



TRAUMA PSYCHOLOGY TRAINING: A MULTICULTURAL AND INTERNATIONAL PERSPECTIVE

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Cultural Competence (awareness/sensitivity)

- Awareness – Levels of the Self
- Knowledge
- Skills



Domains of Cultural Awareness

- Ethnic-racial
- Spiritual/religious
- Gender
- Disability
- Sexual Orientation
- Socio-economic status
- Political - geographic



Teaching students necessity of cultural awareness

- Shapes lens with which we see
 - ▣ Ourselves
 - ▣ Our relationships
 - ▣ Trauma
 - ▣ Recovery



Need to directly address -isms

- Create place of safety in classroom and training site
- More to cultural identity than oppression
- Realities of contemporary oppression
- Address stereotypes and stigmas
- Critical understanding of colonialism, racism, patriarchy, heterosexism, xenophobia, etc.
- Discourse on cultural differences versus use of culture as cover for trauma and violation
- Understand that different does not equal inferior
- Understand the values implicit in some of our theories and interventions
- Trainer should be an ally and advocate



Training requires

- Time
- Life long learning
- Honesty
- Inclusion of multiple voices
- Didactic
- Participatory



Training Activities

- Reading and discussion of broad range of literature
- Case study examples
- Multi-media: use of film, etc.
- Role plays
- Reflection papers
- Interview papers
- Research papers



Consider intersection of trauma themes and culture

- Safety
- Self care
- Trust
- Shame
- Mourning the Losses
- Body image
- Sexuality
- Anger
- Coping strategies
- Meaning Making





Teach Guidelines for International Work

- Work through established organized groups in the country
- Have training in emergency response and cultural awareness before beginning work
- Develop collaborative relationships
- Have an understanding of community psychology and/or public health
- Share skills that can be used by local staff
- Training on working with interpreters

Selected References

- Briere, J. & Scott, C. (2006). *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment*. Sage Publications
- Brown, L. (2008). *Cultural Competence in Trauma Therapy: Beyond the flashback*. Washington, DC: APA
- Bryant-Davis, T. (2007). *Thriving in the wake of trauma: A multicultural guide*. Lanham, AltaMira Press.
- Harvey, M., & Tummala-Narra, P. (2007). *Sources and Expressions of Resiliency in Trauma Survivors: Ecological Theory, Multicultural Practice*. Routledge
- Inter-Agency Standing Committee (IASC) (2007). *IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings*. Geneva: IASC.

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