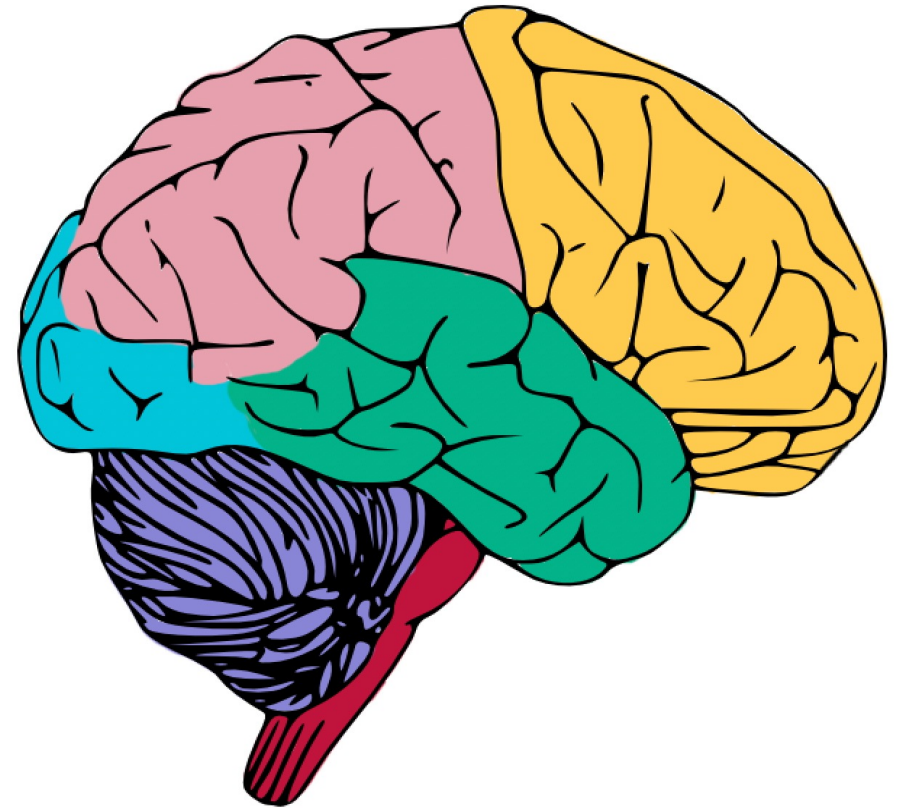


Trauma Informed Social Work

Module 3: Class 7

Trauma, Resilience,
Collective/Historical Trauma, &
Social/Political Context of Mass
Trauma and Collective Resilience



Agenda

- Collective Trauma
- Historical Trauma
- Social and Political Factors that Impact Trauma Recovery



Traumatic Experiences

Traumatic Experiences

Individual Trauma

- Refers to the unique experience of an event or set of circumstances by an individual that has a lasting impact on their functioning or well-being.
- Can impact physical, social, emotional, and/or spiritual domains (Giller, 1999; van der Kolk & Courtois, 2005)

Interpersonal Trauma

- Is an event that occurs with other people.

Social Trauma

- Are traumatic events or situations that involve a community or one's social group.

Cultural Trauma

- Refers to an attack on the fabric of a society, affecting the essence of a community and its members

Traumatic Experiences

Historical Trauma

- Refers to the traumatic experiences or events shared by a group of people within a society, or by an entire community, ethnic or national group.
- HT has widespread effects, collective suffering, and malicious intent (Fraser et al., 2018)

Intergenerational/Multigenerational Trauma

- Refers to the ways in which trauma experienced by one generation affects the health and well-being of descendants of future generations (Bezo & Maggi, 2015; Goldblath, 2008)

Insidious Trauma

- Refers to the daily incidents of marginalization, objectification, dehumanization, and intimidation experienced by individuals from groups targeted by forms of oppression (e.g., racism, heterosexism, ableism, ageism) that are not usually overt (Root, 1992)

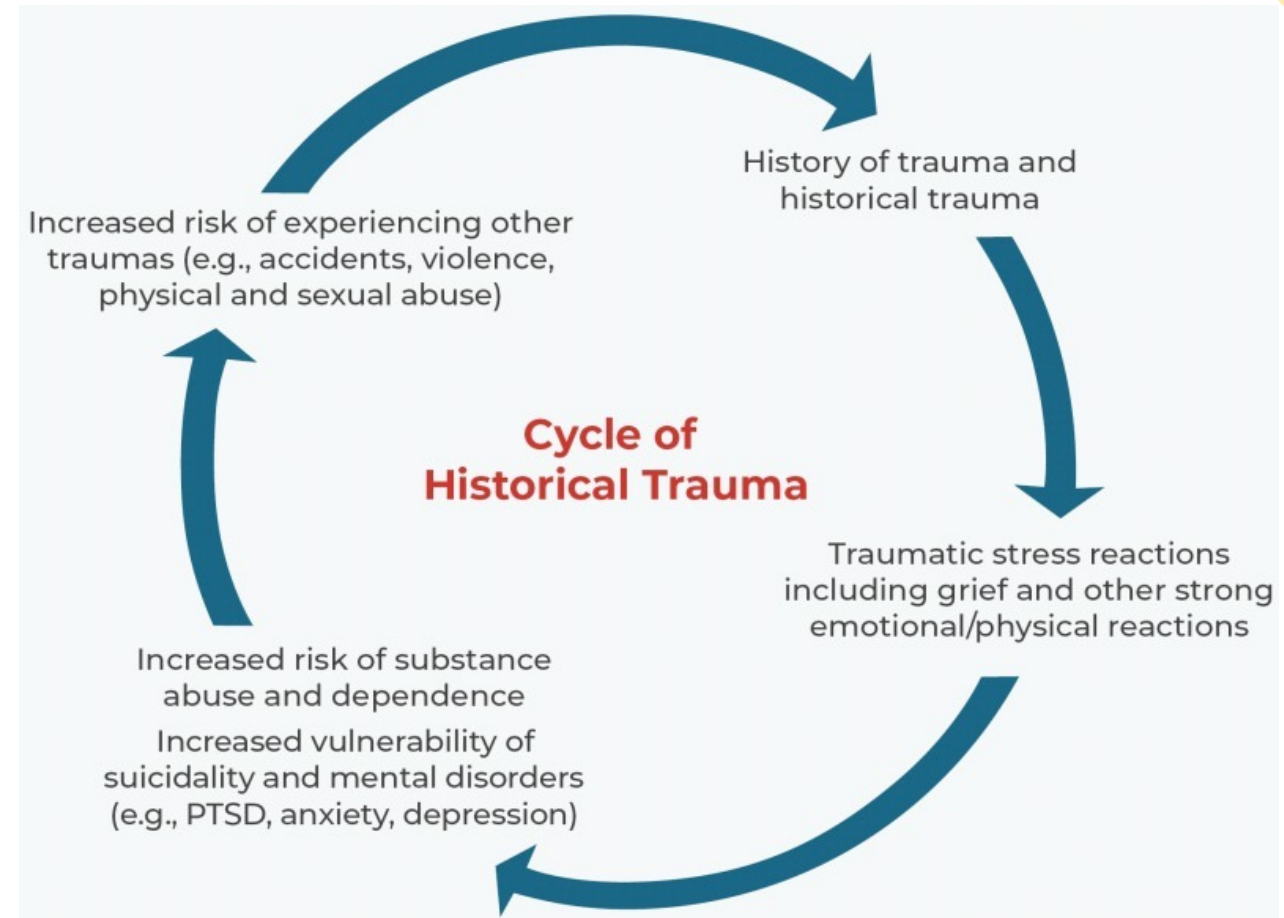


Intergenerational / Multigenerational Trauma

- A traumatic event that began years prior to the current generation and has impacted the ways in which individuals within a family cope with, understand, and heal from trauma. (Hill, 2017)
- Is trauma that is passed down from those who directly experience a traumatic event to subsequent generations.
- This trauma may begin by affecting one individual, multiple family members, or collective trauma that affects a larger community, cultural, racial/ethnic, or other groups. (Franco, 2021)

Historical Trauma

- Developed in the 1980's by Native American social worker and mental health expert, Maria Yellow Horse Braveheart
 - To explain the myriad symptoms experienced by a family, community, or a people in reaction to traumatic events.
- The cumulative emotional and psychological consequences of the trauma experience are transmitted to subsequent generations through the physical, environmental and social pathways resulting in an intergenerational cycle of trauma response.
- The idea that populations that have been historically subjected to long-term, mass trauma exhibit a higher prevalence of disease even generations after the original trauma occurred.



Assumptions of Historical Trauma

1. Mass trauma is deliberate and systematically inflicted on a target population by a dominant population.
2. Trauma is not limited to a single catastrophic event; continues over an extended period of time.
3. Traumatic events reverberate throughout the population, causing a universal experience of trauma.
4. The magnitude of the trauma derails the population, resulting in a legacy of disparities that persist across generations (Sotero, 2006).

Historical Trauma Among Native Americans and African Americans

Native Americans

- Numerous acts of relocation of Native Americans with the goal of creating more White settlement
- Increased American Indian Residential schools
- Native Americans were oppressed resulting in loss of identity, cultural shame, and self-hate
- Experiences passed down intergenerationally
- These experiences often associated with increased rates of depression, anger, substance use, and hypervigilance in NA communities.



African Americans

- The trauma endured by African Americans has also been passed down from one generation to the next.
- The traumatic experiences of slavery is passed down through collective memory
- Although many Black individuals did not directly experience slavery or had ancestors who did, they still were identified with and came to identify themselves based on the memory and representation of slavery.



Social and Political Factors that Impact Trauma Recovery

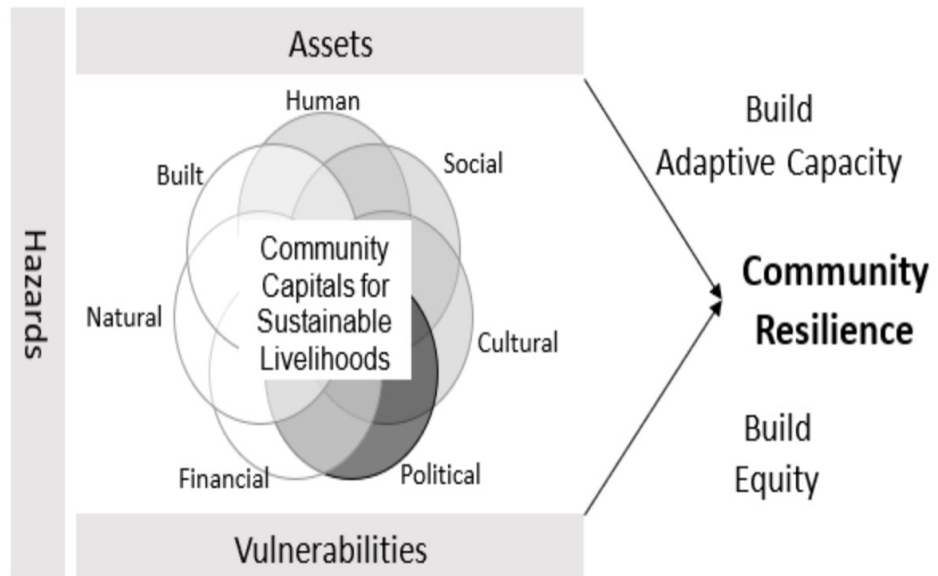
Resilience Defined

- The capacity of individuals to access needed resources to sustain their well-being and the capacity of their communities and governments to provide them with what they need in meaningful ways. (Ungar, 2011)
- “A set of adaptive capacities to a positive trajectory of functioning and adaptation after a disturbance.” (Norris, 2008, p.130)
- Is best viewed as an ability or a process but **not** an outcome.



Community Resilience

- Refers to the ability of individuals that share common characteristics (e.g., interests, culture, shared activities) to have positive collective functioning after experiencing a mass stressor, such as a natural or human-made disaster (Norris et al., 2008).
- Like individual resilience, community resilience is not viewed as a trait or an end product, but rather as a process, (Nuwayhid et al. 2011)
 - Emotional orientations, characteristics and resources
 - Activities



Emotional Orientations

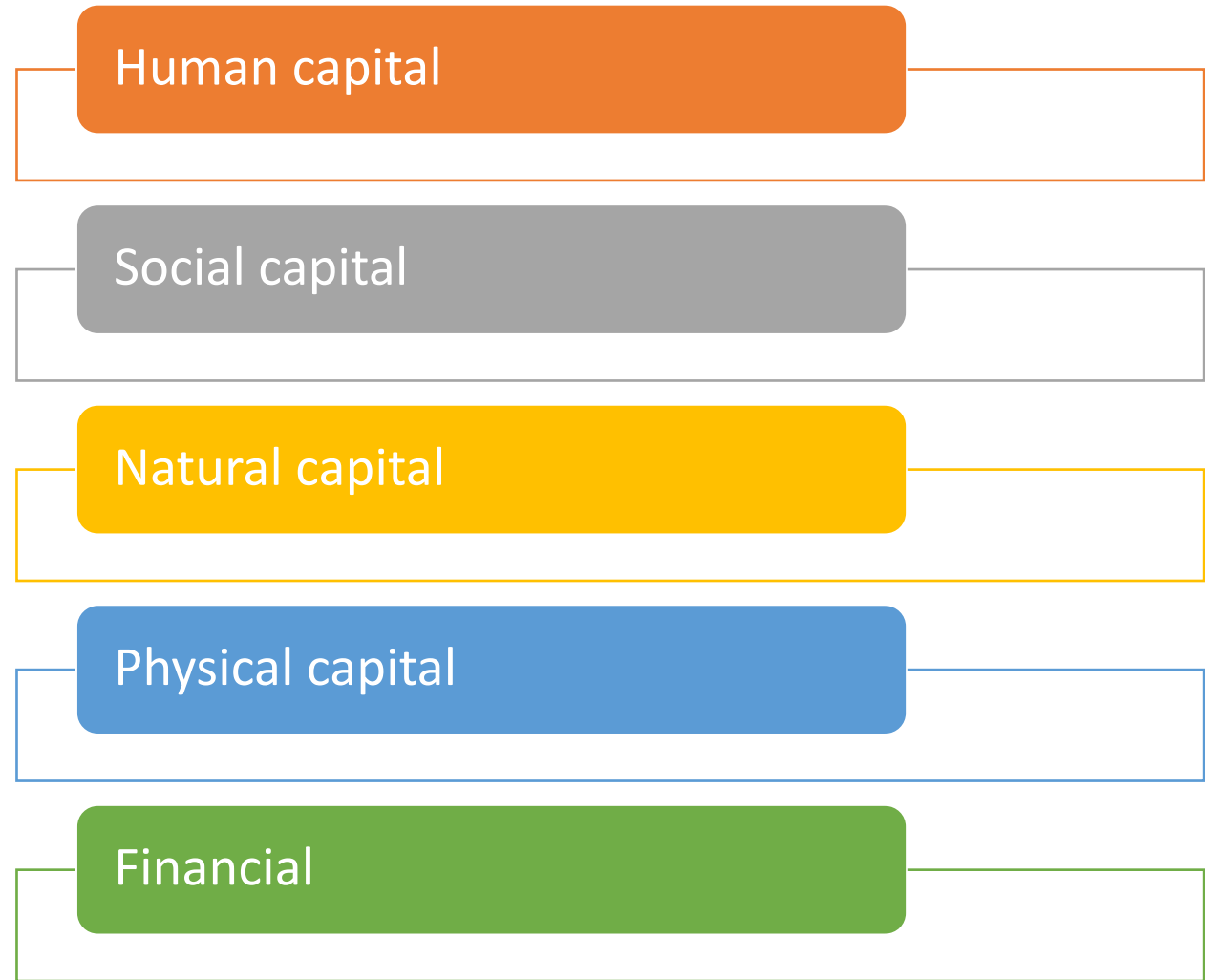
- Collective emotional orientations
 - Refers to “cultural frameworks,” established through shared memories, goals, and myths of a society
- Collective senses of hope, agency, altruism, trust, and patterns of interdependence



Community Characteristics

- A sense of collective identity and community cohesion
- Hardiness borne of prior experiences of stress and trauma.

Common Types of Capitals Found Within Communities





Resources Within Communities

- Social capital
- Physical and organizational infrastructure
- A set of “**adaptive capacities**”
 - “Property of the environment that describes changes in stability landscapes and resilience” (Gunderson, 2000, as cited in Norris, 2008, p. 135)
- Interaction of:
 - Information and communication
 - Social capital
 - Economic development
 - Community competence

Resources Within Communities: 9/11

- Four types of shared resources facilitated community resilience in the wake of the 2001 attacks on the World Trade Center:
 - Technical
 - Organizational
 - Social
 - Economic

Specific properties of resilience resource:

- **Robustness**
 - The ability of infrastructure to withstand stress
- **Redundancy**
 - The ability of systems to function in case primary systems are destroyed
- **Resourcefulness**
 - The possibility for mobilization of human and material resources
- **Rapidity**
 - The timeliness with which priorities are met



Formal Networks

- Includes a range of systems:
 - Education
 - Child welfare
 - Criminal justice
 - Health care
- Focus should not only be on the number and strength of the resources within a community but on how these resources integrate as networks

Informal networks

- Varies but can include individuals/activities such as:
 - Friends and family members
 - Religious institutions
 - Wrap-around services
 - Family group conferencing
- These networks help with trauma recovery while also building community



Activism & Engagement for Social Justice

- Efforts to resist and demand accountability moved suffering from the private realm into the public, and gave participants a sense of power over their symptoms of trauma (Robben (2005), on the decades-long repression in Argentina)



Collective Memory



- Mental representation of past events that are common to members of a social group
- Expression of collective memory:
 - Memorializing
 - Story telling
 - Commemorative rituals
 - Symbols

Principles to Support Community Resilience

- **An ecological perspective**
 - The community's social and physical ecology are critical to the resilience of members
- **Facilitated navigation**
 - The more a community helps individual's navigate resources → more resilient individuals, families and communities will be as a whole
- **Facilitated negotiation**
 - The more a community helps individuals negotiate for needed resources → more resilient individuals, families and communities will be as a whole
- **Differential impact**
 - Resources within a community will have a greater impact on individuals who are more disadvantaged
- **Complexity**
 - Need for a complex and interrelated set of processes to allow for the availability of more resources over time



Model of Community Resilience

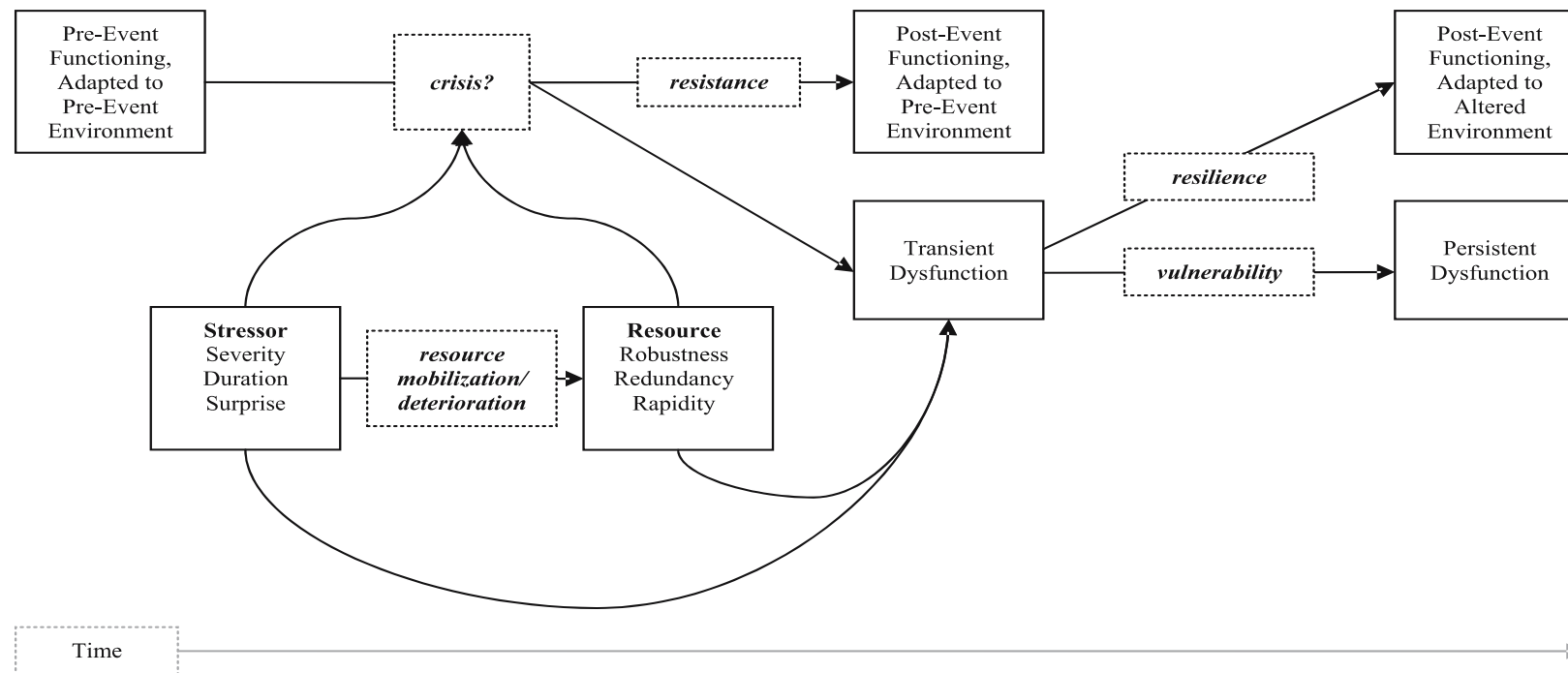
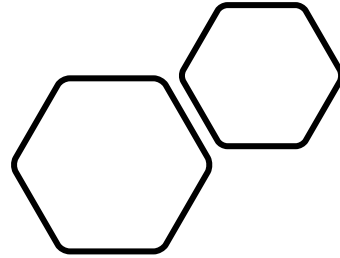


Table 2 Key terms in the theoretical model

Concept	Definition
Resilience	A process linking a set of adaptive capacities to a positive trajectory of functioning and adaptation after a disturbance
Community resilience	A process linking a set of networked adaptive capacities to a positive trajectory of functioning and adaptation in constituent populations after a disturbance
Resilient (adj.)	Having shown, currently showing, or eventually showing a positive trajectory of functioning and adaptation after an initial disturbance as a result of adequate adaptive capacities
Adaptive capacities	Resources with dynamic attributes, i.e., resources that are robust, redundant, or rapidly accessible
Resources	Objects, conditions, characteristics, and energies that people value
Robustness	One of three dynamic attributes of resources; resource strength, in combination with a low probability of resource deterioration
Redundancy	One of three dynamic attributes of resources; the extent to which elements are substitutable in the event of disruption or degradation
Rapidity	One of three dynamic attributes of resources; how quickly the resource can be accessed and used (mobilized)
Resilience-resources	Synonymous with adaptive capacities
Resilience-outcomes	The end result of resilience, characterized here as wellness for individuals and populations
Psychological wellness	An individual-level outcome indicative of successful adaptation defined according to four criteria: (1) absence of stress-related psychological disorders; (2) healthy patterns of behavior; (3) adequate role functioning at home, school, and/or work; and (4) high quality of life
Population wellness	A community-level outcome indicative of successful adaptation, defined as high and non-disparate levels of mental and behavioral health, role functioning, and quality of life in constituent populations
Quality of life	One component of wellness that captures how people generally feel about their lives as a whole and in domains of work or school, family, health, leisure, and neighborhood.

Food For Thought



“The depth at which we take in the preceding generations astonishes me. There is likely an epigenetic component to this as well as transmission through the internalizations that get passed down through the generations. Whole cultures are carried forward that way, so it makes sense that family legacies might be transmitted that way as well.” (Bonnie Badenoch)