

## **Abstract**

Spirituality affects people's well-being and can be used to cope with traumatic experiences. The present study explored the role of spirituality in coping with war-related trauma among war veterans who fought in the Zimbabwean war of liberation between 1966 and 1979. Sixteen in-depth interviews and two focus group discussions were conducted using a semistructured interview guide. Data were analyzed using thematic content analysis. The study revealed the following seven themes that pointed to the role of spirituality in coping with war trauma: connectedness with ancestors, spirit mediums help to cope with fear, spirit of war, role of war songs and dances, spirituality and unity, spirit mediums helped with moral issues, and believing in God. The study recommends the need to be culturally sensitive to understand an individual's coping responses when faced with war-related trauma.