

## **Background and Aims of the Research Project**

The Peace Education Programme (TPRF, online 2019) is a relatively new video-based wellbeing course. It has been seen to be making a real difference to thousands of participants all over the world, and has been especially well received in prisons, including maximum-security establishments (Zonderwater, online 2019). In June 2018, in response to the growing problem with knife crime in the UK, Prem Rawat spoke at an event organised in conjunction with Lambeth Police Community Partnerships and a local youth boxing club frequented by gang members (Lambeth Event, online 2019). It was then announced on the BBC London News that the Peace Education Programme would be made freely available to anyone over the age of 14 years (BBC News, online 2019). The programme has been run in the UK with prisoners, military veterans, university students, former gang members, police officers, domestic abuse survivors, senior citizens, refugees and genocide survivors. However, despite many positive anecdotal reports, there are virtually no scientific research studies to assess the objective impact of the programme.

The American Psychological Association (2014) defines resilience as 'the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress'. One study describes resilience as 'a process to harness resources to sustain well-being' (Panter-Brick & Leckman, 2013). Glenn Richardson (2002) speaks of resilience in terms of 'the human spirit' and proposes that 'following the path with heart and wisdom results in the elusive inner peace, whilst the shadow path (anger, manipulation, obsession and addiction) results in unhappiness'. A further study defines resilience as 'innate energy or motivating life force' and concludes that resilience can be enhanced through education (Grafton, Gillespie & Henderson, 2010). It is this final definition of resilience that will be primarily used to explore any impact that the Peace Education Programme has on participants – a definition that lends itself to a form of resilience that is not just a theoretical idea or belief, but something that can actually be felt. The taped interviews will be transcribed and then analysed thematically using the qualitative Interpretative Phenomenological Analysis method. Hence this pilot study will not seek to measure the impact of the programme on resilience by means of logic or statistics but rather it will explore and analyse narrative themes around issues of resilience and trauma and how these may, or may not, have been shaped by participation in the Peace Education Programme.

## **REFERENCES**

American Psychological Association. (2014) The road to resilience. Washington, DC: American Psychological Association. Retrieved from <http://www.apa.org/helpcenter/road-resilience.aspx>

BBC News (accessed online 16/03/2019)  
<https://www.facebook.com/1026942926/videos/10213860451878592/>

Damooei Global Research (accessed online 12/03/2019)  
<https://www.tprf.org/wp-content/uploads/2018/06/Evaluation-of-Peace-Education-Program1-2.pdf>

Grafton, E., Gillespie B. & Henderson, S. (2010). Resilience, the Power Within. *Oncology Nursing Forum*, 2010, 37(6), 698-705 DOI: 10.1188/10.ONF.698-705

Lambeth Event (accessed online 17/03/2019)

<https://www.tprf.org/video-peace-the-most-practical-tool/>

Panter-Brick, C., & Leckman, J. F. (2013). Editorial commentary: Resilience in child development. Interconnected pathways to wellbeing. *The Journal of Child Psychology and Psychiatry*, 54, 333-336. doi: 10.1111/jcpp.12057

Richardson, G. & Waite, P. (2002). Mental health promotion through resilience and resiliency education. *International Journal of Emergency Mental Health*. 4(1):65-75  
Pubmed

[https://www.researchgate.net/publication/11357918\\_Mental\\_health\\_promotion\\_through\\_resilience\\_and\\_resiliency\\_education](https://www.researchgate.net/publication/11357918_Mental_health_promotion_through_resilience_and_resiliency_education)

TPRF (accessed online 12/03/2019)

<https://www.tprf.org/programs/peace-education-program/>

Zonderwater Prison (accessed online 16/03/2019)

<https://www.youtube.com/watch?v=Oxws8hCX-uM>