



Trauma and Healing among Asian Pacific American Women

Division 35 Midwinter Meeting
Section 5: Psychology of Asian Pacific
American Women



Credits and Context

- Lowe, Okubo, & Kornylak (in preparation). *A qualitative inquiry into racism, trauma, and coping.*
- Explored women's reactions to racism, sexism, heterosexism, how they coped, and helpful/less helpful support.
- “Societal trauma” and coping/resiliency models (Bryant-Davis, Chung & Tillman, 2009)



Effects of race related trauma

- **Self esteem** (Greene, Way, & Pahl, 2006; Fisher, Wallace, & Fenton, 2000)
- **Anxiety** (Cassidy, O'Connor, Howe & Warden, 2004)
- **Depression** (Beiser & Hou, 2006, Cassidy, et al., 2004, Greene, et al., 2006)
- **Physical Illness** (Gee & Colleagues, 2006)
- **Social Connectedness** (Lee, 2005)
- **Race-related stress** (Liang, Alvarez, Juang, Liang, in press; Liang & Fassinger, in press)
- **Drug Use** (Gee, Delva, Takeuchi, 2006)
- **Body Image & Eating Disturbance** (Iyer & Haslam, 2003)
- **Math Performance** (Cheryan & Bodenhausen, 2000)
- **HIV Risk Behavior** (Yoshikawa, Wilson, Chae, Cheng, 2004)
- **PTSD** (Loo & Colleagues, 2001)
- **Secondary injuries** (Lowe, Okubo, & Kornylak)



Coping and Resiliency (Lowe, Okubo, & Kornylak)

- Fantasies about what could have happened
- Social support systems
- Communication, validation, advocacy, empathy
- Intergenerational concerns



Reflection

What were the stories that you heard from parents, family members, friends or other important adults in our lives that taught us how to respond and cope with racism and other isms in your cultural group(s)? And how can we listen, validate and empower all of our experiences?



References

Bryant-Davis, Chung, & Tillman (2009). From the Margins to the Center : Ethnic Minority Women and the Mental Health Effects of Sexual Assault. *Trauma, Violence and Abuse*. 10 (4), 330-357.

Lowe, Okubo & Kornylak (in preparation). A qualitative inquiry into racism, trauma and coping.

Osajima, K (1993). The hidden injuries of race. In Revilla, Nomura, & Wong (Eds.) *Bearing dreams, shaping visions*.

Nagata, D.K. & Cheng, W.J. (2003). Intergenerational communication of race-related trauma by Japanese American former internees. *American Journal of Orthopsychiatry*. 73(3), 266-278.