

Study

Background

This poster is based on a study titled: A COMMUNITY OF WELLNESS PRACTICE TO CULTIVATE SANITY: HELPING PROFESSIONALS AND INTERNALLY DISPLACED PEOPLE IN THE CONTEXT OF THE INSECURITY CRISIS IN BURKINA FASO.

Main Research Question

How do social, health, and development workers at the frontlines of service organizations and provisions to IDPs address their own health and wellbeing to nurture their holistic need for sanity?

Methods

This study used a **Qualitative perspective**, which involved:

1. Gathering existing local documentation about the health and wellness of the professionals working with the internally displaced people (IDP)
2. Collecting data from three focus group conversations, each composed of a mix of the three groups of professionals covered by the study.
3. Using scoping literature review and thematic analysis methodologies for the data analysis

Participants

1. Professionally active in the field of social work, health care, and development work.
2. Role in the workplace requires daily practice of service organization and provisions to IDPs and host communities.



Scan to access more details about the study!
<https://hdl.handle.net/20.500.14078/4068>

Scoping Literature Review

Scoping Literature Review

1. Define self-care and wellness, and community of practice (CoP) and its application to helping professionals working in the context of the insecurity crisis in Burkina Faso (Ouedraogo, 2025).
2. Explore how self-care and wellness are defined and conceptualized in Western vs African literature.
3. Identify effective individual, interpersonal, and professional self-care and wellness strategies.

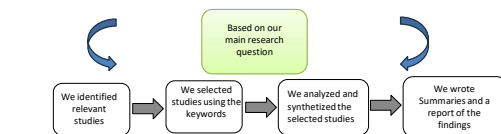
Search Key Terms

- Social work
- Self-care OR Wellness
- Canada OR Africa (AND West Africa)
- Black psychology AND Radical self-care

Limiters

- 2015 – 2025
- Peer reviewed
- Open access
- MacEwan Library

Steps for conducting the scoping literature review using a non-linear methodological approach



(Arksey & O'Malley, 2005)

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Results

African Worldview

Both self-care and wellness are conceptualized in a collectivist sense. Emphasis is placed on the individual in relation to the community. Both concepts are seen as a collective endeavor.

Self-Care (Wyatt & Ampadu, 2022):

- Beyond just a set of behaviours and involves improving the self as a **community** endeavor.
- **Multilayered** process (self-care support, self-care orientation, self-care motivation, self-care skills, self-care behaviours).
- **Social justice** informed practice



Wellness (Asimwe et al., 2025; Erby & Jones, 2024):

- Rooted in community, **spirituality**, and **cultural values**
- Interconnection between the **mind, body, community, and ancestors**.
- Integrates social justice in conceptualization and practice

Western Worldview

Self-care and wellness are viewed as activities/processes in the domain of the individual.

Self-care most often conceptualized as...

- **Personal** self-care as engagement in intentional practices that support overall health and wellbeing of the self; **Professional** self-care as intentional practices that sustain well-being while enabling effective, appropriate functioning in one's professional role (Li et al., 2022; Clark et al., 2025; Rose et al., 2025; Rakovec & Videmšek, 2024)
- **Biomedical**: Consciously practicing healthy to promote and maintain health, prevent dysfunction, and cope with illness and disability (Rakovec & Videmšek, 2024)



Wellness:

- Subjective perception of quality of life and general perception of positive outcomes to situations in terms of physical, spiritual, environmental, social, and mental components (Gropp et al., 2007, as cited in O'Neil and Kruger, 2022)
- Well-being, positive functioning, mental wellness, life satisfaction, strengths, and engagement (Kading et al., 2019)

ACKNOWLEDGEMENTS

We acknowledge all participants, stakeholders, and community partners in Burkina Faso who make this study possible.

This project has been funded by MacEwan Thematic Area Funding 2025. This study has been approved by MacEwan University Research Ethics Board on January 15, 2025.