

INDEX

Italic page numbers indicate material in tables, figures, or boxes.

- accidental deaths, 5, 59, 68, 103, 170
Acholi people. *See* Ugandan civil war
ACLU (American Civil Liberties Union), 48–49
activity groups, 231–234
acts of God, 59, 61, 92
acute stress disorder, 95
affective strategies, 259
African Americans: Katrina predisaster conditions of, 9, 65–66, 149; New Orleans vs. Mississippi aid, 79; racial profiling of, 149, 252; stigmatizing of, 16, 65–66, 76, 147–148; Turners Falls, Massachusetts, 77
afterlife, 109
agency vs. fate and karma, 19–20, 20, 53, 66, 115
“Aggression to Reconciliation, From” (Botcharova), 260, 261
airplane crashes, 40. *See also* 9/11
Albania, 195–196
Alfred P. Murrah Federal Building bombing, 103, 292–293
ambiguous loss, 108, 284
American Red Cross (ARC), 11, 33–37, 41, 165, 167, 199
amygdala, 21, 89
ancestors, 20–21, 104, 120
anger: and human-caused disaster, 63; managing, 244–245; ventilation, 20, 166, 221, 234, 245
anniversaries, 45, 294–295
appetite, changes in, 91–92
ARC (American Red Cross), 11, 33–37, 41, 165, 167, 199
armed conflict: as complex disaster, 61–62; effect on women, 138–139, 214; ongoing nature of, 26, 58, 62; rupture of attachment, 99. *See also* Gacaca; Tamils; Ugandan civil war
Armenian holocaust, 257
artwork, 45, 143, 235, 294
ASD (acute stress disorder), 95
Asian tsunami (2004): Banda Aceh, Indonesia, 37, 272; clergy response to, 35; fatalities by gender, 9; Sinhalese, 9–10, 43–44. *See also* Sri Lanka and 2004 Asian tsunami
authority, views of, 53
autonomic nervous system, 88
autonomous action, 53
avoidance, 94–95, 234, 240, 242

Balinese culture, 20
Banda Aceh, Indonesia, 37, 272
Barbour, Haley, 79
BASIC Ph model, 86
battle fatigue, 39
beauty, experience of, 114, 235, 244–245, 289, 294
behaviorally oriented strategies, 172–175, 259
behavioral responses, 87, 91–92, 188
Beichuan, China, 52
bereavement. *See* grief and bereavement
Bhopal, India, 39
Biloxi, Mississippi. *See* Vietnamese and Hurricane Katrina
biophysical reactions, 12, 88–89, 105, 221
blizzards, 58–59

- bodies, handling of, 108–109, 231, 279, 284–285
- body scans and awareness, 27, 83–84
- bonding, 124
- Boston, Massachusetts, 6, 40
- Botcharova, Olga, 260, 261
- boundaries: between family and nonfamily, 100–101, 118; group, 224–225, 252, 255; responder need to set, 162, 209, 306, 313
- brain structures and processes, 21–22
- breathing exercise for mindfulness, 30–31
- bridging, 124
- British Petroleum Gulf Coast oil spill, 323
- Bryant-Davis, Thema, 234, 243
- Buddhism, 50, 116, 126, 174, 177
- Buffalo Creek flood, West Virginia, 103
- burnout, 97, 302–303
- Bush, George W., 81
- cadres, Chinese, 36, 52
- Cambodia, 291–292
- Caplan, Gerald, 40
- car accidents, 5, 59, 68, 103, 170
- caretakers, relationship with children, 26
- cascading effects of disaster, 72–73
- catastrophe vs. disaster, 4, 62–63
- catastrophic thinking, 173, 255
- causal factors, 70–71
- CAW (Children and War Foundation), 36, 144, 236, 240–241
- CBT (cognitive behavioral therapy), 13, 97, 172–174, 220, 229, 242
- ceremonies. *See* rituals
- Chakraborty, Ajita, 98
- Challenger* disaster, 81
- change, concept of, 50
- Chernobyl nuclear disaster, 39
- children: accidental deaths, 5, 59, 68, 103, 170; art/play therapy, 44, 143–144, 231–233, 235, 237; attachment to responders, 196; CAW, 36, 144, 236, 240–241; conscription/abduction of, 62, 214; dealing with trauma symptoms, 240–242; drawing, 143, 235, 294; as heads of households, 102; physical stress reactions, 88; reestablishing routine, 240; relationship with caretakers, 26, 232; resilience in, 121; schools/teachers, importance of, 102, 140–144, 232–233, 240; UNICEF, 36, 291; vulnerability of, 140–144; Wenchuan high mortality rate, 64
- Children and War Foundation (CAW), 36, 144, 236, 240–241
- China: one-child policy, 52; presence of ancestors, 21. *See also* Wenchuan earthquake (2008)
- chronic PTSD, 95
- circles of vulnerability, 73–75
- CISD (critical incident stress debriefings). *See* debriefings
- CISM (critical incident stress management), 164–172
- civil engineers, 33
- clergy, 34–35
- clinical personnel, 33–34, 50–51
- Clinton, Bill, 191, 217
- closure, 287
- clusters of reactions, 86–87
- Coconut Grove nightclub fire, 40
- Coeur d'Alene Indians, 120
- cognitive activities, 259
- cognitive behavioral therapy (CBT), 13, 97, 172–174, 220, 229, 242
- cognitive impact, 89–90
- collaborative planning/assessment, 200–201
- collective/group identity, 251–256
- collective memorializing, 283–284; through art, 294; and disaster responders, 295–298; goals of, 285–289; through marking anniversaries, 294–295; through memorials, 291–293; through narratives, 290–291; through rituals, 294
- collective responses: collectivist cultures, 19, 51, 81, 251–255; context of disaster, 5–7, 93; disempowerment, 103; efficacy, 27, 104, 125; public memorializing, 45, 110, 283; socially constructed interpretation of trauma, 49; vertical and horizontal effects and, 103–104
- colonialism, 48, 325
- Columbine massacre, 167
- combat fatigue, 39
- Coming Home* (film), 39
- commemoration, 45–46, 108–110, 130, 231, 283, 288, 292–295
- communities: complexity of, 75–77; consequences of disaster, 103–105; organizing and mobilizing, 201–203; in psychosocial capacity building, 14; violence within, 61
- community mental health movement, 40
- compassion, 76, 101, 129, 244, 281–282
- compassion fatigue (CF), 97, 116, 166, 177, 303
- compassion satisfaction, 310, 317–318
- competitive activities, 238

- complex communities, 75–77
 complex disasters, 61–62, 70–71, 108
 comprehensibility, 115
 concentration, 89
 conflict resolution and transformation, 257–261
 connectedness, promoting, 27–28, 128–129, 192, 237–238, 286–287
 construction workers, Ground Zero, 6, 96, 210–212
 consultation and supervision (in PCB), 208–209
 context of disaster, collective, 5–7, 93
 contracting, 226
 coordination of disaster responders, 38–47, 179–181, 196–197
 Corbin, Joanne, 214–216
 cortisol, 88, 131
 creative anarchy, 288–289
 crises of faith, 92
 crisis intervention, 10–11, 40–41, 163–164
 critical incident, 4–5, 304–305
 critical incident stress debriefings (CISD).
 See debriefings
 critical incident stress management (CISM), 164–172
 cross-cutting identities, 258
 cultural relativism, 251
 culture: and critique of disaster mental health, 49–54; cultural responsiveness (in PCB), 15–16, 197–198; Dominican American response, 285; grief and bereavement, 108–109, 231; lack of Katrina memorials, 290; and physical responses, 88–89; reconnecting with sources of strength, 239–240; talking negatively, 20, 50; of uniformed responders, 96
 cumulative stress, 95

 dancing and singing, 110, 143–144, 231–233, 237–239, 294
 death, cultural meaning of, 108–109
 debriefings, 165–170; conducting of, 178–181; efficacy of, 49, 156; facilitation, 185–186; information sheet, 187–189; in the 1980s, 11; oriented toward uniformed responders, 34, 47, 52; process, 182–184
 declarative memory, 21
 defusing, 170
 dehumanization, intergroup, 257–258, 260
 delayed-onset PTSD, 95
 Department of Homeland Security (DHS), 35

 dependency, 17
 depression, 90, 95, 106
 detachment, feelings of, 88–89
 Deutsch, Morton, 253
 developmental stage and resilience, 114–115, 141
 DHS (Department of Homeland Security), 35
Diagnostic and Statistical Manual of Mental Disorders, 39
 D'Iberville, Mississippi, 90, 104, 160
 disabilities and vulnerability, 146–147
 disaster: assumptions about nature of, 57–60; consequences of, 71–73; contingencies of disaster categories, 63–66; defined, 1, 2–4, 7, 57–58, 67–68; dimensions of, 60, 68–82; emotional response by category of, 63; types of disasters, 61–63
 disaster capitalism, 66
 disaster distress (DD), 300–301, 305–307
 disaster impact phase, 42
 disaster mental health, 10–11; critiques of model, 46–54; origins of, 38–41; and psychosocial capacity building, 12, 17–21; responses offered, 41–46
 discourses. *See* narratives
 disempowerment, sense of, 60, 103
 disillusionment phase, 43
 dissociation, 38
 divergent cultural orientations, 20
 Doctors Without Borders, 36, 198
 Dominican American plane crash (2001), 285
 drinking, 92, 93
 drug use, 92, 93
 duration of disasters, 6, 69–70

 East Timor, 266
 economics: disaster-caused recession, 64; linking with emotions, 51; recovery and psychosocial healing, 203–204
 education (in PCB), 204–205
 Ekman, Paul, 105
 elderly, vulnerability of, 65, 144–146
 EMDR (eye movement desensitization and reprocessing), 236, 237
 emergency vs. disaster, 4, 62
 emotions: common reactions to disaster, 90–91; and construction of meaning, 91; emotional contagion, 156, 196; emotional memory, 21; linking economics with, 51; resilience linked to positive, 117–118

- empathic engagement, 312–313
empowerment: activities to foster, 238–239;
of indigenous people (in PCB), 15; of
women, 139
EMS teams, 34, 35, 41, 167
enlightenment, 259, 276
essential elements of disaster response, 24–29
ethical standards, 193–199, 217, 251
ethnic cleansing, 62, 66, 254
exercises/outdoor activities, 131–132, 236,
242, 314
eye contact, 54–56
eye movement desensitization and repro-
cessing (EMDR), 236, 237
- facilitation and participation, 225–226
family: challenges and stresses in disaster,
119; extended, 100; family therapy, 44,
120; resiliency, 118–122; social groups, and
communities (in PCB), 14; as a system,
99–102
FEMA (Federal Emergency Management
Agency), 33, 35, 72
feng shui, 109
fight-or-flight response, 88, 90, 91
Figley, Charles, 303
flashbacks, 21, 89, 94
flooding, emotional, 144, 168, 196, 235, 242
floods, 39, 69, 72, 78, 103
Fonfrede, Haiti, 110, 293
footprint as disaster criterion, 2, 57
Frankl, Viktor, 40
Fukushima Daiichi nuclear disaster, 39, 64,
171, 323
full participation, 194–195, 226
- Gacaca, 267–272
gang violence, 67, 69
gender: in psychosocial capacity building,
16; social targeting, 63–64; of 2004
tsunami fatalities, 9. *See also* women
generalizable vs. unique axis, 18
genocide, 62, 254, 267–272, 291
Giffords, Gabrielle, 288–289
Gilliland, Burl E., 40
girls, 141–142, 214
Glasser, Ira, 48–49
Goldstein-Bolocan, Maya, 269, 271
Gourevitch, Phillip, 270–271
Green Cross, 34
grief and bereavement, 105; bodies, handling
of, 108–109, 231, 279, 284–285; consid-
erations for responders, 295–298; creative
anarchy, 288–289; disruption of, 243–244;
goals of, 285–289; after Haiti earthquake,
231, 285; amid intergroup conflict, 278–
279; memorializing, 45–46, 108–110, 130,
231, 283, 288, 292–295; models of, 106; nar-
ratives of, 286; in PCB, 192; private and
public, 257, 284–285; timing of, 295–296;
transforming losses, 289; ways of, 289–295;
Western conceptualization of, 105–111
Ground Zero (9/11) construction workers, 6,
35, 96, 210–212
group/collective identity, 251–256
groups: types of, 228–233; working with,
222–227, 275–281
group survivorship, 108, 110, 284
group-think, 255
Guernica painting (Picasso), 294
guided imagery, 27
guides to recovery, outside experts as, 51,
222
guilt and shame, feelings of, 28, 90, 95, 108,
131, 243
Gulu, Uganda, 214–215. *See also* Ugandan
civil war
- Haiti 2010 earthquake: aid controversy, 37,
80; effect of epicenter location, 124; grief
and bereavement, 110, 230, 231, 285; lack
of predisaster resources, 123, 148–149, 324;
memorializing projects, 293; schools/
teachers, 140–141, 143–144, 231–233
Halpern, J., 86, 105, 107
Hanwang, China, 46, 52, 292
healers, traditional, 34–35, 50
healing, 115, 129, 153, 157–161, 192–193, 203–
204, 205, 217, 245, 248, 249, 251, 259–260,
287; of community, xvi, 176, 222, 298; envi-
ronment and, 114; and ethics, 288; through
groups, 222–223; through intergroup rec-
onciliation, 272, 277–278; and justice, 262–
266, 325; through memorializing, 45, 294;
and safety, 270; self-healing, 12, 14–15, 21–
22; symbolic, 130, 191; Western vs. non-
Western views of, 53
heat waves, 64–65
helping while not hindering, 323–326
helplessness, 95, 104, 258
help-seeking behavior, 93, 220
hierarchy of needs, 40, 42
Hindus, 9, 50, 132
Hobfoll, Stevan E., 24, 26–29

- Holocaust, World War II Jewish, 155, 257, 286, 292
- Holocaust Memorial Museum, 286, 292
- homeostatic balance, 40
- honeymoon phase, 42, 199
- Hong Kong, China, 109
- Hooyman, Nancy R., 107
- hope, instilling, 28–29, 43, 81, 125, 239
- horizontal consequences, 103
- HPRT (Harvard Program in Refugee Trauma), 34
- human-caused disasters, 61
- humanizing, 260
- human rights and equity, 16–17, 194–195, 198–199, 249–251, 266–267
- Hurricane Katrina: access to a car, 78, 149; differing resources in Louisiana and Mississippi, 79; effect on poor and people of color, 65, 76, 77, 275; English-speaking ability, 78, 101; FEMA and, 35; five years later, 44; incompetence of response, 43, 81; loss of connectedness, 28; loss of places and things, 90; memorialization attempts, 290; memorialization of 9/11 during, 45–46; New Orleans, Louisiana, 9, 16, 38, 44, 65–66, 149, 272; people withdrawing like “turtles,” 91; predisaster conditions, 38, 65, 149; separation of family members, 101; toxic wastes from, 39. *See also* African Americans; Vietnamese and Hurricane Katrina
- Hutu, 267–272
- hyperawareness, 89
- hypervigilance/hyperarousal, 39, 88, 91, 95, 229, 241–242
- hysteria, 38
- IASC (Inter-Agency Standing Committee), 14, 18–19, 19, 51–52
- iatrogenic effects (in PCB), 17
- ICISF (International Critical Incident Stress Foundation), 11, 34, 41, 167–169
- identity, group, 251–256
- indigenous people empowerment (in PCB), 15
- individuals: vs. collective suffering, 5–6, 113; impact on, 86–87; individual recovery (in disaster mental health), 13, 51–53; in intergroup conflict, 258
- individuation, 52
- informed consent, 195
- infrastructure, damage to, 124
- installations, 45, 129–130, 286, 289, 290, 298
- institutional racism, 79
- insurance, 48, 72, 78, 123, 150, 220
- integrated approaches, 17–23
- interconnectedness, psychological and social, 21–22, 27
- intergroup conflict, 247–248; collective grieving and mourning, 278–279; dynamics of, 251–256; Gacaca, 267–272; human rights, 249–251; and in-group pride, 276; interacting and forming relationships, 275–278; leadership, 279–281; overarching goals, 274–275; PCB and, 272–274; recovering from, 249; resolving, 256–262; restorative justice, 262–266; truth commissions, 266–267
- internally displaced persons (IDP), 62, 104
- International Crisis Group, 10
- International Critical Incident Stress Foundation, 11, 34, 41, 167–169
- International Organization for Victim Assistance, 11
- intervention pyramid, 18–19, 19
- intrusive thoughts, 94, 241
- investment, personal, 312
- IRC (International Red Cross), 36, 198
- isolation: cultural, 148; elderly and, 65, 145; professionals and, 303, 307, 315, 318; as result of racism and poverty, 67; from scattered evacuations, 72; social, 28
- Italy and Vaiont Dam disaster, 64
- James, Richard K., 40
- Japan earthquake/tsunami (2011), 39, 64, 109, 323
- Japanese Americans, 199, 251
- Jewish holocaust, 155, 257, 286
- justice, restorative/retributive, 108, 262–269
- Kabat-Zinn, Jon, 83
- Kaniasty, Krzysztof, 5, 77
- Kanyangara, Patrick, 270
- karma, 19–20, 20, 50, 53, 66, 90, 109, 115
- Katrina. *See* Hurricane Katrina
- Khmer Rouge, 291
- Korean War, 39
- Kramer, Betty J., 107
- Kübler-Ross, Elisabeth, 106
- Landau, Judith, 103
- Latin America, 266
- Lederach, John Paul, 257

- Liberation Tigers of Tamil Eelam (LTTE), 9–10, 20, 44, 78
- Lindemann, Erich, 40
- linking, 124
- Little Saigon (Biloxi, Mississippi), 72–73, 78
- local indigenous vs. outside experts, 18, 126–127, 151, 222
- locus coeruleus, 89
- London, England, 6
- long-term adaptation phase, 43–44
- long-term stress disorders, 95
- Lord's Resistance Army (LRA). *See* Ugandan civil war
- loving-kindness meditation, 111–112
- Lower Ninth Ward, 9, 65–66
- LTTE (Liberation Tigers of Tamil Eelam), 9–10, 20, 44, 78
- MADD (Mothers Against Drunk Driving), 45
- manageability, 115
- mapping, 75, 201, 273
- Maslow, Abraham, 40, 42
- Masozera, M., 77
- mato oput, 130, 240
- McKenna, S., 106–107
- meaning, construction of: in different cultures, 89, 91, 98; by the elderly, 145; faith and, 92; within families, 100–101; as part of psychological capacity building, 192–193; through religion, 116; by responders, 315; transcendent meaning, 131–132; Viktor Frankl on, 40. *See also* narratives of disaster
- meaningfulness, 115–116
- medicalization, 14–15
- meditation, 22, 27, 29, 242
- Megan's Law, 293
- memorializing, 45–46, 108–110, 130, 231, 283, 288, 292–295
- memory, declarative vs. emotional, 21
- mental health industrial complex, 48
- meta-categories, 258
- military as first responders, 33
- mindfulness and meaning for responders, 315
- mindfulness exercises, 27, 132; body scan, 83–84; breathing, 30–31; compassion for a difficult person, 281–282; good things happen, 135; loving-kindness meditation, 111–112; meditating on joy, 246; meditation on assets, 218–219; meditation on stereotypes, 152; mirroring and unmirroring, 318–319; personal space and eye contact, 54–55; sources of strength, 298–299
- mirror neurons, 30
- Mississippi. *See* Vietnamese and Hurricane Katrina
- Mitchell, Jeffrey, 41
- moral imagination, 288
- Mothers Against Drunk Driving (MADD), 45
- multilayered support, 196–197
- Mumbai, India, 6
- Murrah Federal Building bombing, 103, 292–293
- mutual aid and self-help groups (in PCB), 15
- narratives of disaster, 8; collective, 80–81, 223, 290–291; conflicting, 275–276; in disaster mental health vs. capacity building approaches, 15; discourses of response and recovery, 153–157; and emotional expression, 234–235; historical-cultural/mythical, 255–256, 272–273; in recovery phase, 43; and resilience, 120; Rwandan genocide, 267–268; telling and sharing stories, 129–130; war and armed conflict, 252–253
- National Organization for Victim Assistance, 11
- Native Americans, anglicized boarding schools for, 130
- natural disasters, 61–65
- neurological processes, 21–22
- neutrality, 134, 199, 273–275
- Newark, New Jersey, 6
- New Orleans, Louisiana, 9, 16, 38, 44, 65–66, 149, 272
- New York City. *See* 9/11
- NGOs (nongovernmental organizations), 33, 36–37, 198
- nightmares, 91
- 9/11: cohesiveness of community response, 76–77, 81, 204; collaborative PCB after, 210–214; duration of, 6; firefighter survivor guilt, 308–309; George W. Bush and, 81; Ground Zero construction workers, 6, 35, 96, 210–214; loss of physical objects/surroundings, 90; meaning-making after, 92; memorialization of, 45–46, 110, 293, 294; overuse of ARC debriefing model, 41, 167–168; physical flashbacks, 21, 89; PTSD following, 11; public vs. private effects of, 5–6; religious responses to, 35, 92; treatment of Arabs/Muslims, 77

- nondisasters, 66–68
 nonlinearity, 19, 44–45, 50
 noradrenergic pathway, 89
 “normal” reactions, 86
 Norris, Fran, 5, 77
 Northern Ireland, 251–252, 258–259, 276
 nuclear disasters, 39, 62, 64, 171, 323
 number affected, as disaster criterion, 3
 numbness, feelings of, 28, 71
 Nuremberg trials, 263, 268
- obsessive-compulsive thinking, 89
 Ochberg, Frank M., 107
 Oklahoma City bombing, 103, 292–293
 oppression, sense of, 253
 organizational issues, 317–318
 organizational responsiveness, 198–199
 other/out-group, 254
 out-of-body experiences, 88
 outside vs. local indigenous experts, 18,
 126–127, 151, 222
 Oxfam, 36
- pandemics, 64
 parenting, 102
 partnerships, 126–127
 past, loss of connections with, 103–104
 pathology (in disaster mental health), 13
 PCB (psychosocial capacity building): ac-
 tivities, 199–210; compared with disaster
 mental health, 12, 14–17; defined, 191;
 essential principles of practice, 321–322;
 goals of, 191–193; implementing, 157–161,
 190–191; and intergroup conflict, 272–281;
 after 9/11, 210–214; in Northern Uganda,
 214–218
 peace and reconciliation workers, 37–38
 peace building, 258–259
 peer support for responders, 13, 165–169, 178,
 212–213, 313–314
 personal agency, 53
 Personal Quality of Life Scale, 310–311
 personal space, 54–56
 personhood, 23–25, 25
 phase theories of grief and bereavement,
 105–107
 phenomenology of disasters, 85
 photographs of deceased, 109
 physical impact, 87–89
 Picasso, Pablo, 294
 places and things, loss of, 90, 102, 160
 plasticity, neurological, 22
- play therapy, 44
 police brutality, 67
 positioning and neutrality, 272–274
 positivity ratio, 310
 post-traumatic stress disorder. *See* PTSD
 (post-traumatic stress disorder)
 poverty: disproportionate effects from, 63,
 65, 77–78; fewer government funds, 79;
 as hindering resiliency, 115, 123; as social
 disaster, 67
 predisaster: inequities, 17, 63; preparation
 stage, 42, 70–71
 prefrontal cortex, 21, 88
 private tragedy vs. public disaster, 3
 process, disaster as, 7
 professional clinicians, reliance on, 50–51
 Providence College (Rhode Island), 292
 psychoeducational groups, 228–229
 psychological first aid (PFA), 161–163, 200
 psychology: psychoeducation, 27; psycho-
 logical consequences (in disaster mental
 health), 12, 48; Western dominance in,
 47–48, 53, 99, 325
 psychosocial capacity building. *See* PCB
 (psychosocial capacity building)
 PTSD (post-traumatic stress disorder): acute
 vs. chronic, 95; cortisol levels in, 88; de-
 layed onset, 95; DSM listing, 39, 94; after
 9/11, 11; prevalence of, 97–98; secondary,
 96–97; techniques to counter, 27; treat-
 ment, 97
 public dimension as disaster criterion, 3, 59,
 66
 public health workers, 35
 Puerto Rico, 55–56
- qi, 109
 quilts, 45
- race, ethnicity, and class (in PCB), 16
 racism: as impeding rescue efforts, 65–66;
 institutional, 79; profiling, 252; in psy-
 chology, 48; as social disaster, 67; and
 vulnerability, 147–152
 Rao, K., 199–200
 rape. *See* sexual abuse/assault
 rap songs, 232–233
 Reagan, Ronald, 81
 “realistic” threats, 253
 realm of ordinary experience, 3
 recoil phase, 42
 reconciliation, 248, 256–261

- recovery phase, 43
 recreational activities for responders, 314
 refugee/IDP camps, 16–17, 37, 128, 147
 reincarnation, 109
 relaxation activities, 236–237
 religion: Buddhism, 50, 116, 126, 174, 177;
 challenge of natural disaster, 108; crisis of
 faith, 92; Hinduism, 9, 50, 132; and hope,
 29; and meaning-making, 92, 100–101;
 presence of ancestors, 20–21, 104, 120;
 reliance on, 50; role of Gods and spirits,
 53
 rescue, response, and recovery efforts, 80–82
 resiliency: children, 142–143; community,
 122–125; family, 118–122; how to foster,
 125–135; individual, 114–118; in psychoso-
 cial capacity building, 14; sense of safety
 needed for, 25–26; and tangible resources,
 79–80; vs. trauma emphasis, 11
 resolution, 256–261, 287
 resourcefulness, 115
 resources: building on available, 194, 196;
 collective, 72–73, 76, 123; competition for,
 252–253; economic, 202–203; intergroup
 competition for, 253; internal, 114; map-
 ping, 201; poverty and race and, 63–65,
 122, 148–150, 324–325; predisaster, 23, 77–
 80, 196; social, 99, 115
 responders, 33; Chinese cadres, 36, 52; ef-
 fects on, 96; exit strategy for, 209–210;
 firefighters, 5, 45–46, 68, 156, 308; friends/
 family of, 301; maintaining connections,
 315–316; and 9/11, 5; prevention/ameliora-
 tion of risks, 310–317; risks and vulner-
 abilities to, 302–309; special issues for,
 308–309; treatment of wounded, 316–317.
See also debriefings
 restorative justice, 262–269
 retributive justice, 108, 262–269
 reunions, commemorative, 294–295
 rewiring, brain, 22
 rhythmic activities, 237
 rituals, 104, 105, 294; bedtime, 241–242; bod-
 ies, handling of, 108–109, 231, 279, 284–
 285; *mato oput*, 130, 240; memorializing,
 45–46, 108–110, 130, 231, 283, 288, 292–295;
 singing and dancing, 232–233, 239, 294.
See also grief and bereavement; memo-
 rializing
 Roberts, A. R., 40
 Rosenfeld, L. B., 2–4, 57, 73–75, 86
 rumination, 89
 Rwanda, 267–272
 Rwandan Patriotic Army (RPA), 268, 270
 safety: promoting a sense of, 25–26, 235–236;
 recursiveness of, 158–159
 Salgado, Sebastião, 291, 294
 Save the Children, 36, 198
 scale of disaster, 2, 4, 68–69, 103
 schools, importance of, 102, 140–141, 144,
 232, 240
 Seattle, Washington, 110
 secondary traumatic stress disorder, 304
 self-audits, 310–317
 self-calming, 131–132
 self-care, 229, 243, 300–301
 self-esteem, group, 254–255
 self-healing, 14–15, 21, 26
 self-help groups (in PCB), 15
 self-sufficiency, 192
 Seligman, M. E. P., 117
 September 11, 2001 attacks. *See* 9/11
 sexual abuse/assault: as analog for disaster-
 induced trauma, 27; cultural interpreta-
 tions of, 24, 62, 137–138; Megan's Law,
 293; in refugee camps, 62, 137–138; in
 Ugandan conflict, 214
 shame, 28, 90, 95, 108, 131, 243
 Shanksville, Pennsylvania, 6
 Shaw, R., 129
 shell shock, 38–39
 short-term adaptation phase, 42
 shrimp fishers (Hurricane Katrina), 58
 shrines, 110, 130
 Sierra Leone, 266
 singing and dancing, 110, 143–144, 231–233,
 237–239, 294
 Sinhalese and 2004 Asian tsunami, 9–10,
 43–44
 Smith College School for Social Work, 39
 social action, 132–135
 social and interpersonal reactions, 92–93
 social capital, 78–79, 124
 social class (in PCB), 16
 social cohesion, 21, 67, 125, 128, 139, 167, 248,
 249, 253, 269, 278, 322, 324
 social connectedness, 27–28, 128–129, 192,
 237–238, 286–287
 social disasters, 67, 130
 social ecology of disasters, 8–10
 social groups, and communities (in PCB), 14
 social identity, 16, 273
 social integration, 277

- socialization schools, 130
- social networks, 116–117, 204, 254
- social ostracism/targeting, 16, 50, 63–64
- social shifts vs. disaster-caused discontinuity, 104
- sociopolitical critique of disaster mental health, 47–49
- “soft power,” psychology as, 48
- somatic experiencing, 97
- South Africa, 258–259, 266
- spirituality, xvi, 3, 21–22, 34–35, 50, 86–87, 93, 99, 101, 108, 154, 192, 233–234, 236, 302, 316; and memorializing, 287, 289; and resiliency, 114, 115, 122, 132
- Sri Lanka and 2004 Asian tsunami: commemorative dance, 110; conditions five years later, 43–44; differences between south and east, 9–10, 123, 148; Hindu/Buddhist worldview, 50; Sinhalese, 9–10, 43–44; temporarily interrupted armed conflict, 272, 274
- stage theories of grief and bereavement, 105–106
- standing memorials, 291–293
- Star Model (Yoder), 260
- startle threshold, 95
- Stephan, W. G., 259–260, 276
- strength and resiliency (in PCB), 14
- strengths-based model of recovery, 22–23
- stress: among Chinese cadres, 52; common reactions to disaster, 87; as disaster criterion, 3–4; inoculation techniques, 27; management activities, 42–43; severe reactions, 93–97; spectrum, 94
- stressor event, 94
- STSD (secondary traumatic stress disorder), 304
- Summerfield, D., 24, 25, 48
- survivor guilt, 90, 308
- sustainability of support, 191, 193, 196, 207–209, 216–217
- symbols, 276, 286, 292. *See also* memorializing
- sympathetic nervous system, 88
- Taiwan, 45, 321
- Tamils: civil war and ceasefire, 9–10, 43–44, 78, 123; memorial dance, 110; and personal space, 56; public sadness inappropriate, 20; and temporary neutrality, 274. *See also* Sri Lanka and 2004 Asian tsunami
- targeting broad population vs. most vulnerable, 18
- task groups, 230–231
- task theories of grief and bereavement, 106
- TCs (truth commissions), 266–267
- teachers/schools, 102, 140–144, 232–233, 240
- technological disasters, 61, 108
- telephone crisis lines, 40
- terrorism, 61, 63, 71, 99, 108
- Three Mile Island nuclear disaster, 39
- Thriving in the Wake of Trauma* (Bryant-Davis), 234
- Tohoku earthquake/tsunami (2011), 39, 64, 109
- train derailments, 69
- trained professionals (in disaster mental health), 13
- training-of-trainers (TOT) model, 51, 128, 204, 205–208, 215–217
- Tramontin, M., 86, 105, 107
- transcendent meaning, 131–132
- transfer trauma, 145
- transitional pathways, 103–104, 130
- trauma: collective, 255–256, 260; as disaster criterion, 3–4; focus on PTSD, 11–12, 97–99; loss and grief, 107; memories stored in amygdala, 21; transfer, 145; vicarious, 97; Western/non-Western interpretations, 49, 99
- trauma membrane, 164
- traumatology, 34
- triggering, 95
- trust, reestablishing, 242–243
- truth, battles to establish, 23–24
- Truth and Reconciliation Commission (TRC), 266–267
- tsunami, 39, 64, 109. *See also* Asian tsunami (2004)
- Tuol Sleng Museum of Genocide, 291–292
- Turners Falls, Massachusetts, 77
- Tutsi, 267–272
- Ugandan civil war: Acholi mato oput restorative justice ritual, 130–131, 239–240, 262–263; children in, 102, 214; collaborative psychosocial capacity building in, 214–218; conditions in IDP camps, 62, 104; Lord’s Resistance Army (LRA), 62, 214, 262
- UNICEF (United Nations Children’s Fund), 36, 291
- Union Carbide disaster, 39
- unions, after 9/11, 210–212

- Universal Declaration of Human Rights, 249–250, 262
- universal reactions/emotions, 12, 88–89, 105, 221
- Vaiont Dam disaster, 64
- values, defined, 53
- ventilation, 20, 166, 221, 234, 245
- vertical consequences, 103–104
- vicarious traumatization (VF), 97, 303–304
- victimhood: blame and, 149; collective, 254–255; and empowerment, 257; outside experts and, 51, 215; and restitution, 264; social construction as, 81; transcending, 289; and worthiness of help, 71. *See also* Western/non-Western differences
- Vietnamese and Hurricane Katrina: belief in karma, 115; displaced by casino expansion, 73, 78–79, 150; individual/community well-being the same, 113; language barriers, 78, 150; pre-Katrina conditions, 38, 72; separation of family members, 101; stigmatizing of, 76; strengthened by previous hardships, 75, 92
- Vietnam Veterans Memorial, 286
- Vietnam War, 39, 92, 286, 303
- vulnerable populations, 136–137, 250; children, 140–144; disabilities, 146–147; elderly, 144–146; race, ethnicity, and class, 147–152; women, 137–140, 250–251
- war: as disaster type, 61–62; impeding response to disaster, 123; and mourning, 108; scale of, 103; shifting and spreading disasters, 58. *See also* Gacaca; Tamils; Ugandan civil war
- Washington, DC, 6
- weapons of mass destruction, 61–62
- Web of Psychosocial Recovery, 159, 190–191, 233
- Wenchuan earthquake (2008): cadres, 52; constructing meaning from, 116; effects of one-child policy, 52; faulty school construction, 64; memorialization of, 46, 292, 293; response compared to Haiti, 123
- Western Massachusetts Community Crisis Response Team debriefing materials, 182–184, 187–189
- Western/non-Western differences: agency vs. fate and karma, 19, 116; context vs. patterns, 19; criminal justice, 263–266; and disaster mental health complex, 11–12; and disaster mental health model, 47–48; expression of feelings, 195–196, 228; independence vs. relationships, 19; individual vs. collective focus, 51–53; interpretation of trauma, 49; “just do it” culture, 53; linearity vs. cyclicity, 19, 50, 155; outcome vs. process, 154–155; and psychosocial capacity building, 14–17; trauma criterion in disaster labeling, 4; “universal” values vs. respect for local culture, 250–251; use of therapy, 220–222, 234; in views of trauma, 4, 98–99; worldviews and values, 18–20, 53–54
- West Virginia flooding, 103
- Weyerman, B., 51, 113
- Wheel of Recovery, 21–23, 155
- When Helping Hurts* (Within Foundation), 308
- white resentment in U.S., 253
- widows, 109
- withdrawal, 91–93
- women: girls, 141–142; universal rights of, 250–251; vulnerability of, 137–140, 195–196
- work groups. *See* debriefings
- World Trade Center attacks. *See* 9/11
- worldviews, 18–20, 53–54
- World War I, 38–39
- Yamagawa, Y., 129
- Yassen, J., 86–87
- Yoder, C., 260, 262