

Rebranding of the Narrative through a Culturally Competent Trauma-Informed Therapeutic Model for Immigrant Women

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California with largest immigrant population, 10.5 million, comprises 23% of the foreign-borns in the U.S. Regardless of their documentation, a significant number of the newly settled has had a minimum of one traumatizing experience either prior to the migration process, or during various stages of migration. In an interdisciplinary qualitative approach, this research examines the need to provide culturally and linguistically competent trauma-informed mental health services and care. It highlights misconceptions in providing care, lack of diversity in mental health care, and poor communication between the stakeholders that may add to trauma. Participants' lived narratives are collected as cultural resources to understand the impact one has on the society and the control the society exerts on the individual in a dialectical discourse between self and society. The reinforcers one uses to strengthen one's lived narrative(s) are examined, and interventions with focus on the voice and character(s) introduced to shift and change the elements of the often excessively lived narrative(s) toward Post-Traumatic Growth.

While in preliminary stages of identifying participants, the pilot study is to be conducted via an integrated model of inquiry and analysis. It is to examine the narratives of ten Bay Area immigrant women who can communicate in either dialects of Persian—Dari, Farsi, or Tajik. Participants are required to attend two individual interviews and one group session and complete a written assignment and one reading exercise.

Keywords: im/migrant women, narrative, mental health, culturally-competent services, Post-Traumatic Growth