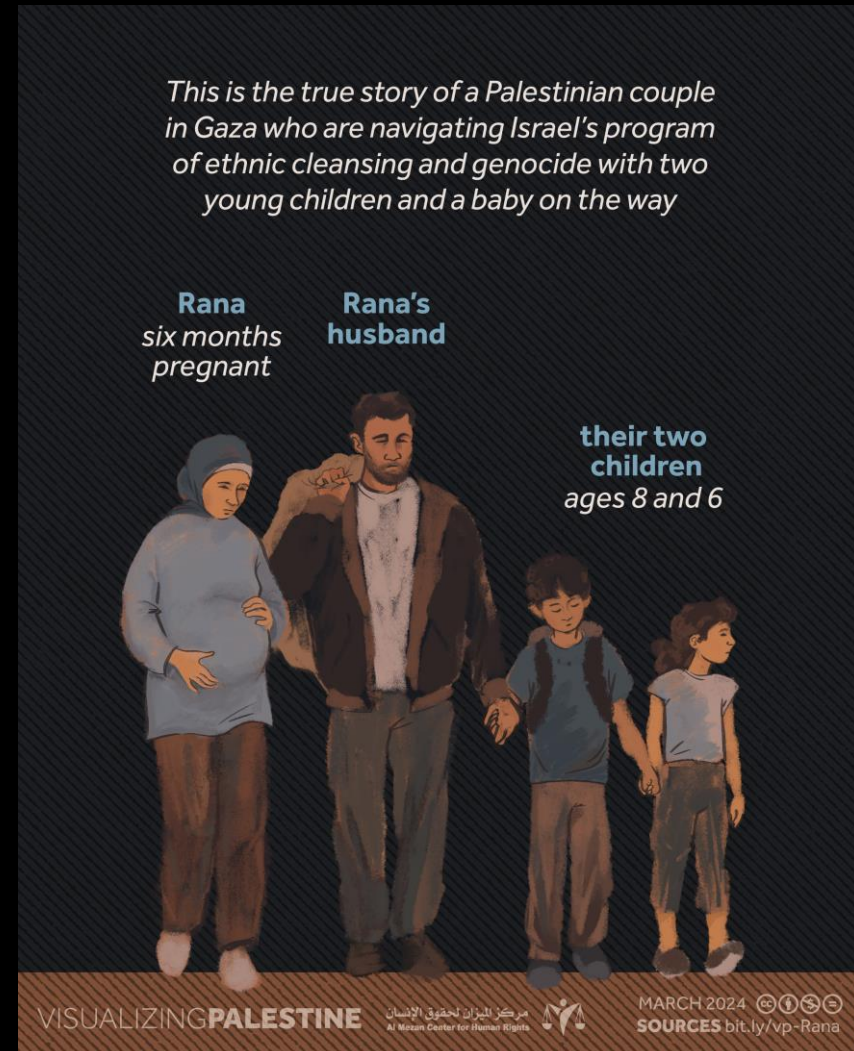
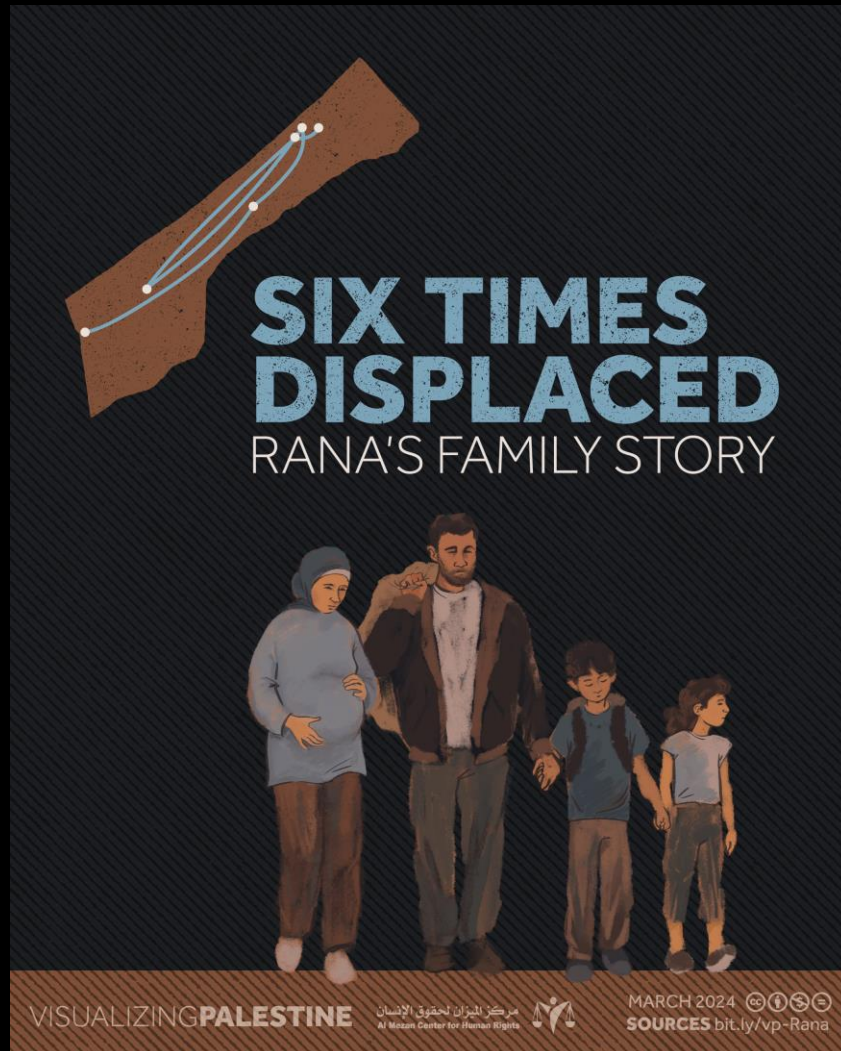
AGE 16

SIXTH ASSAULT

I am experiencing acts of genocide. In 46 days, Israeli forces killed 14,854 Palestinians, including 6,150 children. Thousands of children are missing in the rubble, and doctors are using the acronym WCNSF: wounded child no surviving family



A COMMON NARRATIVE



OCT 9 — displaced from **al-Jalaa** to **Tal Al-Hawa**

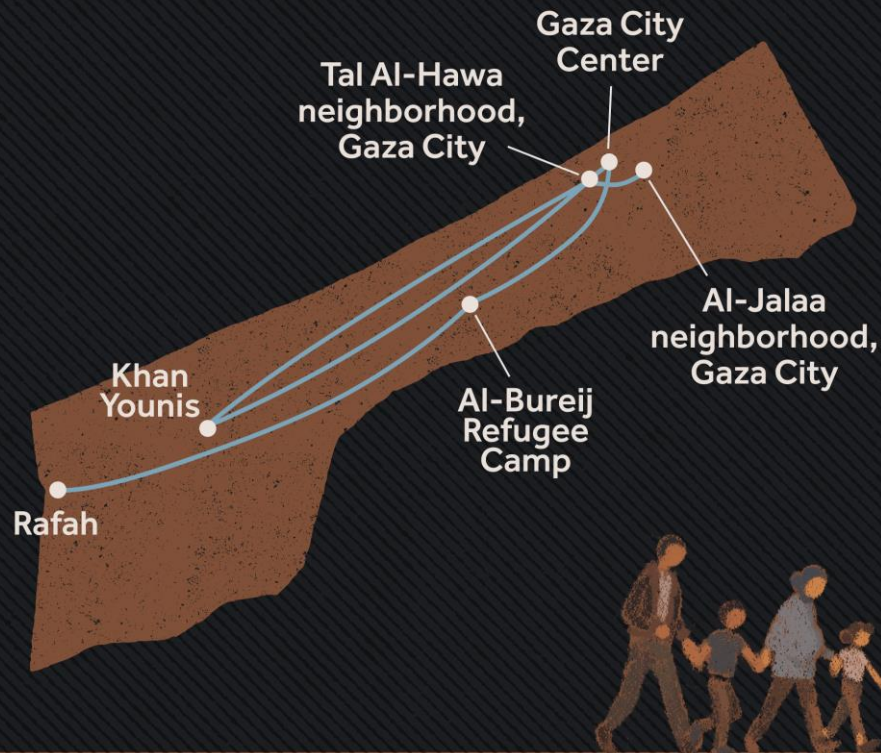
OCT 13 — displaced to **Khan Younis**

— returned to **Tal Al-Hawa** the same day

OCT 28 — displaced to **Gaza City Center**

NOV 14 — displaced to **al-Bureij Refugee Camp**

DEC 25 — displaced to **Rafah**



FIRST DISPLACEMENT

FROM: **Al-Jalaa, Gaza City**

TO: **Tal al-Hawa, Gaza City**



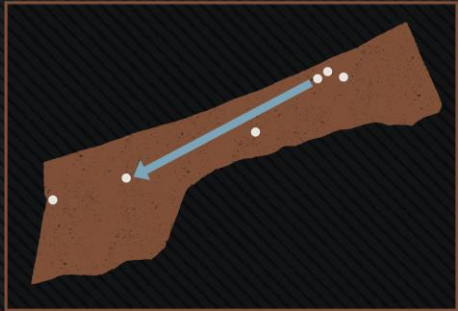
On October 9, 2023, Rana's family fled to her in-laws' home after an Israeli airstrike hit their neighbor's house. **Rana was 6 months pregnant.**

Later, she learned that **their apartment in the Al-Jalaa neighborhood was severely damaged.**

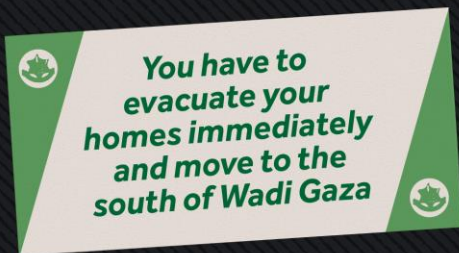


SECOND DISPLACEMENT

FROM: Tal al-Hawa, Gaza City
TO: Khan Yunis



On October 13, 2023, the Israeli military **dropped leaflets** on Gaza City:



Rana's family **fled south to Khan Yunis.**



THIRD DISPLACEMENT

FROM: Khan Yunis
TO: Tal al-Hawa, Gaza City



In Khan Yunis, Rana's family found that **the bombs were falling there, too.**

With nowhere safe to shelter, **they returned to Gaza City.**



FOURTH DISPLACEMENT

FROM: Tal al-Hawa, Gaza City
TO: Gaza City Center



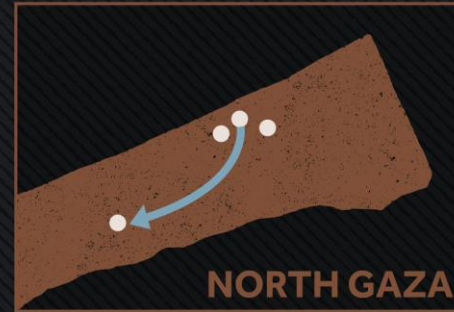
On October 21, the Israeli military said that those who remained in north Gaza could **"be identified as accomplices in a terrorist organization."**

On October 28, the Israeli military called Rana's neighbors in Tel Al-Hawa, **threatening to bomb their home**. Rana's family fled to another relative's home in the center of Gaza City.



FIFTH DISPLACEMENT

FROM: Gaza City Center
TO: Al-Bureij Refugee Camp



Rana's family stayed in Gaza City until **Israeli tanks started to close in on their area.**

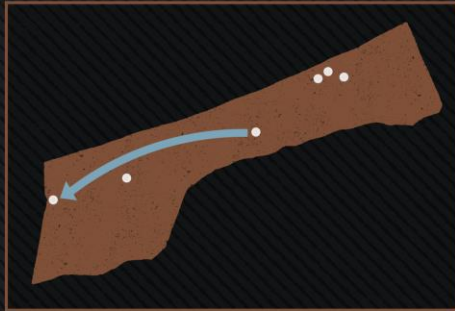
On November 14, 2023, when Rana was seven months pregnant, **they left on foot to Al-Bureij refugee camp.**

A generous family they didn't know sheltered them.



SIXTH DISPLACEMENT

FROM: Al-Bureij Refugee Camp
TO: Rafah



On December 25, 2023, a week before Rana gave birth, the Israeli military dropped flyers on Bureij refugee camp, ordering everyone to leave.

Rana's family went to the **only place left: Rafah.**



On January 1, 2024, Rana **gave birth via C-section** at Al-Khair hospital in Khan Younis, before returning to Rafah with her newborn baby.

In Rafah, Rana's family faced catastrophic conditions: **no food, no clean water, no painkillers after her C-section, and no baby formula or diapers.**

On March 13, 2024, the Israeli military **announced plans to transfer 1.4 million Palestinians out of Rafah.**





Know their names: Palestinian Children Killed in Israeli Attacks on Gaza

- <https://interactive.aljazeera.com/aje/2024/israel-war-on-gaza-10000-children-killed/>



**It would take 177 buses*
to carry the Palestinian children
killed by Israeli forces in Gaza.**

***72 children per bus**

9,600 children
killed would fill
133 BUSES

3,200 children
missing would fill
44 BUSES



**In memory of Dunia Abu Mohsen, 12,
who lost her parents, siblings, leg, and
then life during Israel's genocide in
Gaza.**



**17,000 PALESTINIAN CHILDREN
IN GAZA ARE UNACCOMPANIED**

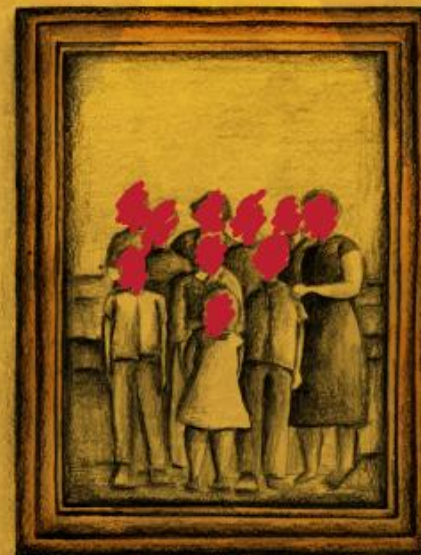
meaning their parents have been killed or they
have been separated from them.



549 families with
2-5 members killed



189 families with
6-9 members killed



312 families with
more than 10
members killed

**HUNDREDS OF PALESTINIAN
FAMILIES IN GAZA HAVE LOST
MULTIPLE MEMBERS IN THE
ISRAELI BOMBARDMENT**



“Since October 7th, the situation has deteriorated to previously unplumbed depths, prompting the Emergency Relief Coordinator, Martin Griffiths, to describe Gaza as ‘uninhabitable’. Griffiths added that children are experiencing ‘No food. No water. No school. Nothing but the terrifying sounds of war, day in and day out.’ UNICEF estimates that **almost all of Gaza’s 1.2 million children need mental health and psychosocial support (MHPSS).**”

"Before this war, my children still felt some comfort and reassurance as we were in our home. They still felt joy and used to play. But after the war began, so did their terror, screaming and crying. Instead of sleeping, they curled up with their hands over their ears. After we were displaced from our home, we didn't have the basics we needed to survive. And with the terrifying sounds of bombs, and the scenes of blood and people being killed in front of them, their psychological state deteriorated more and more.

Some of my children can't concentrate on basic tasks anymore. They forget things that I've told them immediately and can't remember things that have just happened. My daughter used to love drawing – she drew celebrations, family, and life. Now she draws soldiers, blood, war. My children also have to eat whatever they can find, even if they hate it, so they don't die of hunger.

I wouldn't even say that their mental health has deteriorated – it's been obliterated.

Complete psychological destruction."

Amal*, mother of four children between the ages of 7 and 14 in Gaza

"My son has stopped eating from fear and has become so thin now. All the time he asks me, 'Daddy, are we going to die? There is nothing I can do to help them as their father, I don't know what to say to them. They keep on asking this same question, but I have no answer for them."

"Now when I leave the house, I say goodbye to my wife and children...with the way the situation is unfolding, you cannot guarantee life, even for one moment...I no longer have the energy or stamina to continue. When I leave the house, it's very possible I won't return. This has happened to a lot of families we know around here – they leave and never come home."

Samer*, father

"Trapped and Scarred: The Compounding Mental Harm Inflicted on Children in Gaza," Save The Children, 2024

- Correspondingly, every person consulted stressed that they had witnessed a dramatic deterioration in the mental health of children, including compared to previous escalations.
- This manifested in symptoms of severe emotional distress and trauma such as fear, anxiety, disordered eating, bedwetting, hyper-vigilance, and sleep problems.
- Behavioural changes were also reported including introversion, separation anxiety or changes in attachment style with parents, regression, and aggression. Children were reported to be constantly fearful of their own death, as well as the death of their parents.
- Some parents noted that their children now have curtailed dreams and aspirations. Some children struggle to see a future for themselves, are simply focused on survival, or have changed their aspirations to jobs necessitated by the conflict, such as selling biscuits on the street, or driving a donkey cart to deliver aid.
- Parents and Save the Children partners also highlighted the compounding nature of multiple cycles of violence, with children's resilience and coping mechanisms eroded. This has been reportedly exacerbated by parents' and caregivers' lack of ability to cope with the situation because of their own mental harm.

- Children consulted in the West Bank shared the significant impact of hearing dehumanising language on their mental health. They reported feeling pain, anger, weakness, and that 'nobody wants us to exist on this planet'. They also stated that the lack of action in response to these statements made them lose faith and trust in the international rules-based order.

Without an immediate and definitive ceasefire, an end to the siege, including unimpeded humanitarian and commercial access, there will not be any immediate and permanent removal of the stressors in children's lives. Children who survive will face further severe long-lasting mental harm, with severely diminished ability to recover. Children's futures, in addition to their lives, are an unacceptable cost of this conflict.



"My children ask me 'Daddy can we go home?' I have to tell them that our house was destroyed, that it's gone. They start crying and I comfort them by telling them that I'll get them another one. What can I say? I can't see a life for them anymore, or a future. Life is so difficult for them now. We live in such a small place, they cannot breathe. The streets are full of children. The whole of Gaza is in Rafah now, people are stacked on top of one another. Sometimes, I try to take my children for a short walk and all they do is cry. What can we do?"

Ahmad*, father of three children aged 6 to 11

-
- Video of Dareen al-Bayaa
 - <https://www.youtube.com/watch?v=raH7fE7jj4U>

A NOTE

- This presentation does not explore multiple other aspects of Palestinian trauma (e.g. imprisonment, torture, humiliation (see *The Present* on Prime Video), home demolitions and takeovers, apartheid system including walls, checkpoints, etc.

THE DIASPORA AND ALLIES

“How is it possible to observe such widespread destruction, suffering, and pain, and yet remain indifferent and passive?”

“Is This a Dream or for Real? A psychoanalytic reflection on inaction and impasse.” *Parapraxis*.

Lama Z. Khouri, DPsa

SECONDARY TRAUMA

- “Secondary traumatic stress, often conflated with the term ‘vicarious trauma,’ results from hearing about or seeing images of first-hand trauma experienced by another person.”
- “The closer one is to identifying with the individual or group, such as a family member or a home village, the higher the risk for adverse psychological impact. The psychological response to trauma that is either from direct or secondary exposure can include unwanted and intrusive memories of past traumatic events, sleep disturbance, avoidance, and nightmares.”
- “Prolonged grief, depression, anxiety and somatization can co-occur in trauma-affected individuals. Incidents that are intentional, criminal or unjust are strongly associated with anger and resentment as well as grief and despair.”
- “Health professionals may expect to see a higher number of presentations with acute traumatic disturbance, re-emergence of previously controlled mental illness, and presentations for somatic and unexplained illnesses.”

THE DEHUMANIZATION OF THE PALESTINIANS

Palestinian slaughter is too often presented ahistorically, untethered to reality: It is not attributed to real steel and missiles, to occupation, to policy. To earn compassion for their dead, Palestinians must first prove their innocence. The real problem with condemnation is the quiet, sly tenor of the questions that accompany it: Palestinians are presumed violent — and deserving of violence — until proved otherwise. Their deaths are presumed defensible until proved otherwise. What is the word of a Palestinian against a machinery that investigates itself, that absolves itself of accused crimes? What is it against a government whose representatives have referred to Palestinians as “human animals” and “wild beasts?” When a well-suited man can say brazenly and unflinchingly that there is no such thing as a Palestinian people?

It is, of course, a remarkably effective strategy. A slaughter isn't a slaughter if those being slaughtered are at fault, if they've been quietly and effectively dehumanized — in the media, through policy — for years. If nobody is a civilian, nobody can be a victim.

- Dr. Hala Alyan, 25 October 2023, *The New York Times*, “The Palestine Double Standard.”

A couple of weeks ago, in a professional space, someone called Palestinians by name and spoke of the seven decades of their anguish. I sat among dozens of coworkers and realized my lip was quivering. I was crying before I understood it was happening. I fled the room, and it took 10 minutes for me to stop sobbing. I didn't immediately understand my reaction.

Over the years, I've faced meetings, classrooms, and other institutional spaces where Palestinians went unnamed or were referred to only as terrorists. I came of professional age in a country where people lost all sorts of things for speaking of Palestine — social standing, university tenure, journalist positions. But in the end, I am undone not by silence or erasure, but by empathy, by the simple naming of my people, by increasing recognition that liberation is linked, by spaces of Palestinian-Jewish solidarity, by what has become controversial — the simple speaking aloud of Palestinian suffering.

- Dr. Hala Alyan, 25 October 2023, *The New York Times*, "The Palestine Double Standard."

THE DISSEMINATION OF TRAUMA

- Graphic news stories, social media reports, racial abuse, gaslighting, and inadequate public recognition for community level distress can be major sources for mental disturbance.
 - An example from just a few days ago is the image from Rafah of a man holding up a headless, charred baby that made its way around social media. This as the headlines from Western media were about the strike being “a mistake.”





US Ambassador to the UN Linda Thomas-Greenfield casts a veto vote during a UN Security Council meeting, at UN Headquarters in New York City on February 20, 2024. (Angela Weiss/AFP)



wearthepeace

...

Former US Ambassador to the United Nations Nikki Haley signed an Israeli bomb due for Gaza with the words "finish them."

These are the same bombs that have annihilated 15,000+ children in 8 months.



Source: I24News

HISHAM AWARTANI, KINNAN ABDEL HAMID, AND TAHSEEN AHMED



WADEA AL-FAYOUME, AGE 6



LEILA

A PALESTINIAN-AMERICAN IN HER 20'S

- “By the 11th, we knew of 10 family members of close friends in the X family who were killed in Khan Younis--- 2 toddlers, 2 teenagers, 4 under the age of 30, a 52-year-old woman and 61-year-old man.”
- “On October 14, Wadea, who was 6 years old, who lived down the road from my mom, was stabbed to death and the news brought me to my knees. [...] I sobbed when I saw my mom, sister and niece and being with family was comforting in the beginning. Wadea’s dad told a small group at the funeral that we’re the ones alive now and we need to fight for that.”

RIFK

A PALESTINIAN-AMERICAN IN HER 30'S

- “To go from brunch and baby pics to videos of parents holding children who are literally dying in their arms is a level of cognitive dissonance that is beyond comprehension or articulation.”
 - “We are holding this pain inside bodies that have already been shaped by inter generational and epigenetic trauma.”
-

ZAYN

A PALESTINIAN-AMERICAN
IN HIS 30'S

- “Everything changed. This is something that will never go away. We will never get past it.”
 - “Now, it sucks to say, but I’m a little numb. The early days, I was isolated, I didn’t talk to anyone, I didn’t return texts.”
 - “If I’m with anyone, the only thing I’m thinking about is Palestine. If I can’t openly talk about Palestine, then I don’t want to be there. I don’t want that pressure.”
 - “They’ll either kill us all, or it will first be stopped by a much larger power.”
-

NADA

AN ARAB-AMERICAN IN HER 30'S WHO VOLUNTEERED IN GAZA

- “I’ve been having nonstop vivid nightmares since I left of me and my kids and the kids I came to love in Gaza like my own, all of us running away from imminent danger, trapped.”
 - “We were there during an active invasion, and we were very close to active firing and bombing. Hearing any loud noises is now really triggering for me.”
 - “I’ve really been struggling to adjust [since returning] and tearful moving on with life as normal when there is a whole people literally starving, thirsty and don’t know where their next move will be to eat or get paid or even whether they will be alive.”
-

NADA

- “I had a huge gaping hole on fire in my heart since this siege started and nothing could even begin to fill it other than going and holding and being with the people. I feel the hole a little less empty and a little less on fire. Going was very healing for me in so many ways and rejuvenating. I met a people who inspired me spiritually and personally, I also learned that my children don’t belong to me and that was very liberating leaving them as if I may never see them again as I felt I was trapped in their world. I became a global mother, and I love my new identity much more. I hope I continue along this road forever. I hope it’s a new beginning for our family where we live OUTSIDE our silo.”
-

MARIA

AN ASIAN-AMERICAN IN HER 30'S

- “I feel a general sense of helplessness and hopelessness. It feels like there’s nothing you can do. It just looms over you every day.”
 - “I’ve seen so many images of dead kids, and it feels like it doesn’t even mean anything anymore. The visibility has not translated into anything.”
-

TAGHRID

A PALESTINIAN-AMERICAN IN HER 70'S

- “I’m tired of seeing bodies. [...] I’m not cooking or eating any good meals. [...] Every night I feel like I’m going to explode, but I speak to God to release me of the pressure of what I’m seeing.”
 - “The humiliation is like a knife, seeing the children searching for scraps on the floor.
 - “I want to go out, scream, and tell people [what’s happening].”
 - Noted that she is encouraged by the youth, their resilience, and the new cultural awareness these days.
-

TABESH

AN ASIAN-AMERICAN IN HIS 30'S

- “I’m overcome by feelings of helplessness and pointlessness and hopelessness. [...] It’s hard to reconcile daily life and what’s happening. It’s like another universe.”
 - “As a doctor, I struggle with the fact that I’m treating patients who are so privileged versus those struggling to even exist.”
 - “The fact that we live [in the U.S.] and it is our policy that enables and supplies with our tax dollars what’s happening... It’s sickening.”
-

AYANA

AN AFRICAN LIVING IN AMERICA IN HER 30'S

- “Every time there is a quiet moment, [Gaza] is all I can think about.”
 - “I’ve always been the happy person at work, but I was crying at the office. People were shocked.”
 - “I owe it to the mothers in Palestine to be here for my kids when the mothers in Palestine can’t be there for theirs.”
 - “Every morning, I wake up and I wonder if [the prominent social media journalists in Gaza] are still alive.”
-

HASSAN

A PALESTINIAN (WEST BANK) IN HIS 30'S

- Attended same school in Ramallah as the victims of the Vermont shooting.
 - “I was not shocked [by the shooting]. This is expected because Israel is trying to poison the entire global opinion that we should be erased.”
 - “It feels like my skin is being flayed every morning to wake up to more children having been killed.”
 - “In Palestine, everyone has family members and/or friends who have been killed, imprisoned, and/or assaulted.”
 - “When you hear these stories every day, it’s a roller coaster of deep agony and despair shifting to defiance and rage. It’s a collective cycle that keeps repeating.”
 - “I know other people who have gone to a really dark place and emotionally collapsed.”
 - “There has been a normalization or co-optation of death to the point that no one wants to leave the house. There’s a sense of guilt any time you feel any bit of happiness.”
-

LENA

AN ARAB IN HER 30'S WHO VOLUNTEERED IN GAZA

- “[Whatever I do], it always feels like it’s not enough. I constantly feel this guilt that I’m not doing enough.”
 - Shared a story of how she got engaged just before the genocide began and how she could not imagine having a wedding while the genocide is ongoing before being convinced to do so and feeling incredible guilt during the planning and wedding itself.
 - “My coping mechanism is action. Once the genocide is over, we can take time to recess [and reflect].”
 - Reflecting on her time in Gaza, “The stories of the healthcare workers abducted was consistent. They strip them naked, they lie them on shards that cut their skin, they blow fans on them, shine bright lights so they can’t sleep, they starve them, they penetrate their genitals, and they threaten to kill their family members if they don’t admit to being involved with Hamas.”
-

LENA

- “While I was there, the absolute hardest thing was not the [medical treatment] or the atrocious wounds, it was seeing the family members searching for their loved ones only to find out they were dead. You bear witness to people watching their families be wiped out. My eyes water when I talk about it now.”
-

ALEX

A JEWISH-AMERICAN IN HIS 30'S

- “Being Jewish, we’re told this is being done in our name. It is horrifying and it makes you feel powerless to be represented in this way.”
 - “It’s our moral responsibility [as anti-Zionist Jewish Americans] to educate White America about the genocide. It’s exhausting. It takes a toll.”
 - “The experience of disaffection among Jewish Americans is unique. It’s maddening. It’s nauseating.”
-

JANE

COLLEGE STUDENT PROTESTER

- “Something that is upsetting that I wish wasn’t true is that I’m grateful every day when the day is over, which is something that I haven’t felt so intensely. This year I’ve felt it so intensely. It feels weird going to a university that is so far removed and so wealthy and so tied to violence and destruction. And it feels really weird to be a student here. A crazy university.”
 - “I feel paralyzed, I can’t do anything. It’s a problem. I’m here, and me being here means I’m part of it. Me being in the American empire means I’m part of it. I face things, but I’m also part of perpetuating it.”
 - “It’s very upsetting when you know that there’s something wrong and you physically can’t do something to fix it.
 - “We can get arrested; we can protest every single day of our lives and nobody who has the power to change things will actually change things.”
-

ADAM

COLLEGE STUDENT PROTESTER; GAZAN

- “It hits at random times that I have nowhere to go to physically, literally, and metaphorically. And it leaves me grappling with who I am, what I am doing, and who I am with.”
 - “Home is the streets where I played soccer; the carpet-bombed neighborhoods where I fought with the neighbors’ kids that are under the rubble of our neighborhood as I write this; it’s the supermarket that has no food to offer; it’s the cousins standing in lines for a drop of water, hiding in the tents from the cold of January.”
 - “The fact of no home to go to is beyond my realization. Home is Gaza. I want to go home. I really want to go home.”
-

A HUMAN-MADE HEALTHCARE DISASTER

Unlike any other

ATTACKS ON HEALTHCARE

- Since October, per MSF, who is on the ground in Gaza:
 - 493 health workers have been killed by Israel
 - 24 hospitals in Gaza are now out of service
 - MSF staff and patients have endured 26 violent incidents
 - includes airstrikes damaging hospitals, tanks being fired at agreed deconflicted shelters, ground offensives into medical centers, and convoys fired upon.
- At least 240 medical staff had been abducted by the Israeli military
- Routine torture of healthcare workers in Israeli custody





DR. TANYA HAJ-HASSAN

- Gaza Medic Voices (@gazamedicvoices)
- “What It’s Like on the Front Lines of Gaza’s Hospital Hell”
 - <https://www.thenation.com/article/world/tanya-haj-hassan-interview-gaza-healthcare/>
- Details the purposeful restriction of medical supplies including anesthetics
- Severe emotional trauma endured by healthcare workers



The
Intercept_

GAZA'S STOLEN HEALERS

Hundreds of Palestinian Doctors Disappeared Into
Israeli Detention



“Practicing medicine has become a crime... and the penalty for saving people’s lives has become detention and being tortured to death.”

– SURGEON, GAZA, 02/05/24.



Image showing Dr Adnan Al Bursh, Chief of Orthopaedics at Al Shifa Hospital, who was killed while in Israeli detention.

“The stories are heart wrenching and every single patient makes me want to scream: THIS IS ENTIRELY MAN-MADE AND COULD BE FIXED BY MAN... every damn patient I'm seeing.”

– VOLUNTEER DOCTOR, GAZA



“We live in great shock at what is happening to us; Our minds do not comprehend the extent of the suffering we are going through; On a daily basis, we lose our family, our neighbors, our friends. We lose the past, present, and future. We want the peoples of the earth to stand with us to stop this aggression. We want life... Our children want to play... We sleep at night and are afraid that we will not wake up in the morning.”

**- STAFF NURSE, THE KUWAITI SPECIALIST
HOSPITAL, GAZA**

“If we revealed the sadness, oppression and very, very intense pain that is inside us, it would cause greater devastation than the destruction of the homes being bombed, killing their owners; it would be more difficult than seeing the torn remains that are difficult to put together in one coffin.

But patience is beautiful, and God is the one who helps us.”

– PHARMACIST, GAZA



**“I don’t know how we can ever
recover from such trauma,
such days, such lives.”**

– SURGEON, GAZA

HOW TO HELP

International solidarity contributes to healing the historical trauma endured by Palestinians. (We exist. Our lives matter.)

- Contribute to advocacy:
 - Call your representatives. Join protests against the genocide.
 - Challenge mental health institutions, organizations, and commentators who have remained silent or who have spoken about current events while ignoring the contextual ongoing historical trauma.
 - Use the cultural formulation in your practice.
 - Donate (PCRF, UNRWA, etc.)
 - Help professionals and activists who may be suffering from secondary trauma and emotional fatigue
-

LEADERSHIP

Targeting civilians and health care in war is unconscionable

APR 8, 2022 • 5 MIN READ

By [Gerald E. Harmon, MD](#), Past President



It's impossible to watch the heartbreaking images from Ukraine and not feel a deep sense of loss for the proud people defending their homeland from this unprovoked attack by the Russian military. And the longer this war unfolds, the more dire it becomes for civilians and for courageous physicians and health care workers flocking to the region to save lives.

PRESS RELEASES

Statement from the AMA Board of Trustees



Bookmark

NOV 9, 2023

The conflict unfolding in Israel and Gaza has caused suffering and death on an immense scale. We have heard from many of our physician and medical student members expressing heartbreak and outrage about the human toll afflicting Israelis, Palestinians and others.

The American Medical Association stands with the physicians and health care personnel who are on the frontlines of this crisis and throughout the world who are risking their lives to provide crucial medical care to anyone who is injured. In these times of war, we must remember that physicians and other health care workers are there to save lives and ease suffering.



The Palestinian challenge to US medical ethics

[Joelle M Abi-Rached](#) • [Eric Reinhart](#)

Published: May 14, 2024 • DOI: [https://doi.org/10.1016/S0140-6736\(24\)00877-8](https://doi.org/10.1016/S0140-6736(24)00877-8)

For the past 7 months, the world has been witnessing the murder of health workers, as well as their abduction, torture, execution, and the dumping of their bodies in mass graves;¹ killing of patients in their hospital beds; deliberate bombing of hospitals and clinics; targeted destruction of health and sanitation infrastructure; blockades to humanitarian aid and essential medications during a historic famine manufactured to serve as a weapon of war; and the infliction of conditions designed to be incompatible with life on Palestinians in Gaza.

These facts have been documented in orders issued by the International Court of Justice on Jan 26, 2024, and March 28, 2024, and in a detailed report entitled *Anatomy of a Genocide*, published on March 25, 2024, by the UN rapporteur on the situation of human rights in the Palestinian territory occupied since 1967.^{2, 3, 4} Addressed to the UN Human Rights Council, the report concluded that “there are reasonable grounds to believe that the threshold indicating Israel's commission of genocide is met”.⁴

And yet, in the USA, the most influential medical professional organisations, journals, and lobbies have been disturbingly reluctant to take any meaningful stand against the systematic obliteration of health systems in Gaza, including the killing of at least 491 of our Palestinian colleagues by Israeli forces since Oct 7, 2023.⁵ This inaction is particularly notable as it is the US Government's provision of arms, diplomatic cover, and financial resources that makes Israel's campaign against Palestinians possible.⁶

Historical reflection on leading medical institutions' choices to remain silent during past atrocities, including the Holocaust, teaches us that omission and apathy within the medical profession enable institutional forces that perpetuate injustices, including the dehumanisation and racism on which genocide depends.⁷ As the Doctors' Trial at Nuremberg and more recent scenes of physicians' participation in US Government torture programmes at Abu Ghraib and elsewhere have made clear, medical doctors are no less vulnerable than others to being absorbed into violent, nationalistic ideologies and misusing their training and power to inflict suffering rather than to support care and justice.

The psychiatrist, Frantz Fanon, who practised in colonial French Algeria, reminds us in *Medicine and Colonialism* that, although we doctors present ourselves as healers of “the wounds of humanity”, we often instead serve as “an integral part of colonisation, of domination, of exploitation”.⁸ To do otherwise requires constant vigilance, critical institutional and individual self-reflection, and dedication to aligning ourselves with those who are most affected by existing systems of power and inequality. The US, European, and Israeli medical establishments' responses to ongoing violence against Palestinian health and health care make clear that Fanon's observations regarding our potential for complicity with colonial and state violence remain as relevant as ever.

Israel Used U.S.-Made Bombs in Strike That Killed Dozens in Rafah

A Times visual analysis found that munition debris filmed at the scene was remnants of a GBU-39, a bomb designed and manufactured in the United States.

 Share full article  



CAT UXO

Sources: CAT-UXO, Alam Sadeq; Graphics: The New York Times

FUND CARE **NOT** KILLING

WHAT THE U.S. COULD
FUND INSTEAD OF MORE
WEAPONS TO ISRAEL

Every year, the U.S. writes Israel a blank check for \$3.8 billion to fund Israel's massive violence against the Palestinian people. Amid Israel's genocide against Palestinians in Gaza, U.S. lawmakers are considering \$14.1 billion in additional military funding to Israel

NOT MY TAX DOLLARS



VISUALIZINGPALESTINE

 US CAMPAIGN FOR
PALESTINIAN RIGHTS

SOURCES <https://vp-NotMyTaxDollars.org>
WWW.VISUALIZINGPALESTINE.ORG

APR 2024


THANK YOU FOR LISTENING.

- Gazan children's dreams

<https://www.youtube.com/watch?v=F3ReQ-NCNoA>
