

Adversity and Transcultural Trauma: The importance of resilience and integrity in survival

Presenters: Dr Mila Goldner-Vukov, Dr Laurie Jo Moore and Dr Snezana Mijakavoc

Dear members

This is a brief report about the meeting we had on 29th May 2018. Despite the bitterly cold night, we had more than two-third of the enrolled members attending.

The topic for the evening was “**Adversity and Transcultural Trauma: The importance of resilience and integrity in survival**”. The speakers were **Dr Mila Golder-Vukov, Dr Laurie Jo Moore and Dr Snezana Mijakavoc**.



Dr Mila Golder-Vukov



Dr Laurie Jo Moore



Dr Snezana Mijakavoc

Between the three speakers the topic was covered at length. The audience was also asked to participate in the discussion. It was a truly eye-opening, educative and interactive evening.

The topic was divided into two parts, a theoretical section about adversity/ trauma, and a more specific section about how these malign factors are involved in the cross cultural arena, leading to poor mental health. Most importantly, the presenters (especially Dr Snezana) concluded the presentation by describing and sharing with the audience how the negative impact could be coped with by such important factors as resilience and integrity, and how these could be achieved. The session ended with a close discussion and a sharing with the audience about such experience.



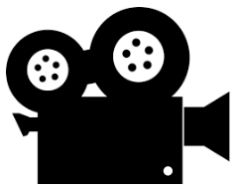
In short, the presenters defined adversity and trauma and gave examples such as overt and covert adversities, ethnocentrism abuse, discrimination, and transgender oppression. Apart from these, both trauma and adversities are also factors involved in racial conflicts and hardships such as those encountered in migration. At this juncture, the presenters gave the audience, a break for interchange and discussions.

This was then followed by a more specific discussion about the forms cultural trauma (and stress) might take such as war, patriarchy, gender abuse/degradation. The presenters illustrated by taking example from New Zealand, Australia and the Balkans.



Lastly, Dr Snezana spent some time to describe several strategies that are efficacious in maintaining mental health when confronted by these various malign factors viz. maintaining resilience (especially in having a meaning in life) and preserving integrity. In order for these to be effective, they need to embrace not only individual's efforts, as have always been thought as important, but also to embrace family and community efforts.

The meeting ended at 8.30pm



For detail how these strategies could be developed, you can view the recording.

Please note: We apologise that **the recording of the session is not yet available for viewing.** An email will be sent to all CCIG members when the recording is accessible.

Next meeting: it has now been decided that future meetings would be regularly held at two monthly intervals. A flyer will be sent to you a month prior to next meeting in July.

Thank you again for your interest and support and we look forward to seeing you at our next meeting.

Yours sincerely

Sai Wong

Dr Sai Wong, ONZM
On behalf of the
Cross Cultural Interest Advisory Group

For more information about the advisory group, newsletters, membership application, previous topics, please go to www.ecald.com/cross-cultural-interest-group/.

