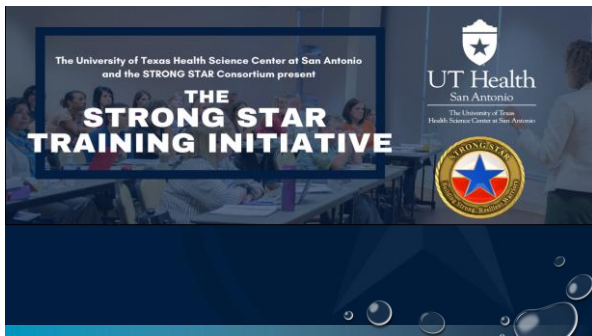


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Housekeeping Rules

- Place questions in the "Q&A" chat feature – questions will be answered at the end of the presentation.
- Place technical issues in the chat box.

Erik Casas

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Trauma in Latinx Populations: What We Know & Where We Need to Go

Thania Galvan, PhD
Department of Psychology
University of Georgia

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Overview

- Introduction to Trauma
- Trauma & Latinx populations
- Clinical Implications: Assessment of Trauma in Latinx Populations
- Clinical Implications: Trauma Interventions for Latinx Populations

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Webinar Goals

- Develop an understanding of what trauma is and how it impacts Latinx populations
- Identify at least 2 ways in which culture and/or context influence trauma & related mental health outcomes in Latinx populations
- Describe at least 2 ways that clinicians and researchers can adapt their work to more effectively address trauma in Latinx populations

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No conflicts of interest to disclose

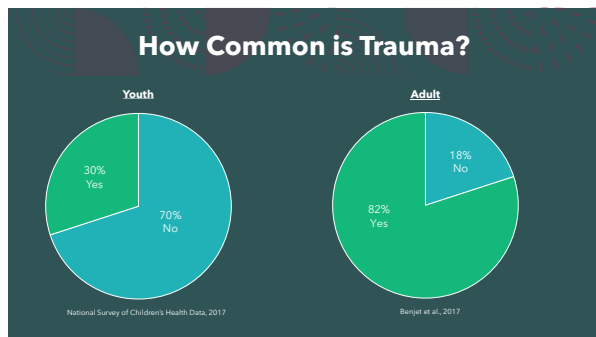
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What is trauma?

- A strong emotional or physical response to a frightening, stressful, unexpected or dangerous experience
 - Doesn't have to be life threatening or experienced
 - Emphasizes the role of *individual's perception*
- Examples of common events
 - Sexual abuse, physical abuse, natural disaster, forced family separations, sudden death of a loved one, life-threatening illness
- Recent shift in focus on military/combat trauma to civilian-based trauma
 - Beginning in 2006



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Common Reactions Following Trauma

Common Reactions
Changes in Appetite
Insomnia/Changes in Sleep Habits
Feeling on High Alert
Irritability/Easily Upset
Sadness
Changes to world view and/or self
Withdrawing
Feeling Detached or Numb
Flat Affect

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- ### How Likely Are You to Develop Mental Health Complications After Traumatic Event?
- Not very
 - Vast majority do not have long term complications
 - Some do → PTSD, Substance Misuse, Depression, Anxiety
 - Trauma as a transdiagnostic risk factor
 - PTSD is conditional on trauma exposure
 - EX: 8.3 - 14% of those exposed to trauma develop PTSD in their lifetime
- Sayad et al., 2015; Hogg et al., 2023; Beals et al., 2013

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Risk Factors for Long Term Complications

BEFORE Trauma	DURING Trauma	AFTER Trauma
<ul style="list-style-type: none"> • Pre-existing MH condition(s) • Past-Trauma: "thousands of cuts" • Family Hx of MH condition(s) 	<ul style="list-style-type: none"> • Certain Types of Trauma (e.g., sexual assault, unexpected death) • Life Threat During Trauma • Physical Injury During Trauma • Disassociating During Trauma 	<ul style="list-style-type: none"> • Low Social Support • High Life Stress • Avoidant Coping • Stressful Secondary Life Events

International Society for Traumatic Stress, 2010

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**STRONG STAR
TRAINING
INITIATIVE**

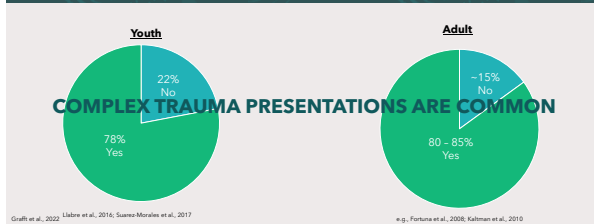
PASSWORD #1:
strong

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So how DOES trauma impact Latinx populations?

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Trauma in Latinx Populations



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Migration-Related Trauma


- Why migration-related trauma?
 - 33% of U.S. Latinx population are immigrants
 - Unique trauma exposures (e.g., deportation/detention, kidnapping, lack of shelter/food)
 - Migration-related trauma differently related to MH outcomes
 - Lifespan approach to understanding trauma and its MH consequences - "thousands of cuts"
- Trauma exposure types can vary according to migration phase
- Between 95 - 82% of trauma exposures can be missed by standard trauma assessments
- Risk for migration trauma not evenly distributed



Migration Policy Institute, 2021; de Araujo et al., 2018; Cleary et al., 2016; Bellocquet et al., 2017

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Race-Based Trauma



- **Race-Based Trauma (RBT)** is the unique psychological & emotional distress that an individual suffers as a result of discrimination-rooted experiences
- Mental Health Consequences of RBT
 - PTSD
 - Depression
 - Substance Misuse
- RBT in Latinx Populations
 - Not well understood
 - 50% of Latinx report experiencing discrimination in last year
 - Discrimination & hate crimes against Latinx on the rise
 - Linked to PTS
 - May increase psychological distress more than other forms of trauma
 - Especially in vulnerable populations

ARKT, N.D.; Carter et al., 2020; Johnson et al., 2022; Makari et al., 2022; Pew research Center, 2021; FBI, 2016; Anand et al., 2017; Garcia et al., 2018

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Intergenerational Trauma

- Latinx populations vulnerable to intergenerational trauma given variety of nested systemic & historical factors
- **Intergenerational Trauma** = descendants of a person who has experienced a traumatic event shows adverse emotional and behavioral reactions to the event similar to those of the person themselves
- Among Latinx, intergenerational trauma can...
 - Impact Latinx perceptions and response to trauma
 - Influence willingness to seek services
 - Lead to trauma propagation



APA Dictionary of Psychology, N.D.; Cardona et al., 2021

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Trauma and MH Outcomes



- Trauma generally related to increased mental health risk
- Most commonly...
 - PTSD
 - Depression & Suicidal Ideation
 - Anxiety (GAD, Social Anxiety)
 - Substance Misuse
- A couple of notes...
 - Less likely to meet PTSD dx criteria
 - Mixed findings on the trauma-mental health relation

Mayorga et al., 2022; Andrews et al., 2022

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Resilience in the Face of Trauma

- Latinx populations are resilient despite trauma exposure
- Resilience is individual-specific
 - Don't have good understanding at what does/doesn't confer resilience
- Enculturation repeatedly identified as a resilience mechanism
 - *Familismo*
- MUCH more research needed to better understand resilience
- **WARNING:** Resilience does not imply inaction



Zelino et al., 2020; Olson de Silva et al., 2020

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Trauma & MH Service Use in Latinx Populations

IT'S OKAY TO ASK FOR HELP

- Generally, Latinx populations use MHS at a low - variety of reasons
- Little research done on trauma & MHS use in Latinx populations
- What we do know:
 - Barriers to MHS use are...
 - Perception of trauma as something that is in the past & unchangeable
 - Exposure -Based Interventions
 - Worried about making it worse
 - Event-Related Stigma that may fluctuate depending on type of event
 - Facilitators to MHS use are...
 - Psychotherapy-focused interventions
 - Oral narrative interventions
 - Service Drop Out: lack of understanding the rationale for exposure-based interventions linked to intervention drop-out
 - Trauma-interventions appear to be effective - especially when considering cultural adaptations

Eisenman et al., 2008; Andrews et al., 2002; Nicasio et al., 2022

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Trauma Assessment Recommendations

- Use combo of interviews and questionnaires
- Adapt questionnaires to comprehensively assess trauma
 - Additional traumas assessed:
 - Adverse interactions with law enforcement
 - Deportation
 - Immigration-related detention
 - Forceful separation by an immigration official
- Assess for impairment using open-ended questions
- Assess strengths/sources of resilience
- Screen everyone regardless of presenting concern(s)

Child and Adolescent Trauma Screen (CATS), Modified - Youth Report

Stressful or scary events happen to many people. Below is a list of stressful and scary events that sometimes happen. Mark YES if it happened to you. Mark NO if it didn't happen to you.

1. Serious natural disaster like a flood, tornado, earthquake, or fire

(If yes: _____ Y _____ NO _____)

How old were you when it first happened? _____

How old were you when it last happened? _____

(If child is an immigrant, when did this happen (select all that apply)?

a. Before immigrating

b. While immigrating (On the immigration journey)

c. While living in the U.S.

How much does this experience bother you today?

0	1	2	3	4
Not at all	A little bit	Somewhat	A lot	Very Much

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Trauma Intervention Recommendations

- Spanish-speaking clinician preferred; professional interpreters ok
 - Clients or their family/ friends should **NEVER** translate
 - Ideal: professional interpreters trained in trauma
- Assess for understanding of rationale for trauma-focused intervention & use of exposure
- Integrative approach
 - Change-based and acceptance focused interventions
- Leverage & integrate strengths
- Trauma-focused interventions require long-term & regular commitment
 - Not recommended to engage in trauma-focused work if can't get BOTH of these
 - Trauma-informed vs. Trauma-Focused

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Trauma-Informed MH Recommendations

- Psychological First-Aid
 - For immediate use after trauma or if can't secure commitment
 - Not diagnosis driven; client needs driven
 - Modular approach
 - Stand alone or can be integrated
- System-Focused Approach
 - Recognizes that systems can...
 - Perpetuate trauma/mental health concerns
 - Serve as a barrier to MHS Use
 - To adopt this approach, clinicians must...
 - (a) Develop an awareness of the systems they interact with & those they do not/prefer not to interact with
 - (b) Integrate interaction with systems into therapeutic approach



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MAIN TAKEAWAY:

**LOTS MORE RESEARCH IS NEEDED
BUT
CAN MAKE MODIFICATIONS NOW!**

** with updates necessary as research emerges*

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PASSWORD #2:
star

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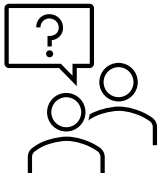
Questions?

thania.galvan@uga.edu

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Q&A

- Please type your questions in the Q&A feature at the bottom of the screen.



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Next Month's Webinar



Applying Cognitive Behavioral Principles to Promote Trauma Recovery for Transgender and Nonbinary Individuals

Presented by **Danielle Berke, PhD**, clinical psychologist and Assistant Professor of Psychology at Hunter College and The Graduate Center of the City University of New York where she directs the Gender-Based Violence research laboratory

When: Wednesday, June 14 at 1-2:30pm CDT/ 2-3:30pm EDT

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Upcoming Workshops



Unraveling PTSD: Advanced Skills Training to Enhance the Effectiveness of Your Trauma-Focused Treatment

Presented by **Stefanie LoSavio, PhD, ABPP**, Assistant Professor in the Department of Psychiatry and Behavioral Sciences at UT Health San Antonio and Associate Director of the STRONG STAR Training Initiative

When: Wednesday, June 7 from 9 AM – 4 PM CST
Cost: \$150

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Upcoming Workshops



Boosting Engagement and Progress in Psychotherapy Through Motivational Interviewing

Presented by **David Roberts, PhD**, Assistant Professor in the Department of Psychiatry and Behavioral Sciences at UT Health San Antonio and member of the Motivational Interviewing Network of Trainers (MINT)

When: Friday, June 23rd from 9 AM – 5 PM CST
Cost: \$150

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