Accountability, Cultural Context Model and, 103, 104, 114, 119–20
Acute stress disorder (ASD), 5, 143; PTSD v., 6
Adolescents: developmental needs of, 37; empowering support for, 47; incest and, 38–41; September 11th trauma group work and, 194–212; sexual abuse and, 35–49; as terrorism survivor, 195–200; traumatic stress and, 36–37
Adult memory trauma: empowerment principles and, 89–92; mind-body approach to, 80–88, 302; trigger for, 84
Adversity, cumulative, mental illness and, 56, 73
African Americans, and PTSD of, 182
Agency grief: CISD for, 172–73; client’s death and, 159–73; debriefing for, 162–73; dynamics of, 160–62; empowering support and, 171; empowerment principles and, 170–72; Lattanzi-Licht on, 161; multicultural respect and, 170–71; needs awareness of, 171; power equalization and, 171; psychological intervention and, 167–68; responding to, 162–68; strength/oppression and, 170; victimization sense and, 161
Aggression: bullying and, 125, 127; of males, 101
Alcoholism: historical trauma and, 179–80; Lakota reservations and, 179–80; see also Substance abuse
All Quiet on the Western Front (Remarque), Van Kirk on, 264
Almeida, Rhea, 99, 102, 105
Amnesty International, on torture, 240–41
Anxiety: from bullying, 127; from disasters, 289; insidious trauma and, 146; among LGBT, 145; post-traumatic, 31; poverty and, 222; sexual abuse and, 37
Armendariz, B. A., 187
Art therapy, 31; for assessments, 24; clay as, 25–26; for dog attack, 24–25; painting as, 24–25
Asian Americans: family identity of, 42; family system structure of, 42–43; social worlds of, 42
Assessment: art therapy for, 24; strengths based, 61, 64–66
Asylee/refugee, 303; application for, 238; immigrants and, 238; international law and, 238; NGOs and, 238–39; oppression of, 240; resources for, 239; torture of, 239
Atwood, G. E., 126
Autonomic nervous system, PTSD and, 80
Barton, A. H., on therapeutic community, 292–93
Bell, H., 41
Bereavement; see Traumatic bereavement
Biofeedback, for mind-body approach, 81
Bisson, J., 167, 168
“Boarding school era”: Bureau of Indian Affairs and, 178; impact of, 184; of Native history, 178; negative impact of, 181
Bonanno, G. A., 8, 307
Borderline personality disorder, PTSD and, 267–68
Boulton, M. J., 135
Boyd-Franklin, N., 225
Brave Heart, M. Y. H., 187, 190
Briere, J., 305
Broca’s area, trauma and, 80
Brom, D., 167
Bullying: aggression and, 125, 127; at Columbine, 128; as complex phenomenon, 128, 137–38; depression/anxiety from, 127; disclosure of, 132; ecological/societal contexts of, 127; empowering support and, 136; empowerment principles and, 133–37; forms of, 132; Fox/Boulton on, 135; impact of, 126, 130, 131; indirect/direct, 126, 127–28, 130; interventions for, 129, 133–34, 135–36, 137; LGBT and, 135; multicultural respect and, 134–35; needs awareness and, 135; Olweus on, 127; perception of, 127–28, 130, 134; power imbalance in, 125, 136–37; prevalence of, 126; psychological trauma and, 125–26; recognition of, 131–32; repetition of, 129–30; reporting of, 128–29; responding to, 128–32; schools and, 127, 128, 130, 134, 137; studies of, 127; therapist’s reaction to, 132–33; trauma of, 125–28; Twemlow/Cohen on, 129; victims/victimizer characteristics of, 126; VT and, 132–33
Bureau of Indian Affairs, 178
Burnout, STS and, 5
Capacity building: ecological principle and, 254; mental health system and, 254–55; results of, 254–55
Carlisle Indian School, 203
Child abuse: aftereffects of, 300–301; child protective services and, 38; mental illness and, 300; statistics of, 36
Child protective services: child abuse and, 38; foster care and, 38
Childhood trauma: adult memories of, 78–80; play therapy for, 21; resilience from, 28, 32; transformation of, 15–32; unresolved, 20
Children: disasters and, 282, 284, 285; poverty and, 219; September 11th trauma group work and, 194–212, 303; as terrorism survivor, 195–200
CISD; see Critical incident stress debriefing
CISM; see Critical incident stress management
Clients: Cultural Context Model and, 104, 116; death of, 159–73; IFS experience of, 115–20; privacy between, 105–6; see also
Sexual minority client
Clinical-community perspective: disaster prevention/intervention and, 286; disaster response and, 286–91; resources and, 287
Cognitive-behavioral strategies: examples of, 203; for group work, 202–4
Cohen, J., 129
Collective trauma: depression and, 198; Herman on, 198; remembrance/mourning and, 199–200
Colon, E., 187
Color, people of, control/power misuses toward, 108
Columbine, 128
Combat fatigue; see Post-traumatic stress disorder
Combat trauma: complex PTSD and, 264; empowerment principles and, 272–75; group work for, 269–70; interpersonal empowerment and, 268–70; personal empowerment and, 265–68; responding to, 264–72; social empowerment and, 270–71; spiritual empowerment and, 271–72; treatment of, 274–75; understanding of, 261–64; VT and, 272
Combat veterans: coping skills of, 269; defense mechanisms of, 266; deployment of, 268; empowering support and, 274; empowerment and, 264, 273–74; flashbacks/hyperarousal of, 260, 265; friendships of, 268; Iraq War and, 276; mental health and, 266; multicultural respect and, 273; needs awareness and, 273; physical injuries of, 267; power equalization and, 274–75; PTSD and, 260, 275–76; religious faith of, 267, 271–72; strength building of, 272–73; substance abuse and, 269; suicide and, 259; trauma of, 259–76; welcoming home for, 270–71; women as, 269
Community: disasters and, 286, 288–89; empowering support of, 154–55; goals of, 255; LGBT support and, 154–55; multicultural respect and, 250; needs awareness and, 251, 255; political violence and, 256; rebuilding of, 293; sense of, rebuilding of, 208; strength of, 293; therapeutic, 292–93; torture and, 245; transformation of, 250–55; values of, 253
Community empowerment, Project WISE and, 225
Compassion fatigue, 4–5; compassion satisfaction and, 169; Figley on, 169; Myers/Wee on, 170; Saakvitne/Pearlman on, 169; see also Secondary traumatic stress
Compassion satisfaction: compassion fatigue and, 169; feelings/scale for, 169–70; Myers/Wee on, 170
Complex Post-Traumatic Stress Disorder (Complex PTSD): criteria for, 263; killing and, 263; prolonged life-threatening events and, 263
Complex PTSD; see Complex Post-Traumatic Stress Disorder
Constriction, terror and, 57–98
Control: of people of color, 108; domestic abuse and, 99–102; of gay/lesbian partnerships, 109; within gay/lesbian relationships, 111; of heterosexual relationships, 110; hierarchies of, 101; misuses of, 102–12; trauma treatment and, 247; by verbal abuse, 98
Coping skills: of combat veterans, 269; multicultural respect and, 186; for trauma, 65–66, 202
Crisis intervention: disasters and, 290; solution-focused approach and, 291
Critical incident response; see Debriefing
Critical incident stress debriefing (CISD): for agency grief, 172–73; groups for, 167; Lewis on, 165; phases of, 164–65
Critical incident stress management (CISM), 164; Kleber/Brom and, 167
Cultural Context Model: accountability and, 103, 104, 114, 119–20; Almeida and, 102, 105; barrier breakdown of, 117–18; between clients, 105–6; client's
expectations of, 116; culture circles/groups and, 106–7, 111–12, 118–19; for domestic abuse treatment, 102–12; empowerment and, 103; empowerment principles of, 113–14; between family members, 106–7, 118–19; framework of, 110–11; by IFS, 103, 120–21; as multifaceted/community-based, 103; operation of, 103–4; privacy/privilege rules and, 104–12; in society, 107–12; sponsors and, 104, 107–8, 112; structure of, 103; studies for, 102; success of, 119–20; between therapists/clients, 104–5
Cultural transformation, disaster and, 294
Cultural violence, 101; patriarchy and, 102
Culture broker: capacity building and, 254; torture trauma treatment and, 250–51
Cyclical institutionalization, 38–39

Danieli, Y., 188
Death, of client: agency grief and, 159–73; debriefing for, 163; information available for, 160; reaction to, 160–61, 169, 171–72; shock of, 163; VT and, 168–70
Debriefing, 302; for agency grief, 162–73; for client death, 163; EAP and, 162; effectiveness of, 165–66; Everly/Lating/Mitchell on, 164; Great Britain’s Cochrane Collection on, 167, 168; group interventions and, 166; Myers/Wee on, 168; PTSD and, 167; Saari on, 166; of STS/VT, 46; studies on, 167–68; UN standards for, 166; universal/voluntary, 173; use of, 165; value of, 167
Depression: from bullying, 127; collective trauma and, 198; historical trauma and, 177; insidious trauma and, 149; multicultural respect and, 182–83; sexual abuse and, 37; STS and, 292; as trauma response, 143
Diller, J. V., 236
Dingman, R., 188
Disaster: adult reactions to, 283–84; altruism and, 288; anxiety from, 289; children and, 282, 284; children’s reactions to, 285; communities and, 286, 288–89, 293; crisis intervention and, 290; cultural transformation and, 294; damaging effects of, 295–96; empowerment principles and, 292–95; global data on, 281–82, 284; identity and, 291; meaning for, 288, 294; parental distress after, 282; poverty and, 281; prevention/intervention of, 286, 296; psychological trauma and, 282; PTSD and, 282, 293; rate increase of, 281; reactions to, 282, 289, 291; resilience and, 295; resources for, 287; response to, 282; safety and, 288, 289; substance abuse and, 289; survival tasks and, 290; survivor roles and, 288; vulnerability to, 281–82
Disaster response: clinical-community perspective and, 286–91; emergency workers and, 292, 294–95; VT and, 291–92
Disaster trauma, 279–96, 303; understanding of, 280–86
Disaster trauma treatment, 290–91; creative questioning and, 290; interventions and, 290; solution-focused approach to, 291
Disconnection: of psychological trauma, 222; from sexual abuse, 58–59; trauma and, 60–61; as trauma response, 58–59
Disenfranchised grief, Lattanzi-Licht on, 161
Displacement, stressors for, 245–46
Dog attack: art therapy for, 24–25; physical trauma from, 16–17; play therapy for, 22–23
Domestic abuse: Almeida/Durkin on, 99; Bureau of Justice Statistics on, 99; as a choice, 109–10; decline of, 99; empowerment and, 100; empowerment principles and, 113–20; gay/lesbian partnerships and, 101, 102; multigenerational legacies of, 107; privilege/power/control and, 99–102;
rate of, 99, 100; risk factors for, 101–2; victims of, 101–2
Domestic abuse treatment, Cultural Context Model and, 102–12
Durkin, T., 99

EAP; see Employee assistance program
Ecological principles: capacity building and, 254; community transformation and, 250–55; community values and, 253; empowerment and, 254; participation/cooperation roles and, 253; prevention over treatment and, 252; problematic setting alterations and, 250; strength building and, 243
ECT; see Electroconvulsive treatment
Education: empowerment practice and, 44, 149–50; poverty and, 220, 227; trauma recovery and, 247
Electroconvulsive treatment (ECT), 60
Ellis, R. R., 162
EMDR; see Eye movement desensitization and reprocessing
Empathy: social workers and, 49; VT and, 30
Employee assistance program (EAP), debriefing and, 162
Empowering relationships; see Relationships, empowering
Empowerment, 91; combat veterans and, 264, 273–74; community/political, 225; Cultural Context Model and, 103; domestic abuse and, 100; ecological principle and, 254; from group work, 201; of healing process, 304–5; historical trauma and, 183–88; interpersonal, 224–25; Lakota goal of, 183, 190; multicultural respect and, 67; poverty and, 223–25; power v., 9, 100; of self, 29, 229–30; September 11th traumas responses to, 200–5; trauma response and, 60–71; trauma treatment and, 302–3, 304–6, 307–8; of women, 114; see also Interpersonal empowerment; Personal empowerment; Social empowerment; Spiritual empowerment
Empowerment practice, 9–10; cooperative roles in, 45–46; education and, 44, 149–50; identity and, 42–43, 189–90; mental health treatment myths and, 45; phases of, 303, 304–6; power equalization and, 45, 62; September 11th trauma and, 210; for trauma, 308; trauma treatment and, 304–5; treatment and, 43–44
Empowerment Practice with Families in Distress (Wise, J. B.), 2
Empowerment principles, 10, 28–30; adult memory trauma and, 89–92; agency grief and, 170–72; bullying and, 133–37; combat trauma and, 272–75; community transformation and, 250–55; of Cultural Context Model, 113–14; disaster and, 292–95; domestic abuse and, 113–20; empowering support and, 91; group work principles v., 207–9; of HTUG, 184; at IFS, 113–20; insidious trauma and, 149–57; multicultural respect and, 253; need awareness and, 90–91, 184; oppressive factors diminished as, 89–90; poverty and, 226–32; power equalization and, 91–92; relaxation techniques and, 91; self empowerment and, 91; social capital and, 293–94; strength and, 89–90
Everly, G. S., 164, 167
Everstine, D. S., 247, 306
Everstine, L., 247, 306
Eye movement desensitization and reprocessing (EMDR); goal of, 86; mechanism of, 85–86; by Shapiro, 85; for trauma treatment, 85–86, 90–91
Fallot, R. D., 301
Family members: Cultural Context Model and, 106–7, 118–19; privacy between, 106–7
Family therapy, Native Peoples and, 189
Family violence; see Domestic abuse
Fight-or-flight response: freezing ν, 79; hormones during, 79; limbic system and, 79; physical manifestation of, 79; sympathetic nervous system, 79; to trauma, 79

Figley, C. R., 169

Filial therapy, 27; power equalization by, 29–30

Flashbacks: of combat veterans, 260, 265; see also Intrusive thoughts

Flight: trauma of, 236–56, 303; triple trauma paradigm and, 243–44

Fontana, A., 267

Foster care: autonomy of, 43; child protective services and, 38; childhood/adolescent safety and, 37; as crisis-oriented system, 47–48; lack of relationships in, 39; LGBT and, 153–54; mental health challenges from, 40–41

Fox, C. L., 135

Gay Lesbian Straight Educators' Network (GLSEN), 155

Gay/Lesbian partnerships: control/power misuses toward, 109; control/power misuses within, 111; domestic abuse and, 101, 102

Geller, J. A., 46

Genocide: Lakota reservation and, 180–81; Native history and, 179, 180–81

Gitterman, A., 307

Glicken, M. D., GLSEN; see Gay Lesbian Straight Educators’ Network

Great Britain’s Cochrane Collection: on debriefing, 167, 168; Rose/Bisson/Wessely and, 167

Greenspan, S. I., 30

Grief: as community, 162; historical unresolved, 178, 181; Native Peoples resolution of, 181; symptoms of, 198; uncomplicated, 198; VT as response to, 169; Williams/Zinner/Ellis on, 162; see also Agency grief; Disenfranchised grief; Traumatic grief; Unresolved grief intervention

Ground Zero, September 11th trauma and, 188

Group work: action taken by, 205, 208–9; Change the Channel as, 203–4, 210; cognitive-behavioral strategies for, 202–4; for combat trauma, 269–70; curricula/manuals on, 210; effectiveness of, 201, 210; empowerment from, 201, 209–10; giving voice through, 204–5; Middleman on, 201–2; Newstetter and, 204; Safe Place Imagery as, 204; safety/support/protection and, 207–8; for September 11th trauma, 200–205, 303; stress reduction activities and, 200, 209–10; torture trauma treatment and, 253; value of, 205; verbal/nonverbal activities of, 201–2; Wiffle Ball Feelings/Creating a Board Game as, 204, 210

Group work principles, empowerment principles ν, 207–9

Guided imagery: for mind-body approach, 81, 86–87; Naparstek and, 86–87

Harris, M., 301

Healing process: of empowerment, 304–5; timeline for, 7–8; for trauma treatment, 7, 82, 84–87, 92–93

Helplessness, learned: actions against, 208–9; in institutions, 36; mental illness and, 36

Herman, Judith, 198, 200, 230, 241, 263, 275, 302, 304; on trauma responses, 56–60, 82

Heterosexism, 156; impact of, 148; LGBT and, 145

Heterosexual relationships, control/power misuse toward, 110

Historical trauma, 4, 303; alcoholism and, 179–80; depression and, 177; impact of, 176–90; of Japanese American World War II internment camp descendants, 178; of Jewish Holocaust descendants, 178; mortality rates and, 179; pervasiveness of, 179, 188; response to,
Historical trauma theory: development of, 177–81; emergence of, 178–79; Jewish Holocaust descendants and, 179

Hyperarousal, 248; awareness of, 83; of combat veterans, 260, 265; reduction of, 82–84; relaxation techniques for, 83; talking interventions and, 81; terror and, 57

Identity: after war, 261, 263, 265; of Asian Americans, 42; Brave Heart on, 187, 190; Colon/Armendariz on, 187; disasters and, 291; empowerment practice and, 42–43, 189–90; HTUG and, 185; of Lakota, 186–87; verbal abuse and, 156; victimized due to, 146–47

IFS: see Institute for Family Services

Immigrants: asylee/refugee and, 238; challenges of, 240; classification of, 238; needs of, 252; political advocacy for, 253; as political topic, 237–38; resettlement of, 244–45; resilience of, 255; resources for, 245, 252; therapists and, 255–56; trauma of, 240–41; triple trauma paradigm and, 242–46; undocumented, 239–40

Incest: adolescents and, 38–41; consequences of, 44; survival skills of, 44–45

Insidious trauma, 142–57; anxiety and, 146; community empowering support and, 154–55; depression and, 149; empowerment principles and, 149–57; mental health system and, 153–54; National Coalition of Anti-Violence Programs on, 145; need awareness and, 152–53; oppression and, 148; power equalization and, 155; PTSD and, 145–46, 151; responding to, 147–48; role of, 147; self-empowering support and, 153–54; stressors for, 144, 146, 148; symptoms of, 143, 156; understanding of, 143–47; VT and, 148–49

Institute for Family Services (IFS): client’s experience at, 115–20; Cultural Context Model by, 103, 120–21; empowering support by, 112–23; empowerment principles at, 113–20; mission of, 113; reflecting teams at, 115; sponsorship program and, 107–8; trauma knowledge of, 301–2; VT and, 112–13

Institutions: captivity and, 59–60; experiences of, 60; learned helplessness in, 56; oppressions in, 55; trust in, lack of, 60; see also Mental health center; Mental health system; Oppression, institutional

Intergenerational trauma; see Historical trauma

Interpersonal empowerment, 224–25; combat trauma and, 268–70

Intervention: agency grief and, 167–68; for bullying, 129, 133–34, 135–36, 137; crisis, 290–91; debriefing and group, 166; disaster, prevention and, 286, 290, 296; historical trauma and unresolved grief, 183–90; hyperarousal and talking, 81; for post-traumatic stress disorder, 188; strengths-based assessment, safety and, 61, 64–66; for torture, 256; for triple trauma paradigm, 246; see also Historical Trauma and Unresolved Grief Intervention

Intrusive thoughts: trauma and, 199; Webb on, 203–4

Iraq War: combat veterans and, 276; enemies of, 276; PTSD and, 276
Jacobs, S. C., 161
Japanese American World War II internment trauma of, 178
Jewish Holocaust descendants: historical trauma of, 178; historical trauma theory and, 179; PTSD and, 182
Katz, M., 221
Kilty, K., 217
Van Kirk, S., 264
Kleber, R. J., 167
van der Kolk, Bessel, 31, 208

Lakota reservations: alcoholism and, 179–80; on children, 184; empowerment goal of, 183, 190; genocide of, 180–81; healing ceremonies of, 185, 189; identity of, 186–87; kinship network and, 186; Seven Laws of, 186; tradition of, 187
Lating, J., 164
Lattanzi-Licht, M., 161

Lesbian, gay, bisexual, or transgender (LGBT): bullying and, 135; community support for, 154–55; coping strategies of, 153; foster care and, 153–54; heterosexism and, 145; legal rights of, 144, 152; mental illness among, 145; outing of, 150, 153–56; power of, 154; substance abuse/ anxiety among, 145; violence against, 146–47
Lesbian partnerships; see Gay/ Lesbian partnerships
Levine, Peter, 86
Lewis, G. W., 165
LGBT; see Lesbian, gay, bisexual, or transgender

Limbic system: fight-or-flight response and, 79; trauma and, 80
Litz, B. T., 161
Lutheran Family Services, 246, 251, 255
Madsen, L. H., 46
Mallon, G. P., 153–54

Meditation: for hyperarousal reduction, 83; for mind-body approach, 81
Memories, adult: of childhood trauma, 78–80; see also Adult memory trauma
Memory retriggering, 79, 302; PTSD and, 84–85; from trauma, 20, 26; trigger for, 84; war and, 266–67

Mental health: combat veterans and, 266; foster care, challenges from, 40–41; poverty and, 221–22; treatment myths of, 45
Mental health center (MHC), 51
Mental health system: capacity building and, 254–55; culture of, 72–73; insidious trauma and, 153–54; remembrance/ mourning and, 70; trauma treatment and, 301; victimization in, 52–54
Mental illness: child abuse and, 300; cumulative adversity and, 56, 73; institutionalized oppression and, 55; learned helplessness and, 56; among LGBT, 145; Native Peoples and, 180; nature of living with, 54–56; poverty and, 54, 66, 221; power influenced by, 54, 60; research on, 145; sense of self and, 55; stigma of, 54; see also Psychiatric disability, women

MHC; see Mental health center
Middleman, R., 201–2

Mind-body approach: to adult memory trauma, 80–88; biofeedback for, 81; guided imagery for, 81, 86–87; meditation for, 81; relaxation practices for, 81; for therapists, 87
Mitchell, J., 164, 167

Mourning; see Remembrance/mourning

Multicultural respect, 29, 44–45; agency grief and, 170–71; bullying and, 134–35; combat veterans and, 273; community and, 250; coping skills and, 186; depression and, 182–83; Diller and, 256; empowerment and, 67; empowerment principle and, 253; insidious trauma and, 151–52; poverty and, 227–29; safety and, 61, 66–67;
torture trauma treatment and, 249; trauma and, 66–67; Wise, J. B., on, 228–29
Myers, D., 168, 170, 200
Naparstek, Bellaruth, 86–87
National Coalition of Anti-Violence Programs, on insidious trauma, 145–46
National Gay Lesbian Task Force (NGLTF), 155
National Organization of Men Against Sexism (NOMAS), 107
Native history: boarding school era of, 178; Carlisle Indian School and, 178; genocide and, 179, 180–81; mortality rates and, 179; PTSD and, 179, 182
Native Peoples: family therapy and, 189; grief resolution of, 181; mental illness and, 180; suicide rates of, 180
Needs, awareness of, 28; agency grief and, 171; bullying and, 135; combat veterans and, 273; community and, 251; empowerment principle and, 90–91, 184; insidious trauma and, 152–53; poverty and, 229; torture trauma treatment and, 251
Neria, Y., 161
Newstetter, Wilbur, 204
NGLTF; see National Gay Lesbian Task Force
NOMAS; see National Organization of Men Against Sexism
Nongovernmental organizations (NGOs), asylee/refugee and, 238–39
Ohrenstein, L., 46
Olweus, D., 127
Oppression, 2; agency grief and, 170; of asylee/refugee, 240; awareness of, 143; insidious trauma and, 148; of poverty, 226–27; public violence and, 101; stigma and, 54
Oppression, institutional, 73–74; mental illness and, 55; Rose on, 55
Padgett, D., on community strength, 293
Parental distress: after disaster, 282; to trauma, 17
Parents and Friends of Lesbian and Gays (PFLAG), 155
Partnership, establishment: empowering support and, 63–64; safety and, 61, 63–64
Patriarchy, cultural violence and, 102
Pearce, Diana, 219
Pearlman, L. A., 169, 272, 305
Personal empowerment, combat trauma and, 265–68
PFLAG; see Parents and Friends of Lesbian and Gays
Phase Oriented Treatment, 185
Physical trauma, 3–4; from dog attack, 16–17
Play therapy, 29, 31; with baby dolls, 20–21; for childhood trauma, 21; child’s perceptions and, 21; for dog attack, 22–23; Greenspan’s principles of, 30; B. van der Kolk on, 31; with puppets, 22–23; with sandbox, 22
Political action: reconnection and, 71–72; against trauma, 72
Political violence: communities and, 256; psychological effects of, 245, 245; VT and, 248–49
Post-trauma experience, shock of, 19, 30
Post-traumatic stress disorder (PTSD), 5, 65, 143; acute/chronic/delayed-, 6; of African Americans, 182; ASD v., 6; autonomic/sympathetic nervous system and, 80; borderline personality disorder and, 267–68; combat veterans and, 260, 275–76; combat veteran’s spouses and, 268; debriefing and, 167; diagnosis of, 5–6; disasters and, 282, 293; flashbacks and, 18; Herman on, 241, 263; hormones during, 79–80; insidious trauma and, 145–46, 151; intervention techniques for, 188; Iraq War and, 276; Jewish Holocaust descendants and, 182; memory retriggers and, 84–85;
Native history and, 179, 182; Phase Oriented Treatment strategies for, 185; poverty and, 222, 229; risk of, 16–17; self-medication of, 269; September 11th trauma and, 207; from sexual abuse, 37; symptoms for, 6, 16, 264, 265, 301; torture and, 241; Vietnam veterans and, 262–63; VT and, 148; see also Complex Post-Traumatic Stress Disorder
Poverty: in Aberdeen Area, 180; after WWII, 218; anxiety and, 222; children and, 219; class lines and, 228; complex concept of, 217, 221; disaster and, 281; economic guidelines for, 219; education and, 220, 227; employment and, 220; empowering support and, 230–31; empowerment principles and, 226–32; empowerment response to, 223–25; guidelines of, by Census Bureau, 218–19; Hurricane Katrina and, 217, 218, 228; implications of, 232–33; Katz on, 221; Kilty/Segal on, 217; level of, set by Social Security Administration, 218; literature on, 219; mental health and, 221–22; mental illness and, 54, 66, 221; moderate v. extreme, 218; multicultural respect and, 227–29; needs awareness and, 229; oppression of, 226–27; Pearce on, 219; power equalization and, 231; Project WISE on, 225–26; PTSD and, 222, 229; racism/sexism and, 220; resources, lack of, and, 220–21; Romero/Chavkin/Wise, P. H./Smith on, 221; Sachs on, 218; Samuelson on, 218; self empowerment and, 229–30; situational v. long-term, 222–23; survey of, 218; TANF and, 220, 233; trauma and, 215–33; understanding scope of, 217–23; verbal abuse and, 215–16; victimization and, 222; VT and, 225–26; web of, 219–21, 233; women and, 219
Power: according to hierarchies, 101; of people of color, 108; domestic abuse and, 99–102; empowerment v., 9, 100; equalization of, 29–30, 45, 62, 91–92, 105, 115, 120, 116–37, 155, 171, 187, 231, 274–75; of gay/lesbian partnerships, 109; within gay/lesbian relationships, 111; of heterosexual relationships, 110; imbalance of, in bullying, 125; influenced by mental illness, 54, 60; of LGBT, 154; men and, 105; misuses of, 100, 101, 102–12, 117; reconciliation and, 71; trauma’s influence on, 57–58
“Power and Control” Wheels, tactics of, 100
Preflight displacement periods of exposure: experiences of, 242–43; triple trauma paradigm and, 242–43
Privacy: between clients, 105–6; Cultural Context Model and, 104–12; between family members, 106–7; between therapists, 104–5
Privilege: Cultural Context Model and, 104–12; domestic abuse and, 99–102; misuses of, 102–12; removal/withholding of, 101
Project WISE; see Project Women’s Initiative for Service and Empowerment
Project Women’s Initiative for Service and Empowerment (Project WISE), 217; community empowerment and, 225; programs within, 223–24; public housing development and, 227; roles of, 231–32; self empowerment and, 229–30; target population of, 227; on VT/poverty, 225–26; Welfare Reform Board and, 229; for women, 223–24, 302
Prolonged life-threatening events, complex PTSD and, 263
Psychiatric disability, women: living with, 54–56; responses to trauma, 56–60; sexual abuse of, 51–52; trauma and, 51–74; victimization of, 52, 62; vulnerability of, 53, 59
Psychological trauma, 4; bullying and, 125–26; disasters and, 282; Stolorow/Atwood on, 126; terror/disconnection of, 222
Psychotherapy, 306
PTSD; see Post-traumatic stress disorder

Racism, poverty and, 220
Rape; see Sexual abuse
Reconnection: to others, 70–71, 304–5; political action and, 71–72; power and, 71; trauma recovery and, 70–72
Refugee; see Asylee/refugee
Relationships, empowering, 41–45, 61; isolation of, 41; response to, 41–42
Relaxation practices: breathing exercises and, 82, 84; empowerment principles and, 91; for mind-body approach, 81, 83; progressive, 83
Remarque, Erich, 264
Remembrance/mourning: awareness for, 69; collective trauma and, 199–200; empowering support for, 69; Herman on, 200, 302; mental health system and, 70; September 11th trauma and, 209; strategies for, 68–70; trauma recovery and, 67–70, 304–5; work commitment for, 68
Resettlement: of immigrants, 244–45; trauma of, 236–56, 303; triple trauma paradigm and, 244–46
Resilience, 300, 303, 307; Bonanno/Walsh on, 8, 307; from childhood trauma, 28, 32; disasters and, 295; Gitterman on, 307; Glickon on, 307; of immigrants, 255; from STS, 46; from trauma, 3, 307; VT and, 307–8; Zunz on, 295
Romero, D., 221
Rose, S., 55, 167, 168
Rosenheck, R., 267

Saakvitne, K. W., 169, 272, 305
Saari, S., 166
Sachs, J., 218
Safe Place Imagery, as group work, 204
Safety: confidentiality of, 64; disaster and, 288, 289; Everstine, D. S./Everstine, L., on, 247; group work and, 207–9; multicultural respect and, 61, 66–67; partnership establishment and, 61, 63–64; perception of, 64–65; sense of, 247; strengths-based assessment/intervention plan and, 61, 64–66; trauma naming and, 61, 62–63; trauma recovery and, 61–67; trauma treatment and, 247, 304–5
Samuelson, R. J., 218
Schools: “Boarding school era,” Native Americans and, 178, 181, 184; bullying and, 127, 128, 130, 134, 137
Scott, C., 305
SE; see Somatic experiencing
Secondary traumatic stress (STS), 4, 46–47, 291; burnout v., 5; debriefing of, 46; depression and, 292; emotional distancing and, 46; Figley on, 169; resilience from, 46; support, empowering, and, 46–47; symptoms of, 292; see also Vicarious trauma
Segal, E., 217
Self, sense of: loss of, 58–59; mental illness and, 55; trauma and, 58–59
September 11th trauma, 194–212; children/adolescents group work for, 194–212, 303; Danielli/Dingman and, 188; denial and, 196; empowering responses to, 200–205; empowerment practices and, 210; Ground Zero and, 188; impact of, 196; lingering effects of, 196; memoir on, 197–98, 211–12; PTSD/traumatic grief and, 207; remembrance/mourning and, 209; response to, 195; sight/sounds/smells of, 205–7; see also Collective trauma
Sexism: NOMAS and, 107; poverty and, 220
Sexual abuse, 303; adolescents and, 35–49; anxiety and, 37; childhood development trajectory and, 37; depression and, 37; disconnection from, 58–59; prevalence of, 53; PTSD from, 36; safe living situation from, 43; statistics of, 36–37; substance abuse and, 37, 38; terror of, 57–58; traumatic crimes and, 53; of women with psychiatric disabilities, 51–52
Sexual minority client: acceptance of, 151–52; legal rights of, 144, 152; Mallon on, 153–54; oppression awareness of, 143; prejudices against, 151; see also Lesbian, gay, bisexual, or transgender

Shapiro, Francine, 85

Social capital, empowerment principles and, 293–94

Social empowerment, combat trauma and, 270–71

Social Security Administration, poverty level set by, 218

Social trauma, 4

Social workers: advocacy skills of, 48–49; empathy and, 49; see also Treatment providers

Society, Cultural Context Model in, 107–12

Somatic experiencing (SE): by Levine, 86; for trauma treatment, 86

Spiritual empowerment, combat trauma and, 271–72

Stabilization, trauma treatment and, 306

Stigma: of mental illness, 54; oppression, internalized, and, 54

Stolorow, R. D., 126

Stone Center, relational-cultural model of, 41, 49

Strength: agency grief and, 170; assessment based on, 61, 64–66; building of, 28–29, 133–34, 149–51, 170, 226–27, 250, 254, 272–73; of community, 293; empowerment principles and, 89–90

Strengths perspective: Bell on, 41; Stone Center’s model of, 41

Strengths-based assessment: safety and, 61, 64–66; safety perception and, 64–65

Stress, 245–46; awareness of, 83; from medical treatment, 31; as psychiatric deterioration, 57; reduction of, 81, 82–84; traumatic, 36–37; VT and, 46

STS; see Secondary traumatic stress

Substance abuse: combat veterans and, 269; disasters and, 289; historical trauma and, 177; among LGBT, 145; sexual abuse and, 37, 38

Support, empowering, 28, 32; for adolescents, 47; agency grief and, 171; bullying and, 136; combat grief and, 274; empowerment principle and, 91; group work and, 207–8; Herman on, 230; by IFS, 112–13; insidious trauma and, 153–54; meaningful structures of, 69–70; network of, 44; of others, 2, 154–55, 230–31; partnership establishment and, 63–64; for remembrance/mourning, 69; STS and, 46–47; trauma and, 47

Sympathetic nervous system: fight-or-flight response and, 79; PTSD and, 80

Takini Network, for historical trauma healing, 184

TANF; see Temporary Assistance for Needy Families

Temporary Assistance for Needy Families (TANF), 215; marriage and, 221; poverty and, 220, 233

Terror, 3; constriction and, 57–58; hallucinations and, 57; hyperarousal and, 57; of psychological trauma, 222; as trauma response, 57–58

Terrorism: child/adolescent survivors of, 195–200; impact of, 196, 199; media and, 199

Therapists: reaction to bullying, 132–33; Cultural Context Model and, 104–5; immigrants and, 255–56; mind-body approach for, 87; privacy between, 104–5; torture trauma treatment and, 249; trauma treatment skill of, 85; VT and, 112–13

Torture: Amnesty International on, 240–41; of asylee/refugee, 239; Center for Victims of Torture on, 241; characteristics of, 242; community and, 245; goal of, 241, 245; intervention for, 256; methods of, 241; nature/dynamics/consequences of, 240–42; prevalence
of, 240; prevention of, 252; PTSD and, 241; trauma of, 236–56, 303; UN on, 241; as unbelievable, 248–49

Torture syndrome, 241–42

Torture trauma treatment: challenges of, 248–49; culture broker and, 250–51; group work and, 253; multicultural respect and, 249; needs awareness and, 251; principles of, 246–47; therapists and, 249

Trauma: brain changes after, 79; Broca's area and, 80; of bullying, 125–28; chaos/crisis and, 301; childhood, 15–32; collective reality/consciousness and, 199; of combat veterans, 259–76; coping skills for, 65–66, 202; crimes identified as, 53; dimensions of, 3; disclosure of, 62, 64; disconnection and, 60–61; empowerment practice for, 308; fight-or-flight response to, 79; Herman on, 275; IFS knowledge of, 301–2; of immigrants, 240–41; intergenerational massive group, 177, 182–83; intrusive thoughts and, 199; meaning/reasoning for, 1, 82, 87–88; memory rerunning from, 20, 26; multicultural respect and, 66–67; Myers on, 200; parental distress to, 17; person's response to, 2–3; physiological response to, 78; political action against, 72; poverty and, 215–33; power influenced by, 57–58; processing of, 84–87; resilience from, 3, 307; resource teams for, 48; sense of self and, 58–59; shock of, 19; of torture/flight/resettlement, 236–56, 303; transformation by, 7, 144; triple trauma paradigm and, 242–46; by trusting people, 44; of victimization, 53–54; of war, 259–76; of women with psychiatric disabilities, 51–74; women's responses to, 56–60; see also: Adult memory trauma; Collective trauma; Combat trauma; Disaster trauma; Historical trauma; Insidious trauma; Physical trauma; Psychological trauma; September 11th trauma; Social trauma; Vicarious trauma

Trauma naming, safety and, 61, 62–63

Trauma recovery: education and, 247; reconnection and, 70–72; remembrance/mourning and, 67–70, 304–5; safety and, 61–67; stages of, 60

Trauma response, 6–7; captivity as, 59–60; depression and, 143; disconnection as, 58–59; empowerment and, 60–71; Herman on, 56–60, 82; hypervigilance as, 63; psychological responses and, 247; terror and, 57–58

Trauma treatment: approaches to, 302; EMDR for, 85–86, 90–91; empowerment and, 302–3, 304–6, 307–8; healing process for, 7, 82, 84–87, 92–93; HTUG, 183–90; hyperarousal reduction, 82–84; van der Kolk, B., on, 208; lack of cohesion in, 37, 40; mental health systems and, 301; open communication regarding, 155–56; safety/control in, 247, 304–5; SE for, 86; stabilization and, 306; stages of, 82; therapists skills and, 85; trauma meaning/reasoning and, 82, 87–88; VT and, 88–89

Trauma-informed services, Harris/Fallot on, 301

Traumatic bereavement: Neria/Litz on, 161; traumatic grief v., 161

Traumatic grief: Jacobs on, 161; September 11th trauma and, 207; traumatic bereavement v., 161

Traumatic stress, adolescents and, 36–37

Treatment providers, high turnover rate of, 48

Triple trauma paradigm, 242–46; flight and, 243–44; immigrants and, 242–46; interventions for, 246; preflight displacement periods of exposure, 242–43; psychological effects of,
245, 245; resettlement and, 244–46; responding to, 246–48
Twemlow, S. W., 129

UN; see United Nations
United Nations (UN): debriefing standards of, 166; on torture, 241
Unresolved grief intervention, historical trauma and, 183–90

Verbal abuse, 78; control by, 98; identity and, 156; poverty and, 215–16
Vicarious trauma (VT), 4, 18, 72–73; awareness of, 308; Boyd-Franklin on, 225; bullying and, 132–33; client’s death and, 168–70; combat trauma and, 272; coping with, 188; debriefing of, 46; disaster response and, 291–92; distancing for, 72; empathy and, 30; Geller/Madsen/Ohrenstein on, 46; as grief response, 169; IFS and, 112–13; insidious trauma and, 148–49; Pearlman/Saakvitne on, 272; political violence/immigration trauma and, 248–49; poverty and, 225–26; Project WISE on, 225–26; PTSD and, 148; resilience and, 307–8; sights/sounds/smells and, 205–7; stress level and, 46; therapists and, 112–13; trauma treatment and, 88–89
Victimization: agency grief, sense of, 161; due to identity, 146–47; in mental health system, 52–54; poverty and, 222; power imbalance and, 231; prevalence of, 53; sense of, 17; trauma of, 53–54; of women with psychiatric disability, 52, 62
Vietnam veterans: Fontana/Rosenheck on, 267; PTSD and, 262–63; on war, 262; WWII veterans v., 261–62
VT; see Vicarious trauma
Walsh, F., 8, 307
War: adjustment after, 260; controversy of, 262; identity after, 261, 263, 265; memory retrigerring and, 266–67; trauma of, 259–76; Vietnam veterans on, 262; WWII, 218, 261–62
Webb, Nancy Boyd, 200, 203–4
Wee, D. F., 168, 170
Welfare; see Temporary Assistance for Needy Families
Welfare Reform Board, 230; Project WISE and, 229
Wessely, S., 167, 168
Wiffle Ball Feelings/Creating a Board Game, 204, 210
Williams, M. B., 162
Wise, J. B., 2, 228–29, 305; on cooperative roles, 231–32
Wise, P. H., 221
Women: as combat veterans, 269; liberation/empowerment of, 114; poverty and, 219; Project WISE for, 223–24, 302; see also Psychiatric disability, women
World War II (WWII): enemies in, 261; poverty after, 218
World War II (WWII) veterans: Vietnam veterans v., 261–62; on war, 261–62
WWII; see World War II
Zinner, E. S., 162
Zunz, S., 295