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The purpose of this exercise has been to utilise the “solution orientation” in addressing the demonstrated high levels of belligerence identified in the following four nations: United States, United Kingdom, Turkey and Israel. The paper employs the Diagnosis–Prognosis–Therapy (DPT) technique for framing underlying conflicts and identifying potential remedies. Therapies are identified for four key areas of state conduct, namely, political, economic, military and culture. The aim of the therapies is to increase equity and harmony and decrease conflict and trauma in line with Professor Galtung’s Peace Formula. Some degree of analysis and forecasting has been performed to highlight potential entry-points for proposed solutions but they are purposely less detailed than we would normally use for formulating solution-oriented remedies. Our primary focus has been on exploring potential remedies. The experience has provided valuable insights into the transformative capabilities of ‘solution orientation’ in pursuing sustainable peace.

**United States**

Structural violence sustains growing inequality and concentration of wealth within US and abroad, with race a major factor determining inequality (UN-Habitat State of the World’s Cities report). Cultural violence blames minorities, outsiders and other ‘external threats’ for downturns, hardships and insecurity. Direct violence manifests itself in externally directed military escapades and runaway gun-violence at home. Inequality brings a host of negative consequences across a range of fundamental areas including social, economic and political. The knock-on effect of growing inequality in all of these areas can devastate community wellbeing, fracture social cohesion and put the country’s future stability and viability at risk.

In light of this, a holistic and multi-faceted therapeutic approach is recommended for the US. Politically, the US should provide more effective measures to limit the ability of wealthy actors to corrupt the democratic process in favour of primarily commercial (including military-industrial) interests. Ensure more inclusive representation focusing on victims of inequality who have been effectively disenfranchised.

Militarily, the Congressional Authorisation for Use of Military Force Against Terrorists, which has been in place since 14 September 2001, should be withdrawn. Reclassify counter-terrorism as a law enforcement concern and remove the military from routine CT activities; to be called upon only when required. Expose and punish corrupt contracting practices by the military and its supporting industries. Investigate and prosecute war crimes. Close Guantanamo Bay.

Economically, the US should disavow the long-term viability of “trickle down” capitalism and find alternative economic models that prioritise human needs before profits. Culturally, US belligerence should be replaced with strong leadership in promoting and protecting human rights. Re-cast the US contribution to the global community from hegemonic to culturally rich, racially accepting and socially and economically enabling. Position the US to lead by example in the practice of democracy; use skills and resources to protect and preserve threatened cultures and environments.

**Israel**

In the name of state security, Israel imposes structurally and culturally violent policies and engages in direct violence against Palestinians. Yet the Israeli and Palestinian populations both have legitimate needs in the areas of self-determination, state recognition, freedom to move within borders and protection from violence and aggression.

Political therapies should foster regional recognition for Israel and Palestine as sovereign states exercising self-determination. Efforts to achieve this should address and, where possible, remove vertical imperialism. Realignment to a horizontal, mutually enriching relationship away from superpower-based imperialism (i.e. the United States) would foster regional harmony through integration for future stability and cooperation.

Economic therapies should seek greater equity between the Israeli and Palestinian economies given Palestine’s Gross Domestic Product in 2013 totaled US$6.9 billion (Trading Economics 2015a); 2.27 per cent of Israel’s US$304.2 billion GDP in 2014 (Trading Economics 2015b). Establishing a regional economic trade council through cooperation of Middle Eastern states would help to shift Israeli economic reliance toward a regionally focused trade alliance. Crucially, interconnected regional economic stability and sustainability would foster greater equity within society and empathy at all levels within and between states.

Military therapies should address and minimise direct violence to ensure both Israeli and Palestinian human rights and security needs are upheld. Israeli military could be re-tasked to ensure human rights for are safeguarded all including by ceasing extrajudicial killings and acknowledging Israeli human rights abuses. Similarly, developing a disengagement plan for Israeli military withdrawal from the Occupied Territories and West Bank would do much to improve cooperation with neighbouring states to build security and stability.

Cultural therapies should seek to eliminate marginalization and dehumanisation by nurturing closer Israeli and Palestinian relationships through community-based conciliation activities. This involves transitioning the social system away from state-based ideologies to explore transitional progress through regional geography. Prominence and priority for greater gender representation throughout society should be concentrated on empowering community leadership where identity is transformed into horizontally inclusive societal structures and cultures.

**Turkey**

The geopolitical disposition of Turkey, the legacies a religious-based military in a Kemalist-secular state, the 38 years of Kurdish-Turkish tensions and the pressure from both allies and other belligerent states like Russia together sustain an entrenched and multifaceted underlying conflict.

Political therapies should work towards a mutually acceptable system of non-interference, energy security and cultural respect through sustained consultation between Shanghai Cooperation Organisation (SCO) and North Atlantic Treaty Organisation (NATO) to manage national and regional security (Arai, 2015) (Flood, 2015) (Shaaban, 2016). EU accession should be contingent on the dignified treatment of Syrian refugees. (de Bellaigue, 2015) (Kamal, 2016) Open, mutually inclusive discussion with Kurdish political parties to manage Kurdish settlement with full human rights including respect for Kurdish people in bordering countries of Syria and Iraq. (Bildt, 2015) (Cagaptay, 2015). Open discussion with Cyprus and Armenia to balance EU and NATO cooperation and seek possible peace settlement between Armenia and Azerbaijan. (Bildt, 2015)

Economically, remedies would seek to uncouple regional rivalries from bilateral relations with Iran and other neighbouring countries to allow continuity in economic relations to manage Russia’s unilateral sanctions, USA and its allied hegemonic pressures. (Ahmadian, 2016) (The Choices Program, 2014)

Militarily, force structure and operations in Turkey could be recalibrated for secularism, whereby the rejection of expansionist tendencies and the renewed focus on peace from Kemalism is reintroduced in an updated legal framework. (Taspinar, 2012) (Galtung, 2014) Force elements from Turkey and regional countries where Kurdish and Syrian refugee populations are prevalent could participate in peacekeeping exercises.  Creation of a ‘conscientious objector’ civil service as an alternative to compulsory military service aimed at maintaining security while reducing military involvement, including provision of services aimed at assisting the poor, or undertaking international studies to better understand the aims of peace in the region. (Hinke, 2016)

Culturally, a public apology from Turkey that acknowledges human rights abuses against Kurds and Armenians; acknowledges Turkey’s condemnations for war crimes in supranational courts; and guarantees the reparative process. A guarantee to welcome Kurds residing in other territories to reside inside Turkish borders could be considered. (Galtung, 2012). Dialogue to be initiated between the Sunni and Shia sects, whereby leaders must call on imams from each sect to be invited to speak educationally together, from a national to local level. The Turkish Government to go to referendum to include recognition of the Shia in the constitution.

**United Kingdom**

 United Kingdom has been a leading proponent of cultural and class-based structural violence since its time as the world’s pre-eminent imperial power. The UK’s post-imperial realignment has sought to preserve cultural and structural advantages and inequities through neo-colonialist, predominately commercial (including military-industrial) conquests. Notably, these conquests are conducted, almost without exception, in concert with the present-day, predominately white, English-speaking hegemonic power – the United States.

 Political remedies should favour a renewed emphasis on the value of the European Union as a means to ensure greater equity among populations including in terms of minimizing the potential for violent conflict and sharing the burden of both positive and negative consequences of economic growth. Economically, the remedies should address the growing disparity between the ultra-wealthy and the growing number of unemployed and displaced persons. The objectives of economic growth should be reconfigured to prioritise meeting human needs as opposed to purely fueling profits and minimizing taxes paid by corporations.

 Militarily, the UK’s default preparedness to join US-led military interventions should be challenged robustly in light of a string of interventionist military fiascos. The population should be given voice question the endogenous factors motivating the US and the structural and social injustices fuelling the prolonged unrest and violence in the countries whose territories play host to the violent expressions of a lucrative US hegemony. Culturally, in light of its imperial and colonialist past, the UK should resist hardening its borders against the growing numbers of displaced and seek to genuinely de-couple its aid and development efforts from the exploitative agenda of global market-oriented capitalism.

**Conclusion**

This study demonstrates Professor Galtung’s Peace Formula as applied to the underlying conflicts affecting the world’s most belligerent states. Multiple therapy solutions have been identified along various dimensions of state behaviour including political, economic, military and cultural.

The proposed therapy solutions revealed specific cross-cutting patterns that can be applied to any of these four countries. At the political level, each state should open more inclusive non-violent dialogue with minority groups and disadvantaged, and ensure the implementation of an acceptable system of non-interference, based on multilateral and interregional integration and cooperation. At the economic level, states should focus on the identification of mutually beneficial goals for economic cooperation, through increased economic relations and trade, thereby fostering greater equity within society. At the military level, states should use military forces to safeguard security through cooperation and prevention and should investigate and prosecute war crimes consistently. At the cultural level, states should seek to substitute their belligerence with strong leadership in promoting and protecting human rights, inter alia by respecting other cultures and ensuring minority groups and the vulnerable are able to realise equal rights.

The implementation of therapy solutions should be holistic in order to ensure that the conflicts are indeed deeply transformed and that countries shift from their belligerent perspective: moving from contradictions to cooperation, and play a part in building lasting peace.

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