



Culture and Trauma



Partnering to build brighter futures



Learning Objectives



Learn about the impact of traumatic events



Understand the cultural context of traumas



Discuss Resiliency and Strength Based Approaches

Self-Care Check

- Step out and take a break
-
- Engage your senses
- Stand up; stretch
- Debrief – who can you talk to?



TAKE
CARE OF
YOURSELF



Pausing Before We Start



Learn about the Impact of Trauma



Poll: Do you see a relationship between
Culture & Trauma?

- A. Yes
- B. No
- C. Maybe
- D. Not sure



What is Trauma?



Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual wellbeing.

SAMHSA Three E Definition of Trauma



Stress as Trauma

Stress has been normalized in society. However, stress can be traumatic to our body, mind, and emotional wellbeing.

Additionally, it can overlap and transform an individual's experiences.

- Toxic Stress
- Stress Arousal
- Chronic Stress
- Traumatic stress



How Stress Affects Your Body





Video Reflection



STRESS IS THE ONLY
THING HOLDING ME
TOGETHER RIGHT NOW.



IF I UNCLENCHED
MY JAW



AND DROPPED MY
SHOULDERS AT
THE SAME TIME,



MY HEAD WOULD
POP RIGHT OFF.



Trauma & Stress

Toxic Stress

- **Prolonged activation of the stress response**, with a failure of the body to recover fully. It differs from a normal stress response in that there is a lack of caregiver support, reassurance, or emotional attachments.

Chronic Stress

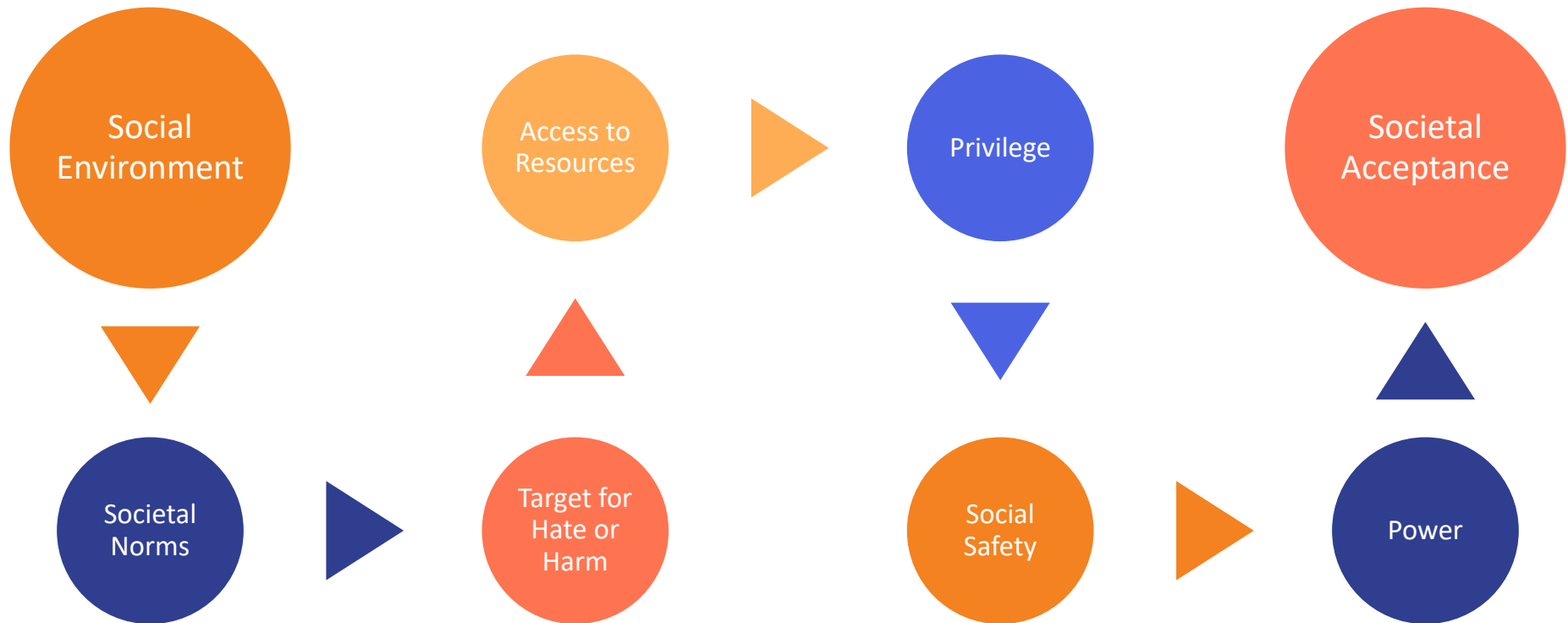
- **Prolonged and constant feeling of stress** that can negatively affect your health if it goes untreated. It can be caused by the everyday pressures of family and work or by traumatic situations.

Traumatic stress

- This trauma is a specific type of **stress that reflects exposure to terrible events** generally outside the range of daily human experience that are emotionally painful, intense, and distressing. Consider the level of impact, intensity, and interventions.



The Shared Roots of Trauma & Stress





What is Culture?

“The shared values, traditions, arts, history, folklore, and institutions of a group of people that are unified by race, ethnicity, nationality, language, religious beliefs, spirituality, socioeconomic status, social class, sexual orientation, politics, gender, age, disability, or any other cohesive group variable.” – N.N. Singh, 1995

Yet “The Myth of Normal” – Dr. Gabor Mate

Abandoned Human Needs

Societal Barriers and Exclusion

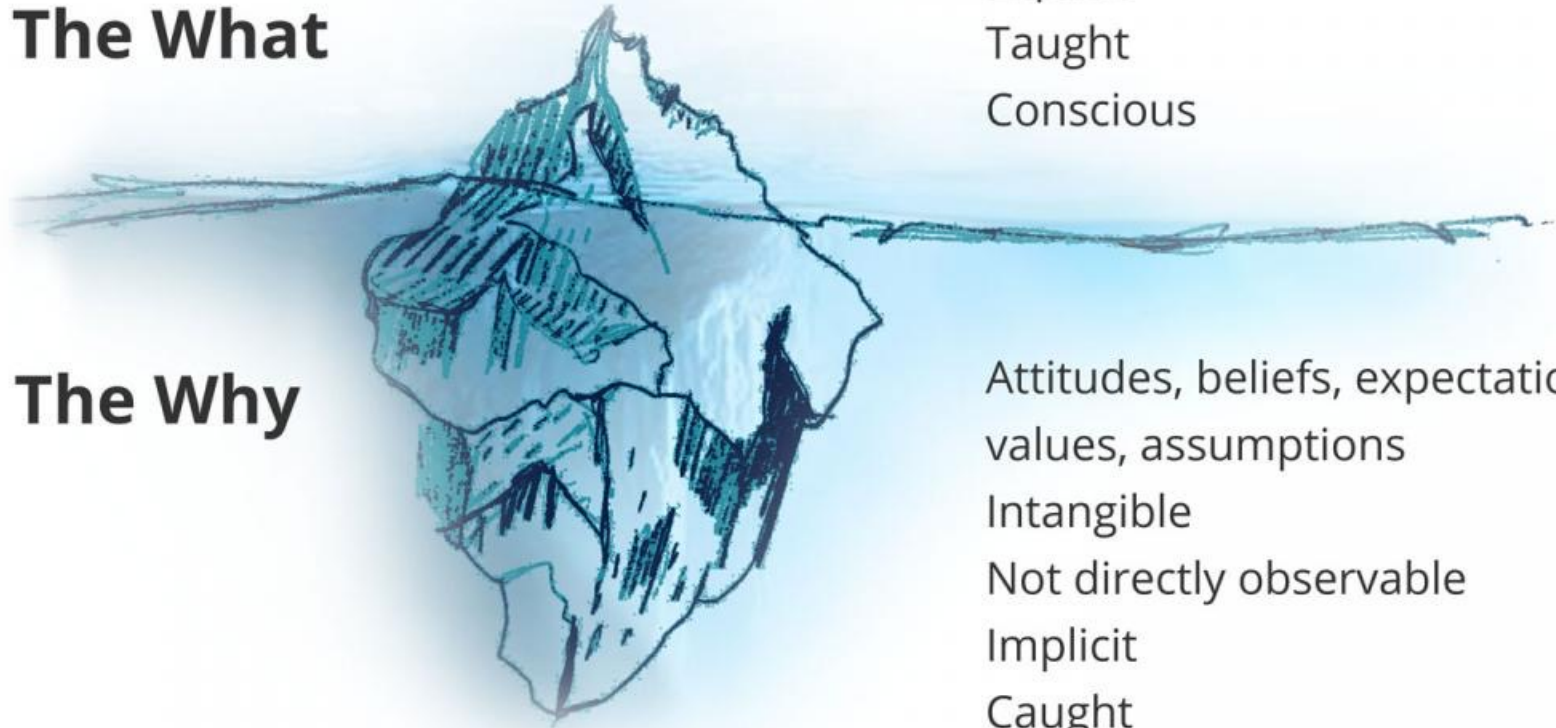
Our Roles – Society’s First Responders

The What

Behaviours and artifacts
Accessible to the senses
Observable
Explicit
Taught
Conscious

The Why

Attitudes, beliefs, expectations,
values, assumptions
Intangible
Not directly observable
Implicit
Caught
Subconscious





Poll: What do you witness as cultural trauma in your role?

- A. *Physical*
- B. *Emotional*
- C. *Behavioral*
- D. *Relationships*
- E. *Attachment*
- F. *Development*



Society, Culture, and Trauma





Video Reflection & Reminder

When it feels disheartening
to learn that trauma
changes the brain, remember that
healing changes the brain, too.



@howhumansheal

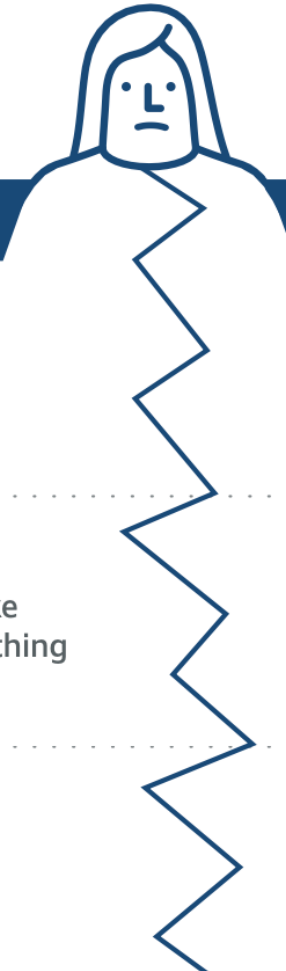


Trauma Glasses Activity

Trauma glasses off	Trauma glasses on
Manipulative	
Lazy	
Resistant	
Unmotivated	
Disrespectful	
Attention-Seeking	



Culture & Trauma in Work



WHAT SHOWS UP AT WORK

TARDINESS & ABSENTEEISM

Employees are always late or don't show up.

BAD INTERVIEW SKILLS

Interviewees lack basic interview skills like making eye contact. Do they have something to hide? Should they not be trusted?

HIGH TURNOVER

Employees' chaotic lives disrupt their work performance.

WHAT'S REALLY GOING ON

“ I didn't sleep last night because I am **so stressed out** about paying the rent, getting the kids to school on time, and keeping this job.

“ Eye contact is **intimidating**; it triggers abuse I've experienced in the past after "talking back."

“ I don't know **how much of my life is okay to share** at work. It's impossible to tune out the abusive relationship I have to go home to.

Historical Trauma



Historical Trauma & Disenfranchised Grief

- **Historical trauma** is cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma
 - Trauma is transferred across generations through impairment of traditional parenting skills, identifications, and other complex processes
- **Historical unresolved grief** accompanies that trauma



Braveheart, 1998, 1999, 2000



Our own life has to
be our message.

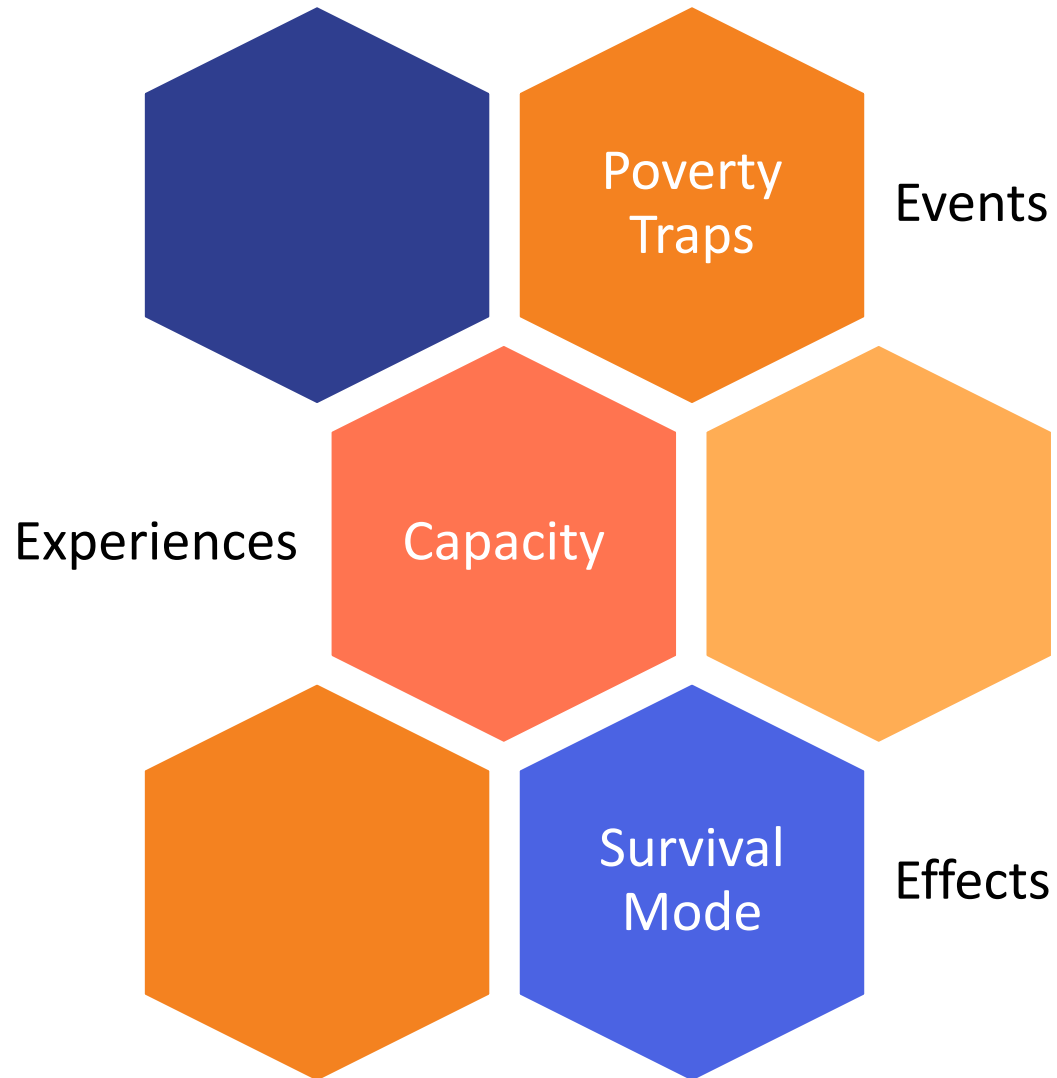
Thich Nhat Hanh

quote fancy

Ancestral & Intergenerational Healing



Poverty As Economic Trauma





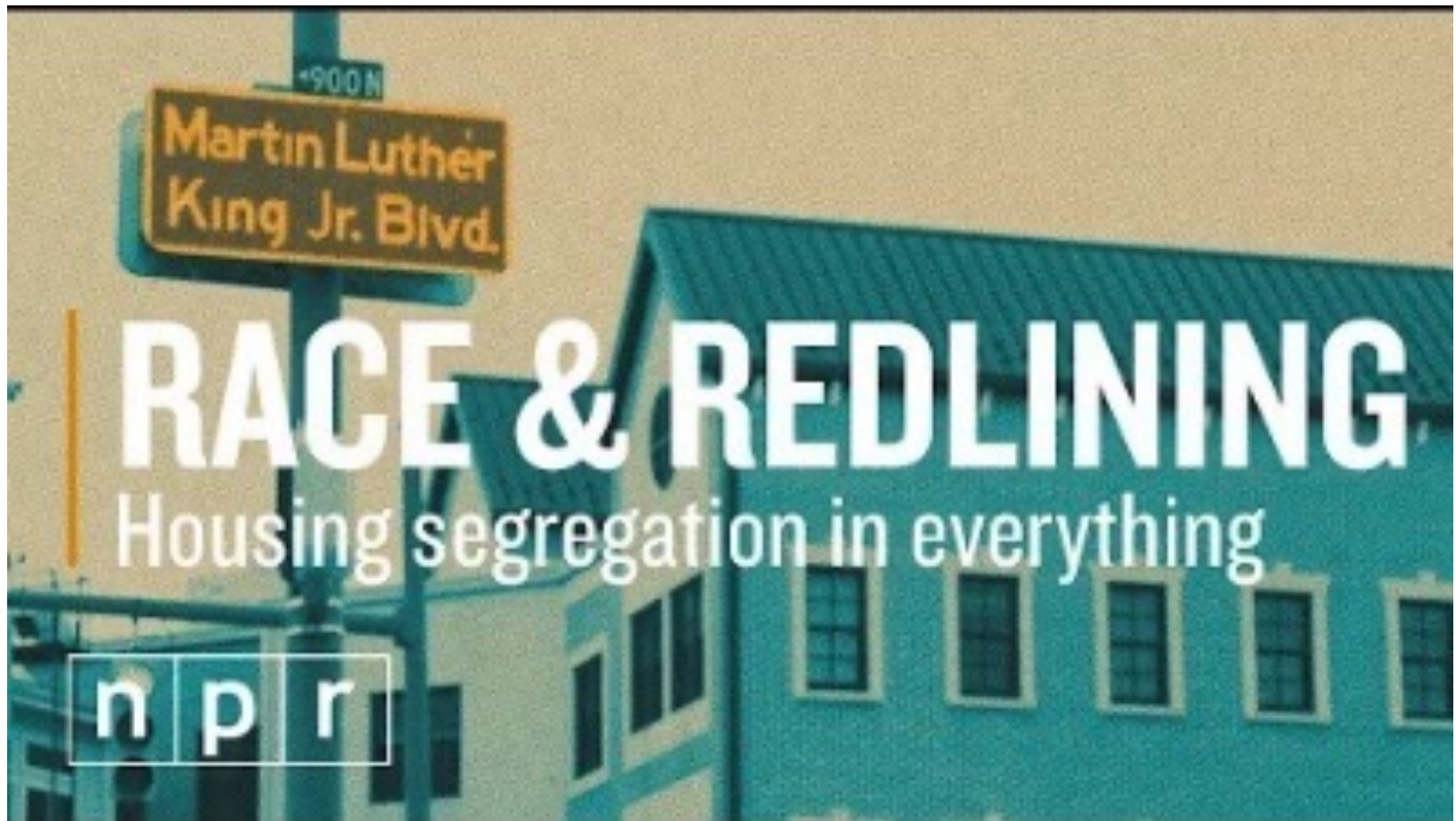
Disenfranchised Grief

What does it mean for a grief ... to be ungrievable

1. The relationship between the griever and the deceased is not recognized
2. The death or loss is not recognized and regarded as less "significant" or individuals are excluded from mourning
3. The griever's ability to grieve is not recognized and surrounded with stigma. Grief for this loss does not align with social norms

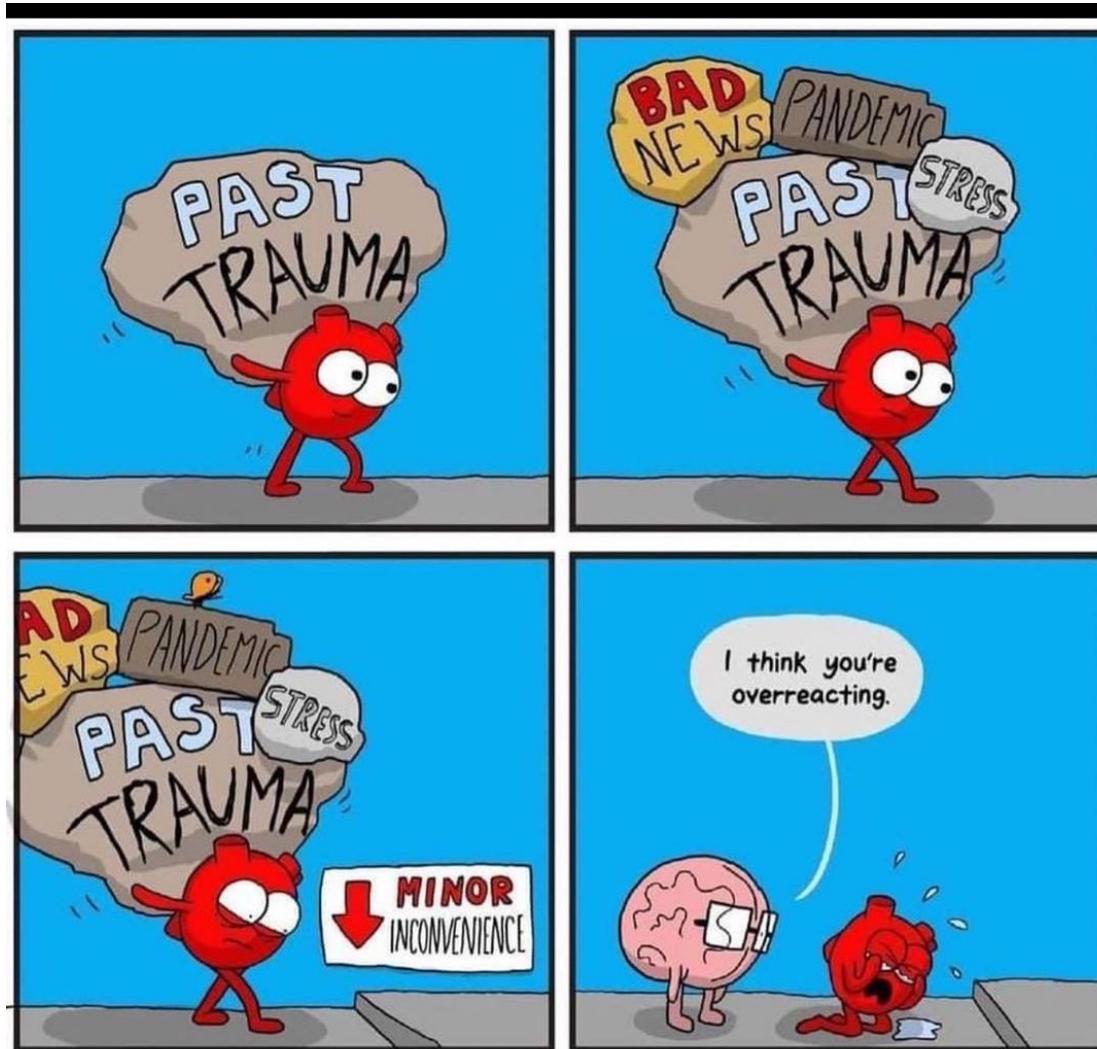


Trauma & Our Environment

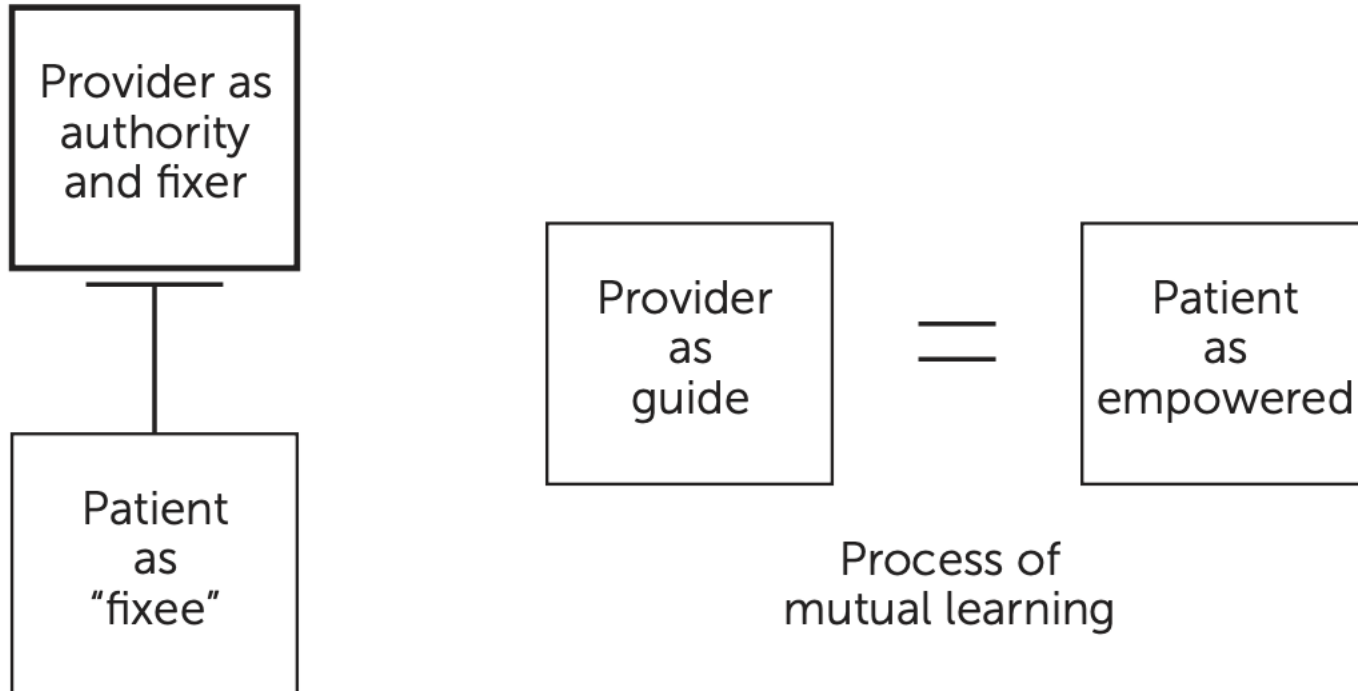




Video Reflection



Our Roles as Coaches



Noshene Ranjbar, M.D., Matt Erb, PT, Othman Mohammad, M.D., Francisco A. Moreno, M.D.



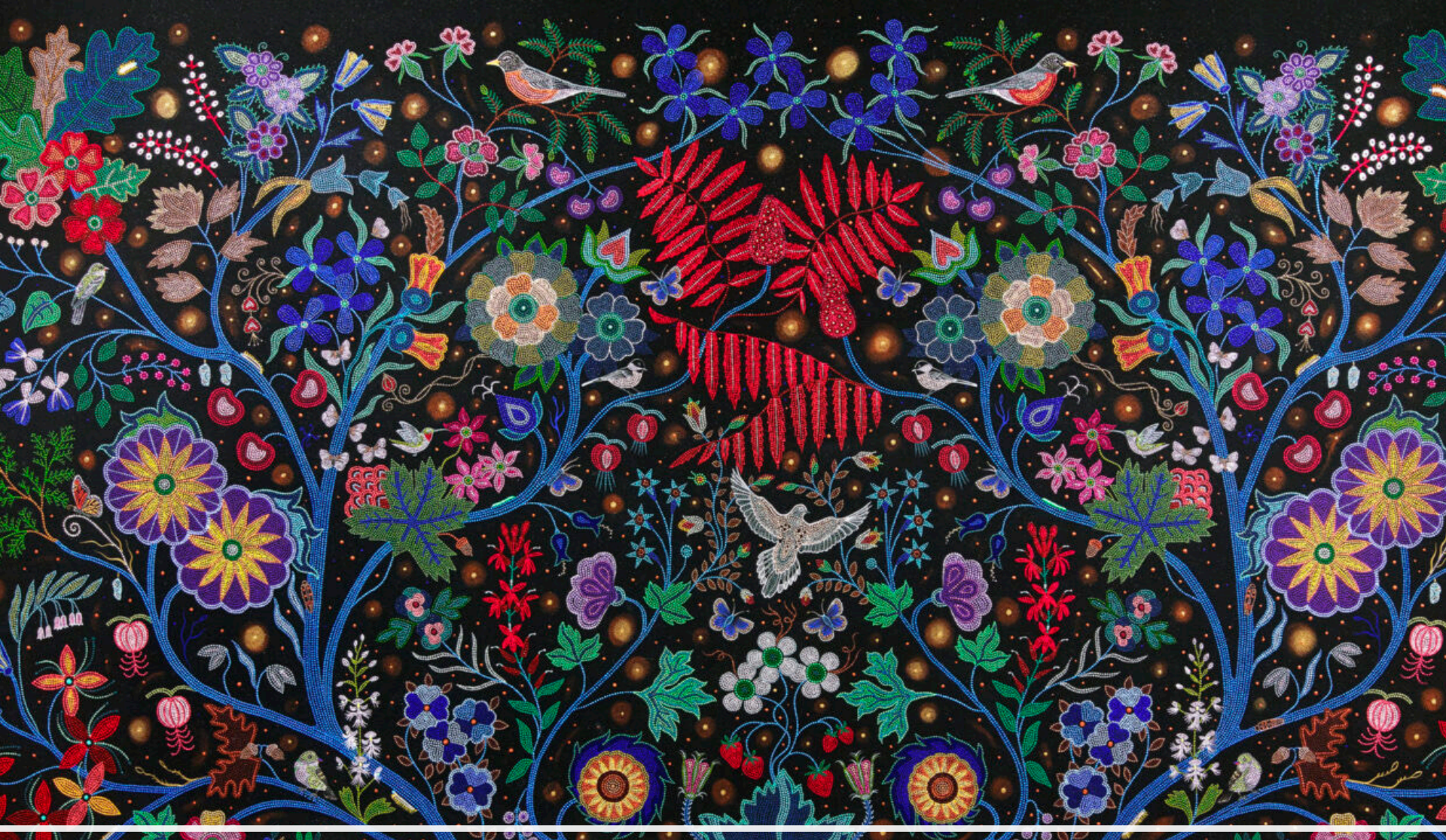
Addressing Impact & Healing

Individual level Impact

Barriers, Gaps, Challenges, etc.

Community level Impact

Directive, Non Directive, and Collaborative Coaching



Remember Intergenerational Wisdom, Resiliency, Resistance – Not Just The Trauma

(fristartmuseum.org)





Questions?

