

Peace Psychology Book Series

*Series Editor:* Daniel J. Christie

Diane Bretherton

Siew Fang Law *Editors*

# Methodologies in Peace Psychology

Peace Research by Peaceful Means



Springer

# **Peace Psychology Book Series**

Volume 26

**Editor**

Daniel J. Christie

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The scope of threats to human security at the dawn of the twenty-first century is daunting. Terrorism, weapons of mass destruction, nuclear proliferation, failed states, ideological struggles, growing resource scarcities, disparities in wealth and health, globalizing trends, violations of human rights, and the continued use of force to advance individual, group, and national interests, are all complex problems. At the same time, we are witnessing countervailing trends in the growing recognition and endorsement of nonviolent means of resolving differences, the importance of reconciliation processes in human relations, the promotion of cultures of peace, and the building of societal structures and global institutions that promote peace, human rights, and environmental sustainability. During the past 20 years, peace psychology has emerged as a specialty in psychology with its own knowledge base, perspectives, concepts, and preferred methodologies to grapple with threats to human security and seize opportunities to promote human well-being. In regard to the problem of violence, peace psychology scholars and activists place human psychology and its links to other disciplines at the center of their efforts to prevent and mitigate episodes of violence and structural forms of violence. In addition to reducing violence, peace psychologists seek to develop theory and practices that promote relational harmony across levels (from interpersonal relations to global networks) and equitable human well-being. The Peace Psychology Book Series recognizes that the emerging and multi-faceted problems of human security challenge us as scholars and activists to develop psychologically-informed theories that will deepen our understanding of the major threats to human security, and create practices that will help us address some of the most urgent and profound issues that bear on human well-being and survival in the twenty-first century.

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Diane Bretherton • Siew Fang Law  
Editors

# Methodologies in Peace Psychology

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# Acknowledgements

We would like to begin by acknowledging indigenous peoples, the traditional owners of the land, who were the custodians of the earth for countless generations. We hope that the spirit of their stewardship will inform this book and help bring harmony and balance to the earth and all its inhabitants.

We would like to express our gratitude towards Springer for agreeing to publish the book and in particular, we thank Morgan Ryan for guiding us through the production process. Daniel Christie, the Series Editor of Springer's *Peace Psychology Book Series*, is both an inspiration and a guide: he was always there, never intruding, and quick to respond to requests for help and guidance.

We would like to recognize the Committee for the Psychological Study of Peace (CPSP) for its long-term commitment to peace. The work of the CPSP created the environment in which the idea for this volume took shape and a network of relationships between peace psychologists that made its realization possible.

The high quality contributions by the chapter authors are central to the success of the volume. The combined efforts of the chapter authors will provide the reader with a strong platform of research methodologies and many creative ideas for future research projects. So, thanks to our authors for imparting so much of their knowledge and experience and for their patience with the annoying changes that were made to bring some overall unity and coherence to the book.

Special thanks are due to those altruistic figures lurking in the background, the reviewers, who gave their time and expertise to improve other people's work, but remain anonymous.

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And finally thanks to you, our reader. We think that after reading this book you will be inspired (or re-inspired) to work for peace and will have a wealth of new ideas as to how to do so in a manner which is creative, lively, engaging, and rewarding.

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## About the Editors

**Diane Bretherton** was the founding director of the International Conflict Resolution Centre in the psychology department at the University of Melbourne, and for many years chaired the Committee for the Psychological Study of Peace of the International Union of Psychological Science. She is currently an honorary professor in Political Science and International Studies at the University of Queensland. She is also a visiting professor at the Zhou En Lai School of International Relations at the University of Nankai in Tianjin, China. She has previously contributed to the Springer Series in Peace Psychology as a co-editor of *Peace Psychology in Australia* and is a member of the editorial advisory board of the *Journal of Peace and Conflict*. She has conducted conflict resolution and peacebuilding workshops in many countries in the world, her most recent project being to facilitate a dialogue between indigenous (Mapuche) and non-indigenous people in Chile. She was awarded the Morton Deutsch Award for Research in Conflict Resolution by the American Psychological Association, Washington, in 2011. She has also been made a member of the Order of Australia for theoretical contributions to her discipline and for the practical prevention of violence through promoting conflict resolution in the community. Her extensive experience of supervising the research of undergraduate and postgraduate psychology students who wished to make a contribution to the prevention of violence and promotion of peace, within the psychology department at the University of Melbourne, informs the proposed book.

**Siew Fang Law** is a senior lecturer at Victoria University in Melbourne, Australia. She is the coordinator of the postgraduate programs in International Community Development in the College of Arts, a member of Centre for Culture Diversity and Wellbeing, and a member of the Communities, Identities, and Displacement Research Network. She teaches in the areas of peace, conflict, violence, and conflict resolution. Siew Fang received her PhD at RMIT University, Australia, and completed her master of science in social psychology at the University of Kent in Canterbury, England. Siew Fang is a member of the Committee for the Psychological Study of Peace, and an associate editor of the *Journal of Social and Political Psychology*. As a practitioner, she mediates community disputes as a nationally Accredited Mediator in Australia and has worked with UNDP and UNESCO in Southeast Asia.

## About the Contributors

**Melissa Anderson-Hinn** has more than 15 years of progressively responsible and sophisticated (professional) experience in the field of peace psychology. Starting out as an activist, community development leader, and human rights educator (primarily in the field of public health), Anderson-Hinn continued to seek the knowledge and expertise needed to match her growing professional goals. In 2007, she completed her MA-MFT with specialization in the treatment of addictions and trauma to help meet the need for greater quality clinical expertise in addressing global (sex and labor) exploitation at the human experience level. Her primary clinical work continued to focus on adolescent and young adult survivors of social-global exploitation. While continuing to work in the field, she began pursuing her PhD in psychology, completed in 2012 in order to help meet the significant need for more and better quality research in the work of peace movements. While also serving as the home educator of her three young children in San Francisco, she works as an international consultant and mediator as well as a social media strategist for impact entrepreneurs.

**Nikola Balvin** is a peace psychologist who works in international development. Nikola held the position of the Knowledge Management Specialist at UNICEF's Office of Research in Florence, Italy. Prior to joining UNICEF, Nikola held a number of research positions in Australia. Nikola published the edited book (with Di Bretherton) *Peace Psychology in Australia* in 2012. In 2013, she was awarded the 2012 Early Career Award of the Society for the Study of Peace, Conflict, and Violence: Division of Peace Psychology, American Psychological Association.

**Umesh Bawa** is a clinical psychologist and senior lecturer in the Department of Psychology at the University of the Western Cape, Cape Town, South Africa. He also serves as a senior team member on key community-engaged research projects led by the University of South Africa's Institute for Social and Health Sciences. He has worked in the fields of violence rehabilitation, trauma, and human rights in South Africa, Mozambique, Sierra Leone, Rwanda, and Chile. He has served on the Council for the International Society for Health and Human Rights, and was until recently the director of the *Children for Tomorrow-South Africa Project*, a free

psychological service for children traumatized by violence in impoverished communities in the Western Cape province of South Africa. His research, training, and clinical interests are in the areas of the psychological effects of violence on children, trauma counselling, the re-integration of ex-combatants and child soldiers in post-conflict countries, and safety and peace promotion.

**Arvin Boller** is a graduate student taking his MA in applied social psychology at the Ateneo de Manila University. He is currently a fellow of the Ryoichi Sasakawa Young Leaders Fellowship Fund (SYLFF), an international fellowship funded and managed by the Tokyo Foundation and the Nippon Foundation. His field of interest is political psychology, particularly political behavior in the context of the internet and social media.

**Jaqueline Bornstein** is a jazz and world music vocalist, conflict resolution researcher, and human rights advocate. She has worked in numerous roles including reporting on rights abuses in Asia and the Pacific region for Human Rights Watch; evaluating alternative dispute resolution and arts-based peacebuilding projects in Australia and Indonesia; conducting field research on children's concepts of peace-making; and, encouraging children with ASD to communicate and build relationships through music.

**Mary Breheny** is a senior lecturer in the School of Public Health at Massey University, New Zealand. She has used a range of qualitative methods to answer research questions about the social position of young single mothers, the family life of older people, and the identity of older people within wider society. She has used narrative methods to examine the ways that wider narratives of social life structure the accounts that older people provide of their personal lives and has published work about using narrative methods in psychological research. Dr. Breheny is interested in the use of narrative methods in critical and community research. In particular, she is interested in using narrative approaches to examine the ways that unequal access to material and social resources constrain people from having a valued identity.

**Daniel J. Christie** is the professor emeritus of psychology at Ohio State University and Fulbright Specialist in Peace and Conflict Studies. His research and writing is focused on harmony and equity in relationships and systems. He is the series editor and founder of the *Peace Psychology Book Series*, which has more than 20 books and *The Encyclopedia of Peace Psychology*, a three-volume set. As a Fulbright Specialist, he develops Peace and Conflict Studies scholarship, courses, and programs around the world.

**Brenda L. Cleaver** received her undergraduate degree in psychology from Lewis-Clark State College in Lewiston, Idaho in 2014. She is currently a graduate student at Washington State University in Pullman, Washington where she is pursuing a career in the field of counseling. Brenda was part of a research team at Lewis-Clark State College that conducted several research projects during her undergraduate

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**Alison Crosby** is an associate professor in the School of Gender, Sexuality, and Women's Studies and the director of the Centre for Feminist Research at York University in Toronto. Her research and publications use an anti-racist, anti-colonial feminist lens to explore survivors' multifaceted struggles for agency and subjectivity in the aftermath of violence. She is currently completing a book manuscript with Professor M. Brinton Lykes on gender and reparation in Guatemala, based on 4 years of feminist participatory action research with Mayan women survivors of violence during the armed conflict in Guatemala, funded by the Social Sciences and Humanities Research Council of Canada (SSHRC) and the International Development Research Centre (IDRC). And with Dr. Malathi de Alwis, she is exploring memorialization as a site of contestation in Guatemala and Sri Lanka in a project entitled *The Inhabitation of Loss: A transnational feminist project on memorialization*, also funded by SSHRC.

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