
EFFECTIVENESS OF TRAUMA HEALING THERAPY FOR VICTIMS OF NATURAL DISASTERS

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ABSTRACT

Natural disasters like earthquakes, tsunamis, and floods have a significant psychological impact on both children and adults. Trauma healing aims to help victims cope with post-traumatic stress symptoms such as anxiety, flashbacks, insomnia, and emotional disturbances. For children, methods like play, art, and group activities are used to calm emotions, create safety, and help them express fears, manage emotions, and build self-confidence. For adults, trauma healing typically includes cognitive behavioral therapy (CBT), counseling, and exposure therapy to reduce trauma triggers. This study used a systematic review of articles from various databases, including Google Scholar, to gather relevant evidence published between 2020 and 2024. The results show that trauma healing is an effective, multidimensional approach, addressing psychological, social, cultural, and spiritual needs. It is tailored to different target groups such as children, adolescents, and adults. Trauma healing is essential for reducing anxiety and rebuilding confidence in disaster victims. Methods like play therapy and community-based approaches support individual and collective recovery. Prioritizing trauma healing in disaster response ensures comprehensive recovery and contributes to community resilience.

Keywords: natural disasters; trauma healing; therapy

INTRODUCTION

Disasters are "an event or a series of events that threaten and disrupt the lives and livelihoods of communities, caused by natural, non-natural, or human factors, resulting in loss of human life, environmental damage, material losses, and psychological impacts." This definition highlights that disasters are not limited to physical aspects such as environmental damage and material loss but also consider the significant psychological impacts on affected individuals and communities (Lainsamputty et al., 2022). Yunus and Damansyah (2021) provide a definition relevant to nursing, describing disasters as "events that occur suddenly or gradually, posing threats to the health, safety, lives, and livelihoods of communities, caused by natural or non-natural factors." This definition emphasizes health and safety, which are primary concerns in nursing practice during disaster situations.

Nurses must understand that disasters are multi-component in nature, involving natural, non-natural, and human factors. This complexity reflects the need for a holistic approach in delivering care. In the context of nursing, the primary focus is on the health, safety, and well-being of individuals and communities affected by disasters. Trauma refers to abnormal psychological or behavioral conditions resulting from stress or physical injury. It can also be defined as external injuries or psychological disturbances caused by traumatic events. Traumatic experiences may occur as a single event, persist over a long period, or recur multiple times. Psychologists define trauma as a psychological impact that leaves a lasting impression, often negative. In psychological terms, it is referred to as Post-Traumatic Stress Disorder (PTSD) (Alawiyah, 2022).

Trauma healing is the process of emotional recovery for victims from past fears that leave emotional scars, anxiety, persistent disturbances, flashbacks of disaster events, nightmares causing sleep difficulties, and physical hyper-vigilance when recalling or thinking about the trauma. Given the impacts

of trauma, specific measures must be taken to address it. The effects of trauma disorders vary from mild to severe, and psychological symptoms should not be ignored. Victims need support to recover from traumatic experiences through trauma healing (Nur Janah, 2023). According to Lainsamputty et al., (2022), disasters are "an event or a series of events that threaten and disrupt the lives and livelihoods of communities, caused by natural, non-natural, or human factors, resulting in loss of human life, environmental damage, material losses, and psychological impacts." This definition emphasizes that disasters encompass not only physical aspects but also significant psychological effects on affected individuals and communities.

Yunus and Damansyah (2021) also provide a nursing-relevant definition, describing disasters as "events that occur suddenly or gradually, posing threats to the health, safety, lives, and livelihoods of communities, caused by natural or non-natural factors." This definition focuses on health and safety, which are critical in nursing practice during disasters. In nursing, understanding disasters requires a holistic perspective, encompassing the health and safety of individuals and communities impacted by disasters. Trauma arising from disasters, such as anxiety, panic, and other psychological disorders, necessitates specialized interventions through trauma healing. Trauma healing is crucial as it helps victims recover from mental disorders caused by severe emotional and physical experiences, enabling them to resume life with greater emotional and mental stability. Indonesia frequently experiences natural disasters due to its location in the Pacific Ring of Fire, making it prone to earthquakes, volcanic eruptions, and tsunamis. Additionally, its geographical and tropical climate increases vulnerability to hydrometeorological disasters such as floods and landslides. Given the high disaster risk, trauma healing becomes an essential component of post-disaster management. Unaddressed trauma can exacerbate victims' mental conditions and hinder their recovery, both individually and collectively. Therefore, an integrated approach that focuses on physical and psychological aspects is crucial in every disaster management effort in Indonesia. The purpose of this research is to understand the effectiveness of trauma healing methods in restoring the psychological well-being of natural disaster victims and to identify the factors that support or hinder the recovery process. This study also aims to develop trauma healing approaches that are relevant to local cultural values, making them more applicable to affected communities. Furthermore, the research will explore how trauma impacts different age groups and how specific interventions can assist each group in the recovery process.

METHOD

Eligibility Criteria

This systematic review included articles on trauma healing therapy that met specific criteria. Inclusion criteria were: (1) articles available for full-text download, (2) student reviews, (3) content relevant to the topic of trauma healing in the context of natural disasters, (4) at least a descriptive quantitative research design, (5) clear methodological characteristics, and (6) use of Indonesian or English in the intervention. Exclusion criteria included summative articles and reviews that did not meet the components of a good article (abstract, introduction, methods, results, discussion, implications, and references) or articles with topics unrelated to trauma healing.

Information Sources

We conducted a comprehensive literature search across various sources, focusing on Google Scholar for articles published between 2020 and 2024. Keywords used were natural disasters and trauma healing. The last search of the database was conducted in December 2024. Additional searches included reference lists of relevant studies.

Searching Strategy

A systematic search was performed in Google Scholar using the keywords natural disasters and trauma healing. Filters were applied to restrict the search to articles published between 2020 and 2024. Searches were refined by using Boolean operators and specific terms to ensure a focus on relevant literature.

Article Screening

The screening process involved evaluating 1,780 articles based on title and abstract. Of these, 87 articles matched the keywords and underwent further evaluation. Articles were assessed independently by two reviewers to determine if they met the inclusion criteria. Disagreements were resolved through discussion. Automation tools were not used in this process.

Data Extraction and Critical Appraisal

Data were extracted systematically from the included studies, focusing on study design, sample size, methods, and outcomes. Ten articles met all criteria and were included in the final synthesis. Each article underwent critical appraisal using the JBI (Joanna Briggs Institute) checklist to ensure the reliability and relevance of findings. Two reviewers independently conducted the appraisal, and consensus was reached in all cases.

RESULT

A literature search was conducted using Google Scholar for articles published between 2020 and 2024. The selected keywords for the search were natural disasters and trauma healing. The first step involved filtering articles to include only those available in full text, yielding 1,780 articles. The second step involved identifying article titles relevant to the research focus, narrowing the selection to 87 articles. Subsequently, inclusion criteria were applied to these articles, resulting in 15 articles that met the criteria. Finally, 10 articles were selected for review. The search strategy is detailed in Diagram 1. The eligible studies were conducted in various countries and included diverse research designs. Analysis of these 10 articles revealed the following breakdown: seven used quasi-experimental designs, three employed quantitative designs, one utilized qualitative methods, and two were categorized as research and development studies. Following a quality assessment of the 10 articles, six studies were categorized as high quality. Data extraction was then performed by analyzing key details from the articles, including author names, titles, objectives, research methods, and results. This process involved grouping essential data from each article for further analysis. The results of the data extraction can be seen in table.

Tabel 1.
Analysis Article

No	Author	Research Title	Jurnal	Method	Sampel	Result
1.	Dongmei Wang , Xiao You (2022)	Post-disaster trauma and cultural healing in children and adolescents: Evidence from the Wenchuan earthquake	The Arts in Psychotherapy	This research combines quantitative and qualitative methods, using non-verbal methods, playing in the sand with children and adolescents.	96 children and adolescents who had experienced the Wenchuan earthquake, aged between 6 and 18 years (mean age = 12 years)	Based on theoretical and empirical research, combined with our experience in psychological assistance after the earthquake, we believe that post-disaster psychological assistance should be divided into four stages: accommodation, connection, trust and freedom. Relationship building is the most important factor, which is the foundation of psychological assistance and

No	Author	Research Title	Jurnal	Method	Sampel	Result
						counseling that lasts throughout the process.
2.	Reza Edwin Sulistyamin gtyas (2019)	Development of a Traditional Game Model for Post-Disaster Trauma Healing in Early Childhood	Cakrawala dini Jurnal Pendidikan anak usia dini	This type of research is research and development (Research & Development). The development model uses ADDIE, but in this study it reaches stage 3, namely: analyze, design and development. Data collection techniques using interviews and questionnaires. Data analysis using quantitative analysis	Data collection using interviews was conducted with 1 BPBD (Regional Disaster Management Agency) staff and 10 kindergarten teachers..	Based on the assessment of material and media experts, the results for media feasibility obtained an average score of 3.09 (good) and material feasibility obtained a score of 3.9 (very good).
3.	Dhito Dwi Pramardika, Jelita Siska Herlina Hinonaun, Astri Juwita Mahihody, Grace Angel Wuaten (2020)	The Effect of Play Therapy on Trauma Healing in Children Victims of Natural Disasters	Faletehan Health Journal	This type of research is a quasy experiment with a non-equivalent control group design.	The sample of this study was 16 children in the intervention group and 10 children in the control group because it used the independent sample t test method.	It can be concluded that there is a significant difference in influence between children given play therapy and the control group ($p=0.000$).
4.	Ahmad Ainun Najib (2021)	The effect of Trauma Healing training based on the 5cs Model of Positive Youth Development on increasing Volunteer	Jurnal At-Taujih: Jurnal Bimbingan dan Konseling Islam	R&D research that uses a quantitative approach	The sample size in this study was 17 volunteers from various districts/cities.	there is an increase in the capacity of SERNU East Java volunteers after attending trauma healing training based on the 5Cs Model of Possitive Youth Development.

No	Author	Research Title	Jurnal	Method	Sampel	Result
		Capacity Sernu Jawa Timur				
5.	Lilis Sulistiya NengrumD imas Aldi Ramadhani (2021)	The Effect of Providing Puzzle Play Therapy on Trauma in Preschool Children After Flash Flood Disaster in Batu City, East Java	Borneo Journal Of Medical Laboratory Technology	This research is a Quasy- Experimental research with two group pre-post design.	50 respondents.	It can be concluded, there is an influence in reducing the level of trauma after being given puzzle play therapy in preschool children. Puzzle play therapy can reduce the level of trauma because by giving puzzle play therapy children can improve cognitive skills, improve fine motor skills, Improve social skills, train logic and can train patience in children.
6.	Zurriyatun Thoyibah et all (2019)	Spiritual counseling on anxiety level in (Lombok) Indonesian earthquake victims	Malahayati Internationa l Journal of Nursing and Health Science	Quasi Experimental	40 respondents who experienced mild and moderate anxiety	Statistical test results show that there is a significant difference between anxiety levels after spiritual counseling (p-value 0.000). So it can be concluded that there is an effect of spiritual counseling on the anxiety level of earthquake disaster victims.
7.	Krisnanto. (2019)	Therapy to reduce Anxiety of Earthquake Victims in Children in the North Lombok Region Deny	Prosiding seminar nasional Universitas respati yogyakarta	Quasi Experimental	The sample amounted to 50 children	ART therapy can reduce anxiety in children who are victims of earthquake natural disasters, this is shown by the child's happy expression, and willingness to communicate with other unknown people.
8.	Fadlunnida et all (2019)	Relationship between Self-Disclosure and Stress of Adolescent Earthquake Survivors Kota Palu	Cognicia	Quasi Experimental	129 respondents who are teenagers aged 12-21 years.	Adolescents who tended to have high self-disclosure in daily life and immediately after the Palu disaster experienced lower stress.
9.	Lis Triasari et all (2020)	Play Therapy to Reduce Traumatic Stress in Earthquakeaffected Children in North Lombok, West Nusa Tenggara, Indonesia.	Internationa l Journal of Nursing and Health Services (IJNHS)	Quasi Experimental	The sample used was 90 students and divided into two groups, namely the intervention group of 45 students and the control	Play therapy can reduce traumatic stress in children after exposure to traumatic events in the intervention group (p = 0.000). Play therapy is effective for reducing traumatic stress in children. They may express their feelings by sharing

No	Author	Research Title	Jurnal	Method	Sampel	Result
					group of 45 students using multistage random sampling..	stories and experiences with peers.
10.	Rannisa Muslain et al (2020)	Effectiveness of Zikir Therapy on Post Traumatic Stress Disorder (PTSD) in Palu Tsunami Survivors	Jurnal psikologi islam dan budaya	Quasi Experimental	The participants of this study were survivors of the Palu tsunami who experienced the tsunami firsthand, were 25-55 years old, had an elementary - high school education, and lived in the evacuation barracks. These survivors were pre-screened using the PTSD scale. Participants who scored very high, high and medium on the PTSD pre-test were included in the study. From the selection results, 10 participants were obtained, of which 5 participants were	In the pre-test and follow-up results, a p value = .200 was obtained which indicates that $p > .5$ which means that the pre-test PTSD score is normally distributed, as well as the test obtained a p value = .197 which indicates that $p > .05$ which means normal. The homogeneity test based on Box's Test of Equality of Covariance Matrices showed that the significance value of homogeneity was $p = .354$ ($p > .05$). This means that the score variation between the two groups can be said to be homogeneous. From the Test of Within-Subjects Effect table, the result of $F = 3.744$ with a significant value of $p = .046$ ($p < .05$) means that there is an interaction between pre-post-follow-up in the group (experimental-control). The interaction shows that there is a change in pre to post and follow-up scores in both groups that are significantly different.

No	Author	Research Title	Jurnal	Method	Sampel	Result
					included in the control group and 5 in the experimental group.	

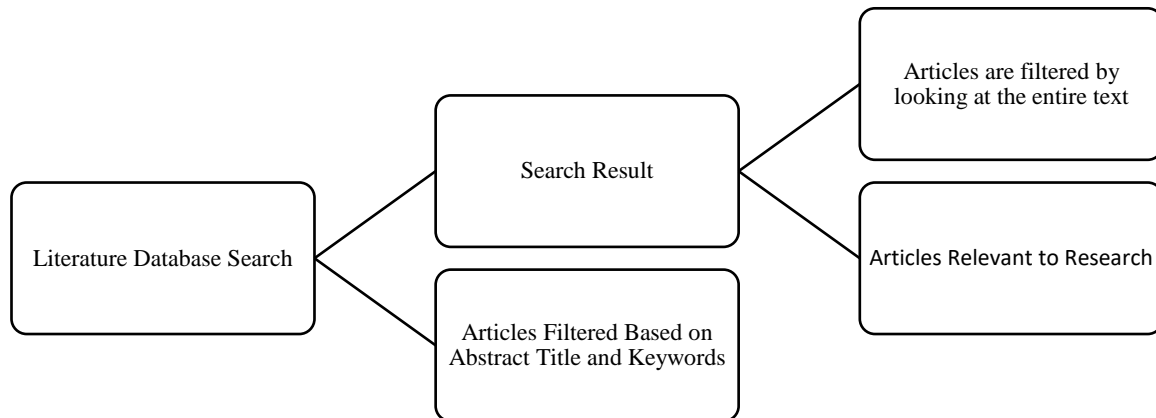


Diagram 1. (PRISMA)

The extracts to be reviewed are displayed in the form of a format table that matches the clinical questions that have been determined by the PICO method which includes, design/method, sample and setting, intervention, compare, measurement, outcome (finding), appraisal worth to practice and level of evidence.

DISCUSSION

This study focuses on trauma counseling programs for students impacted by disasters at the Institute of Health Technology and Business Graha Ananda. The intervention included pre-tests, educational sessions, and post-tests to measure changes in students’ trauma levels after the program (Syam et al., 2024). This research highlights the importance of psychosocial support for children experiencing emotional trauma from natural disasters. Activities such as singing and storytelling were used to help children express emotions and reduce post-disaster stress (Anggun Fergina et al., 2024). One study by Wang & You (2022) revealed that trauma experienced by children and adolescents after a disaster, such as the Wenchuan earthquake, can be addressed through psychological support divided into four stages: accommodation, connection, trust, and freedom. This study involved 96 children and adolescents aged 6 to 18 years and found that the relationship between the aid providers and the victims is key to the recovery process. This article examines the role of nurses in providing healthcare and trauma healing for earthquake victims. Interventions included emotional support, health education, and consultations to address physical complaints and mental health concerns such as anxiety and depression (Rahmawati et al., 2023). The study reviews the effectiveness of play therapy in managing trauma among children after disasters. Activities like singing, playing with balloons, and coloring were found to help children express feelings and alleviate trauma symptoms (Azzahra et al., 2023)

In a local context, Sulistyanyngtyas (2019) developed a traditional game model for disaster victims as a trauma healing method for early childhood. This research used a Research & Development approach and involved interviews with BPBD staff and kindergarten teachers, resulting in a good feasibility score for the media and materials. A study by Najib (2021) also showed an improvement in volunteer capacity after participating in trauma healing training based on the 5Cs model, which consists of five main components: Competence, Confidence, Connection, Character, and Caring, with a sample of 17 volunteers from various regions. The study reviews the effectiveness of play therapy in managing trauma among children after disasters. Activities like singing, playing with balloons, and coloring were found to help children express feelings and alleviate trauma symptoms (Shalahuddin et al., 2022). This study examines the effectiveness of play therapy in aiding trauma recovery for children impacted by natural disasters. The results show that play therapy significantly helps children overcome post-disaster trauma and regain emotional stability (Pramardika et al., 2020).

Meanwhile, Pramardika et al., (2020) studied the impact of play therapy on children who were victims of natural disasters, finding a significant difference in trauma levels between the group receiving play therapy and the control group. Similarly, Sulistiya Nengrum & Aldi Ramadhani (2021) found that puzzle play therapy was effective in reducing trauma levels in preschool children after a flash flood disaster in Batu City. This review explores various play therapy interventions used to address psychological issues in children following disasters. Findings highlight that activities such as role-playing and storytelling are beneficial in helping children express emotions and reduce trauma symptoms (Azzahra et al., 2023). This article discusses anxiety management therapies aimed at reducing stress among earthquake survivors. Interventions such as religious therapy and emotional support were found to be effective in alleviating post-disaster anxiety and psychological distress (Shalahuddin et al., 2022).

Another study by Thoyibah et al., (2019) on spiritual counseling showed a significant decrease in anxiety levels among victims of the Lombok earthquake after receiving counseling. A similar finding was reported by Paulinus Deny (2019), who found that ART therapy successfully reduced anxiety in children affected by the North Lombok earthquake. Overall, these studies highlight the importance of diverse approaches in handling post-disaster trauma, ranging from play therapy to spiritual counseling, as well as the role of the community in supporting the healing process. This study explores the psychological recovery of nurses assigned to natural disaster settings. It highlights the importance of culturally sensitive psychological first aid, post-assignment monitoring, and peer support in aiding nurses' healing process after disaster-related deployments (Solikhah & Aditya, 2022). This narrative review examines the application of trauma healing interventions to address PTSD in post-disaster victims. It identifies effective approaches, including counseling, psychosocial support, and therapeutic activities to alleviate trauma-related symptoms (Sutini et al., 2022).

The effectiveness of various trauma healing therapies in addressing victims of natural disasters has been demonstrated in several studies. Most approaches have shown significant results in reducing trauma symptoms, anxiety, and post-disaster stress. Wang & You (2022) suggested that culturally-based psychological counseling can facilitate the healing process through four main stages: accommodation, connection, trust, and freedom. This highlights the importance of a contextual approach in trauma healing. This qualitative study investigates nurses' experiences during and after earthquakes, focusing on their coping mechanisms for PTSD. The findings provide insights into the dual challenges faced by nurses as both survivors and healthcare providers in disaster situations (Koksal et al., 2024). The trauma healing program implemented by MDMC successfully helped child disaster victims recover their psychological condition. The approaches used, such as play activities, counseling, and psychosocial education, proved effective in reducing trauma symptoms and boosting the morale and self-confidence of children post-disaster. (Ramdoni et al., 2023).

Studies like those by (Najib, 2021) and (Sulistyaningtyas, 2019) emphasize the success of engagement-based models, such as the 5Cs approach (Competence, Confidence, Connection, Character, and Caring) and traditional games in helping disaster-affected children. Games not only build self-confidence but also improve social and motor skills, as shown by Sulistiya Nengrum & Aldi Ramadhani (2021) using puzzle play therapy. Additionally, spiritual approaches such as zikir (Muslaini & Sofia, 2020) and spiritual counselling (Thoyibah et al., 2019) have been proven effective in reducing anxiety among disaster survivors. This suggests that religious dimensions can be an important component in the healing process, especially in communities with strong spiritual ties. Triasari et al., (2020) and highlighted the success of play therapy in reducing traumatic stress in children affected by the earthquake.

The systematic application of trauma healing can help reduce anxiety levels in flood disaster victims. Methods such as individual counseling, group therapy, and relaxation activities have proven effective in facilitating psychological recovery. The trauma healing program also positively impacts victims' ability to adapt to post-disaster situations, enhances emotional stability, and rebuilds a sense of safety. (Sugianto et al., 2022). The trauma healing program implemented for children affected by floods and landslides in the area was effective in helping them recover psychologically post-disaster. The approaches used included psychological counseling based on Islamic values, play therapy, and emotional education activities. As a result, there was a significant reduction in trauma symptoms such as anxiety, excessive fear, and sleep disturbances. Additionally, the children showed improvements in social interactions, self-confidence, and more stable emotional recovery. (Putra et al., 2024).

This approach allows children to express their feelings non-verbally, which is often difficult in traumatic situations. In the context of adolescent support, Fadlunnida et al. (2019) showed that self-disclosure could reduce stress levels in adolescent survivors of the earthquake. This research emphasizes the importance of interpersonal relationships and emotional support in reducing psychological burdens on survivors. Overall, effective trauma healing requires a multidimensional approach, encompassing cultural, psychological, social, and spiritual aspects. Therapies that involve play activities, spiritual reinforcement, and the development of social and emotional skills have proven to be holistic and sustainable ways to support disaster survivors in recovering from trauma.

CONCLUSION

Trauma healing for disaster victims is a crucial aspect of the recovery process, which not only focuses on physical healing but also on the mental and emotional recovery of individuals affected. Natural disasters often leave deep scars that can impact long-term mental health, especially in vulnerable children and adolescents. Therefore, trauma healing interventions are vital to help them cope with feelings of anxiety, fear, and loss arising from traumatic experiences. Methods such as play therapy, spiritual counseling, and community-based approaches have proven effective in reducing trauma and anxiety levels among victims. Research shows that through a structured and diverse healing process, individuals can learn to manage their emotions, rebuild self-confidence, and strengthen social connections with those around them. Additionally, trauma healing contributes to the overall recovery of communities, as individuals who receive adequate psychological support are better able to actively participate in social and economic rehabilitation after a disaster. Thus, the importance of trauma healing lies not only in individual recovery but also in efforts to create more resilient communities that are better prepared to face future challenges. Therefore, investing in trauma healing programs should be a priority in disaster response policies to ensure that all victims have access to the support they need to recover comprehensively.

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We would like to express our sincere gratitude to all the researchers and practitioners whose valuable contributions have shaped the understanding of trauma healing in the aftermath of natural disasters. The importance of effective trauma healing interventions, such as therapy, cannot be overstated in helping individuals, particularly vulnerable groups like children and adolescents, recover from the deep emotional and psychological scars caused by such events. This body of literature underscores the critical role that various therapeutic approaches play in alleviating trauma, reducing anxiety, and fostering resilience among disaster victims. We also acknowledge the support of the communities and organizations working tirelessly to implement these healing methods, ensuring that survivors receive the care and attention they need for a holistic recovery. This collective effort is crucial in building stronger, more resilient societies, prepared to face the challenges posed by future natural disasters.

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