

## **Indigenous and Transcultural Psychiatry; Putting Research into Practice**

Madam, Babar T Shaikh has implored some probable psychological problems of earthquake survivors and stressed upon their possible solutions.<sup>1</sup> However, we are of the opinion that their physiological needs should be fulfilled first as proposed by Abraham Maslow. Psychotherapy/counseling supportive therapy helps the person whose basic needs are being fulfilled. According to Abraham Maslow's hierarchy of needs: physiological, safety, love, esteem, and self-actualization needs are fulfilled in a hierarchical sequence. Once human physiological needs are gratified, needs to feel protected (shelter) become apparent.<sup>2</sup> Psychotherapy/supportive therapy has a very long process that requires not only basic needs but also peaceful atmosphere.<sup>3</sup>

Therefore the first step in the cause of such sensitive matters is to involve the Government and NGOs in the reconstruction of destroyed colonies and to provide employments to help them attain their basic needs.

Clinical psychology and psychiatry are the disciplines still nascent in Pakistan.<sup>4</sup> There is shortage of trained professionals and hence a homogeneous task to cater to the disaster aftermath. Therefore, there is a dire need to look for indigenous solutions. Ali BS, et al in a recent study show that counseling by minimally trained community volunteer

counselors results in the reduction of anxiety and or depression in women of their own community. Therefore the second step is to minimally train the community health workers in counseling of the same area.<sup>5</sup> This would bring about a positive change in the volunteers themselves also and would enhance their self-esteem, self-confidence, and sense of competence.<sup>6</sup>

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