



# Trauma Recovery Program: Community-Based Positive Psychotherapy Assistance for Victims of Violence in Lampung

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## ABSTRACT

Violence against women and children is an urgent social issue that has a multidimensional impact, both psychologically, socially, and economically. East Lampung Regency recorded a significant increase in cases of violence, especially in the household, with victims generally experiencing long-term trauma and loss of economic independence. This community service aims to assist victims of violence through an integrative approach that includes spiritual-based positive psychotherapy, entrepreneurial training, and the formation of advocacy-based recovery communities. The partners in this activity are the East Lampung Women's Empowerment and Child Protection Office (DP3AP2KB) and the victims of violence who have been identified. The service method is carried out through six stages: socialization, psychological training, individual counseling, business training, public education, and evaluation. The results showed a significant improvement in the psychological well-being of the victims, with an increase in confidence scores, the ability to manage emotions, and optimism. Economically, more than 70% of participants managed to start small-scale household businesses after participating in training and mentoring. In addition, there has been a positive change in public perception of the issue of violence and support for victims. These findings suggest that a holistic approach that brings together psychological recovery and economic empowerment within the framework of community advocacy can be a model of effective and sustainable intervention. The results of this service are important as the basis for the development of similar programs in other regions, especially those with comparable geographical and social conditions.

**Keywords:** Trauma Recovery Program, Positive Psychotherapy, Victims of Violence

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## INTRODUCTION

Violence against women and children is one of the most pressing social problems in Indonesia, including in Lampung Province. East Lampung Regency, as one of the rural areas with limited access to public services, recorded a significant increase in the number of cases of domestic violence, sexual violence, physical violence, and online gender-based violence. Based on data from the Lampung Provincial PPPA Office, in 2023 there were 69 cases of violence with 76 victims, but in 2024 it will increase drastically to more than 700 cases, the majority of which occurred in the household environment (Lampung, 2024). Victims of violence, especially women and children, not only suffer physical injuries, but also long-term psychological trauma such as anxiety, depression, PTSD, and social isolation (Schrag, 2019). Ironically, limited infrastructure, geographical distance, social stigma, and lack of professional psychologists cause victims to not receive adequate mental recovery services (Robitz et al., 2020). On the other hand, many of the victims lost their jobs and did not have access to entrepreneurship training or business capital, thus deepening economic dependence on perpetrators or other parties who did not support (Prabawani, 2017) (Akbar et al., 2024a).

Previous research has emphasized the importance of community-based and spiritual approaches in recovering from the psychological trauma of victims of violence (Warsiyah, Moh Fakhrurozi, Tansri Adzlan Syah, n.d.) (Lassi & Mugnaini, 2015) shows that spirituality is able to increase resilience and mental well-being, especially when combined with positive psychotherapy techniques such as affirmation and mindfulness (Fakhrurozi N. P.; Nurulia, E. T. et al., 2024). Similar findings also state that the integration between spirituality and community social support plays a significant role in the psychological recovery of victims (Kumar & Singh, 2014). In Lampung Province itself, several models of psychosocial and legal approaches have been initiated, but most of them are still focused on formal legal aspects without touching on the emotional and economic recovery aspects of victims as a whole (Sulastri et al., 2022) (Warsiyah A.; Huwaina, M.; Fakhrurozi, M., 2023). Therefore, a holistic intervention is needed that not only addresses trauma, but also economically empowers victims to break out of the cycle of dependency and violence.

This service activity offers an integrative approach by combining positive psychotherapy based on Magnet of Sustenance through positive feelings, positive thinking and positive motivation, spiritual entrepreneurship training, and the formation of peer support groups. This model is designed to provide a safe and supportive space for victims in the healing process, while opening up inclusive and sustainable economic opportunities.

Thus, the purpose of this service activity is to assist 30 victims of violence in East Lampung Regency through spiritual-based positive psychotherapy interventions and entrepreneurship training, in order to improve mental health and encourage economic independence in a measurable and sustainable manner within three months.

## METHODE

Metode This Community Service method uses an advocacy approach as the main method in solving partner problems. Advocacy in this context is interpreted as systematic, structured, and sustainable assistance activities for the target group, namely victims of violence against women and children in East Lampung Regency. Mentoring is carried out not only to provide psychosocial support, but also to encourage economic empowerment and social integration through spiritual-based entrepreneurship training and the formation of recovery communities. The partners in this program are victims of violence who have been recorded at the Women's Empowerment and Child Protection, Population Control and Family Planning (DP3AP2KB) Office of East Lampung Regency. The majority of them are women and children who experience physical, psychological, and sexual violence, with unproductive socio-economic conditions. Partners also include DP3AP2KB parties and local social institutions that have an important role in providing data, facilitating locations, and collaborating in the implementation of activities.

This activity is carried out for a period of three effective months, starting from July to September 2025. The implementation time is divided into several main phases, namely the preparation and socialization phase, the implementation of workshops and training, psychological and business assistance, and post-activity evaluation and follow-up. The method of the activity is focused on the community advocacy model, which combines positive psychotherapy approaches, Islamic spirituality (Magnet of Sustenance and Spiritual Transformation), and economic empowerment based on household efforts. Activities are carried out through face-to-face sessions, group training, individual counseling sessions, and ongoing mentoring by forming an active peer support group.

This service activity is carried out in six main stages:

Stage 1: Preparation and Socialization: The implementation team coordinates with partners (DP3AP2KB), identifies participants based on the criteria of victims of violence, and organizes socialization through community forums and local media. The goal is to build social support and remove stigma against victims.

Stage 2: Positive Psychotherapy and Spirituality Workshop: This activity is in the form of a two-day training that includes self-healing techniques, mindfulness, positive affirmation, and the Magnet of Sustenance approach. The workshop was guided by a psychologist from the University of Muhammadiyah Lampung and a spiritual facilitator of the magnet of sustenance

Stage 3: Advanced Psychological Counseling: Each participant receives at least one individual counseling session. A peer support group was formed which became a safe space for survivors to share experiences and support each other in the recovery process.

Stage 4: Spiritual Entrepreneurship Training: Participants are given training on household micro-businesses (culinary, sewing, handicrafts) combined with character building materials, simple business management, and digital marketing. The training was continued with business assistance and an overview of business opportunities.

Stage 5: Public Education and Awareness Campaign: Seminars and dialogues were held in schools, villages, and Islamic boarding schools. The team disseminated

educational materials in the form of videos, infographics, and pamphlets to increase public literacy on the issue of violence and the importance of victim recovery.

Stage 6: Program Evaluation and Sustainability: Evaluation is carried out through pre-test and post-test to measure psychological and economic impact, as well as surveys on public perception. The program is designed to be sustainable through the formation of recovery communities and continued cooperation with partner agencies. Through this advocacy approach, community service is not only educational, but also transformative. Victims are not only psychologically helped, but also facilitated to recover and be economically independent, so that they have the capacity to get out of the cycle of violence in a sustainable manner.

## RESULTS AND DISCUSSION

### Results

#### 1. Quantitative Results

##### a. Improvement of the Psychological Well-Being of the Victim

A total of 30 victims of violence participated in positive psychotherapy sessions, self-healing workshops, and individual counseling. Pre-test and post-test results on psychological well-being levels showed significant improvements in aspects of self-confidence, emotion management, and optimism for the future.

**Table 1. Comparison of Pre-Test and Post-Test Scores for Psychological Well-Being**

Indikator Psikologis	Rerata Pre-Test	Rerata Post-Test	Differences
Confidence	2.4	4.1	+1.7
Future Optimisme	2.6	4.3	+1.7
Emotion Management	2.3	4.0	+1.7
Social Skills	2.1	3.9	+1.8
Sense of Security and Comfort	2.0	4.2	+2.2

All indicators show an increase of more than +1.5 points. This shows the effectiveness of the positive and spiritual psychotherapy approach of Magnet Rezeki in restoring the psychosocial aspects of the victim, as suggested by Lassi and Mugnaini (2015) that spirituality increases mental resilience and individual well-being.

##### b. Victim Economic Empowerment

A total of 25 out of 30 participants participated in spiritual-based entrepreneurship training and small business mentoring. From the results of the post-training evaluation, it was found that 72% of participants had started an active household business.

**Table 2. Types of Post-Training Victim Businesses**

Type of Business	Number of Participant	Percentage
Culinary Business	8	27%
Sewing/ Convection	8	27%
Handicrafts	4	13%
Creator content	4	13%
Not Starting a Busniess	6	20%

The dominant type of business is culinary and sewing, in line with the local potential and the training provided. These findings confirm that the provision of skills and access to business assistance plays a role in restoring the economy of victims of violence (Warsiyah & Ali, 2023) (Buah, 2017).

### c. Changes in Public

Perception The educational campaign was attended by more than 50 people. Perceptions before and after the activity showed a significant increase in understanding of violence issues and support for victims.

**Table 3. Changes in Public Perception (N=100)**

Indicators of Public Perception	Before Score	After Score	Differences
Awareness about violence against women	3.2	4.5	+1.3
Empathy for victims of violence	2.9	4.4	+1.5
Understanding the importance of psychological recovery	2.7	4.6	+1.9
Kesiapan masyarakat menjadi pendukung komunitas	2.4	4.1	+1.7

Surveys show a strong increase in social awareness and support. This shows that educational campaigns and distribution of materials are effective in changing the public perspective. In line with the findings, community education is very important in forming an environment conducive to victim recovery (Robitz et al., 2020).

### Victim Testimonials and Field Observations:

1. One participant said: "I feel more confident and no longer embarrassed to speak in public. Now I have my own business and want to help other friends.
2. The results of observations showed that victims who were active in peer support groups tended to be more emotionally stable and showed more consistent business growth.

3. The villagers showed enthusiasm in the seminars and began to create informal safe spaces for victims, such as community posts and discussion forums.



**Figure 1 of the Positive Psychotherapy and Spirituality Workshop**

## DISCUSSION

The results of the activity showed that psychosocial and spiritual-based advocacy approaches were effective in answering the needs of victims of violence, both in terms of mental recovery and economic independence. This program supports the view (MELI, 2023) that the integration of resilience and spirituality strengthens the psychological well-being of victims. In addition, a community approach in the form of peer support groups has been proven to accelerate social recovery and minimize stigma that has been the main obstacle (Wicaksono D., 2020). These findings are also consistent with (Reyes Pérez et al., 2025) that spirituality plays an important role as an important

mediator in improving well-being and sustainable action, including in the context of victim recovery.

From an economic perspective, the results of the activities reinforce the importance of training based on local and spiritual values. When participants are taught not only technical skills but also spiritual motivation, they show stronger resilience. This is in line with the principle of empowerment based on meaning and purpose (Narasimhan & Saputra, 2023) (Akbar et al., 2024b).

## CONCLUSION

Based on the results of the implementation and discussion of community service activities that focused on assisting victims of violence in East Lampung Regency, it can be concluded that the advocacy approach through the integration of positive psychotherapy, spiritual strengthening, and spiritual entrepreneurship training has proven to be effective in restoring psychological conditions while encouraging the economic independence of survivors. This activity not only succeeded in answering the immediate needs of the victims, but also built a community-based and inclusive recovery ecosystem, where social support, spirituality, and economic empowerment support each other. The essence of the findings of this service shows that the recovery of victims of violence requires a holistic approach that not only targets the mental aspect, but also builds life expectancy and economic autonomy. This approach can be a model of intervention that is worthy of replication in other regions facing similar challenges, with adaptation to local values and active participation of local stakeholders.

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