

# **Healing the Wounds: Rebuilding Sri Lanka after the War**

Edited by  
Dhammika Herath  
Kalinga Tudor Silva

## **A Selection of ICES Recent Publications**

- **Public Trust Doctrine: The Sri Lankan Version**, by *Dinesha Samararatne*. *International Centre for Ethnic Studies*, 2010. 72p.
- **Post-War Reconstruction in Sri Lanka: Prospects and Challenges**. Edited by *Dhammika Herath, Kristine Høglund, Michael Schultz, Kalinga Tudor Silva*. *International Centre for Ethnic Studies, Kandy*. 2010. 272p.
- **Domestic Violence Intervention Services in Sri Lanka: An Exploratory Mapping 2009-2011**, by *Chulani Kodikara with Thiagi Piyadasa*. *International Centre for Ethnic Studies in collaboration with Women Defining Peace*. 2012. 103p.
- **Only Until the Rice is Cooked? The Domestic Violence Act, Familial Ideology and Cultural Narratives in Sri Lanka**, by *Chulani Kodikara* *ICES Working Paper Series*. *International Centre for Ethnic Studies, May 2012*. 33p.
- **Producing the Present: History as Heritage in Post-War Patriotic Sri Lanka**, by *Nira Wickramasinghe*. *ICES Research Paper*. *International Centre for Ethnic Studies*, July 2012. 29p.

# **Healing the Wounds: Rebuilding Sri Lanka after the War**

Edited by

Dhammika Herath  
Kalinga Tudor Silva

International Centre for Ethnic Studies  
Colombo and Kandy  
ICES

Healing the Wounds: Rebuilding Sri Lanka after the War  
Dhammika Herath & Kalinga Tudor Silva (ed.)

**Copyright**© 2012 International Centre for Ethnic Studies,

Colombo and Kandy, Sri Lanka

ISBN: 978-955-580-132-4

Printed by: Karunaratne & Sons(Pvt)Ltd

No:67, Industrial Zone,

Katuwana Road,

Homagama,

Sri Lanka.

## **Contents**

List of Contributors

Preface

1. **Introduction: Healing the Wounds: Challenges in Post-war Social Reconstruction in Sri Lanka**  
*Dharmika Herath*
2. **Healing after War: Thinking Beyond the Solitudes**  
*Jayadeva Uyangoda*
3. **Demographic Impact of the War, Changes in Sex Ratio and their Possible Effects on Vulnerability and Psychosocial Stress in Civilian Populations in Northeast Sri Lanka**  
*Kalinga Tudor Silva*
4. **Wounded Society: Social Wounds of the War and the Breakup of Community Social Structures in Northern Sri Lanka**  
*Dharmika Herath*
5. **Putting Back the Pieces Together: The Psychosocial Wellbeing of Resettled Communities in Vavuniya and Mannar**  
*Ramila Usoof*
6. **Psychopathology, Psychosocial Problems and Post-traumatic Growth in North-Eastern Sri Lanka: A Quantitative Analysis**  
*Numan Jayawickreme, Eranda Jayawickreme and Justin J. Lacasse*
7. **To Go or Not to Go: Struggle for Belonging among Second Generation Muslim IDPs in Kalpitiya in Puttalam District in the Context of Post-War Resettlement**  
*Fazzeba Azmi*
8. **Why the Wounds of the War in Sri Lanka Must be Openly Recognised and Explicitly Addressed: Some After Thoughts**  
*Kalinga Tudor Silva*

Index

## **Acronyms and Abbreviations**

Adaptation and Development After Persecution and Trauma Model	ADAPT
Beck Depression Inventory	BDI
Cash-for-Work	CFW
Department of Census and Statistics	DCS
Enumeration of Vital Events	EVE
Federation of Social Development Organisations	FOSDO
Focus Group Discussions	FGD
Friedrich Ebert Stiftung	FES
General Certificate of Education	GCE
Government of Sri Lanka	GOSL
Grama Niladhari	GN
Internally Displaced Person	IDP
International Centre for Ethnic Studies	ICES
International Crisis Group	ICG
International Labour Organisation	ILO
Liberation Tigers of Tamil Eelam	LTTE
Ministry of Economic Development Emergency Northern Recovery Project	ENREP
Non-Governmental Organisation	NGO
North Central Province	NCP
Officer in Charge	OIC
Penn/RESIST/Peradeniya Competencies Scale	PPR-CS

Penn/RESIST/Peradeniya War Problems Questionnaire	PRPWPQ
Psychosocial Assessment of Development and Humanitarian Intervention	PADHI
Post-Traumatic Growth	PTG
Post-Traumatic Stress Disorder	PTSD
Rural Development Society	RSD
Tamil National Alliance	TNA
United National Party	UNP
United Nations	UN
United Nations High Commissioner for Refugees	UNHCR
United People's Freedom Alliance	UPFA
United States of America	USA
United States Institute of Peace	USIP
Women Headed Household	WHH

## **Preface**

This edited volume on *Healing the Wounds: Rebuilding Sri Lanka after the War* is the end product of one-and-a-half years' of research and social interventions in the war-affected north of Sri Lanka. The editors of this volume implemented an action research on Social Networking and Psychosocial Reconstruction in two divisional secretary divisions in two districts of the north, Vavuniya and Mannar. This volume presents the research findings of this programme in addition to providing space to three other researchers in and outside of Sri Lanka to look at the prospects and challenges of post-war reconstruction. It is our hope that research presented here will generate a critical dialogue on the current reconstruction process, the need for psychosocial reconciliation and the issues surrounding the reconstruction process as a whole.

The editors wish to express their sincere gratitude to all the informants, respondents, trainees and beneficiaries of this programme in whose name this programme was implemented. Without their active participation and cooperation, this programme would not have been possible.

The editors take this opportunity to thank the United States Institute of Peace (USIP) for providing generous financial support for the action research implemented through the International Centre for Ethnic Studies (ICES), Sri Lanka. We also wish to thank the project coordinators, Mr Rasu Mohan, Mr M. M. M. Rishan and Mr W. M. K. B. Wickramasinghe who worked tirelessly for one-and-a-half years' on this project. The cooperation extended by staff at ICES, Kandy for the successful completion of the programme was indispensable.

The entire action research programme would not have been possible without important contributions made by scholars and practitioners



in different capacities as trainers, contributors to the training manual, consultants, etc. We mention with gratitude the services rendered by Prof Janet Levalley, Ms Udeni Manel, Dr Sivathas Sivasubramaniam, Dr Sivagnanam Suthakaran, Dr Suhanthy Kalai, Mr Kanthan Ramachandran and Mr Nadaraja Sukirtharaj. Further, Mr Shanmugaratnam Senthuran and Sister Rita Kurusumutu and many others provided important logistical support and advice. We also note with gratitude the cooperation extended to us by the Government Agents in Vavuniya and Mannar and the Divisional Secretaries of Nedunkeerni and Manthai-west.

The editors would also like to express their gratitude to Mr Lewis Garland for his excellent contribution to copy-editing and proof-reading of this volume at very short notice and his untiring efforts to meet the deadline. We would also like to mention Dr Harshana Rambukwella for his useful comments on some of the chapters in the volume.

This publication is also the result of generous financial support from USIP and the Friedrich Ebert Stiftung (FES) and we thank them for their contribution and commitment towards the furtherance of academic scholarship and policy relevant knowledge generation.

## **Contributors**

**Fazeeha Azmi** is a Senior Lecturer in the Department of Geography, University of Peradeniya, Sri Lanka. She received her M.Phil and PhD. from the Norwegian University of Science and Technology. Her research interests are gender, children and youth, development issues and post-war development.

**Dhammika Herath** received his doctorate in Peace and Development Research from the School of Global Studies, University of Gothenburg in Sweden. He is both a researcher and practitioner in peace, post-war reconciliation, development, democracy and governance. He is presently the acting Executive Director at ICES and a Researcher at the University of Gothenburg.

**Eranda Jayawickreme** is an Assistant Professor of Psychology at Wake Forest University. He received his doctorate from the University of Pennsylvania in 2010. He is broadly interested in questions related to moral psychology, post-traumatic growth and the study of well-being.

**Nuwan Jayawickreme** received his doctorate from the University of Pennsylvania in 2010 and is currently a Post-Doctoral Fellow at the Center for the Treatment and Study of Anxiety in the Perelman School of Medicine at the University of Pennsylvania. Starting August 2012, he is Assistant Professor of Psychology at Manhattan College, NY. His research interests include examining cultural variations in the experience and expression of psychopathology.

**Justin J. Lacasse** is an advanced medical student at the University of Medicine and Dentistry, New Jersey, and is in the process of applying to residency programs in psychiatry. Justin's main research interests centre around the study of psychopathology and mental health in refugee populations based in the United States and abroad.

**Kalinga Tudor Silva** is a Senior Professor at the Department of Sociology, University of Peradeniya. Currently he serves as a Visiting professor in Whittier College in California, USA. Silva obtained his doctorate in Anthropology, from the Monash University, Australia. His research covers a broad range of topics including poverty, caste, sociology of health and conflict

**Ramila Usoof-Thowfeek** is a Lecturer in Psychology at the Department of Philosophy and Psychology, University of Peradeniya. She has a PhD in social psychology specializing in the psychology of peace and violence from the University of Massachusetts at Amherst.

**Jayadeva Uyangoda** is a Senior Professor at the Department of Political Science and Public Policy, University of Colombo. He has published extensively on the politics of Sri Lanka, especially on the ethnic conflict and peace processes.

