PROFESSIONAL PROJECT
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Reasserting Trauma and Resilience Among Asian American Adults: An Exploratory Study

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PROBLEM

Theologians and psychologists on mental health disorders among Asian Americans have noted that Asian Americans are reluctant to request and seeking mental health professionals are often unaware of resources that require humanitarian aid.

RESEARCH QUESTION

How do Asian Americans define trauma and resilience in their lives, and what is the impact of their experiences of intergenerational trauma?

DATA COLLECTION & ANALYSIS

SEMI-STRUCTURED DATA COLLECTION

NARRATIVE THEORY
Allows participants to reflect on their own lives and on their own terms

GROUNDED THEORY
Allows researchers to develop theories based on data and to explore social actions, interactions and relationships

NVIVO 10
Facilitates transcription from audio to text, organizing, coding, and data filtering

AXIAL CODING
Open coding focuses on the identification of concepts and their properties, axial coding puts the data back together in new fashion by relating categories to subcategories along the axis of a paradigm

SELECTIVE CODING
Process of choosing the core category and systematically relating it to other categories that need refining, trend analysis, and filling in poorly developed categories. Results in a theoretical framework of the phenomenon under study, grounded in the data collected from participants

PARTICIPANTS

27 Participants were interviewed (Individual Interviews Conducted Current)

CURRENT KNOWLEDGE ABOUT TRAUMA AMONG ASIAN AMERICANS

ASIAN AMERICAN POPULATION

Largest growing racial/ethnic group
Large variance in ethnicities
Is Lumped and forgotten minority and seen relatively same from other racial/ethnic groups

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EXTERNAL PRESSURES
Stressors

Foreign immigrants have experienced trauma (23.5% of 1st Generation) and 2nd Generation Asian Americans experience also other trauma
Trauma is a complex phenomenon
Trauma is a phenomenon of complex "meaning-making" and "meaning-taking"

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INTERNAL PRESSURES
Coping, Strategies, Self

Family/ Collegiate / Peer pressures
Language
Gender
Acculturation
Intergenerational trauma/ stressors

+

RESULTS OF EXTERNAL PRESSURES

Symptoms (Anxiety/ Depression)
Substance Abuse

+

RESULTS OF INTERNAL PRESSURES

Depression / Dissociative Reactions
Anxiety

=

INTERGENERATIONAL TRAUMA

RESULTS

CATEGORIES

The findings from the groundbreaking analysis revealed four major interrelated categories that clearly have Asian Americans underpinned trauma and resilience in their lives.

THEMES WITHIN EACH CATEGORY:

UNIQUE TYPES OF TRAUMA

EMOTIONAL / PSYCHOLOGICAL ABUSE OR NEGLECT
"Many participants described their parents and families as possessing harshness and dysfunctional forms (participants felt that caregivers were unable to provide emotional support, and that they felt that they were growing up in a "fractured family" experiencing an abuse, abandonment, neglect, emotional deprivation" and "emotional and psychological abuse"

PARENTAL DISCORD / DOMESTIC VIOLENCE
Participants reported significant parental discord and tolerance of domestic violence within their household.

IMMIGRATION STRESS / POLITICAL TRAUMA
Many participants described refugee trauma among their parents and family members, and participants described that they felt that their families were "glad" or felt relieved "opportunity" that immigration was an escape from "poverty, war, and political oppression"
Intergenerational trauma of fleeing communism experienced was encouraging to be motivated by "work and to succeed and not" often discussed "Chin generation" interviewed

POVERTY
Poverty (for Korean, Hoxiang, Hoxi-ancestry, general group of Asian) is often seen as an environmental risk factor for family disorders. They described that they felt that their families were "poor" and that they felt through their grandparents or parents did not "have to be poor"

PERSISTENT IMPACT OF TRAUMATIC EVENTS

DISCONNECTION / LACK OF MEANINGFUL UNDERSTANDING
Most commonly participants reported that it was difficult to "communicate with their parents" or participants felt that their parents "have to suffering life circumstances, they felt previous generations "have to suffer" and participants felt that their parents "have to suffer" or "have challenges or difficulties" or expressing "it's not a matter of choice" "Chin generation" "interviewed"
Symptoms also seem to come from a stressors that seem to be passed

SENSE OF ISOLATION
Due to the hardships that their grandparents and parents have been through, participants speaking as having guilty for not being more "grateful" or "appreciative"
Participants felt that their parents and family members were "alone" bring to no purpose. The feeling of guilt that permeated for life in a "sense of isolation" and participants felt "ashamed of immigrants." "Chin generation, Chin-ancestry"

CULTURE OF SILENCE
Mental health topics were rarely discussed in most participants families and participants felt that "it was a taboo" and participants felt that "mental illness was not acceptable" and participants felt that "mental illness was not acceptable" and participants felt that "mental illness was not acceptable" and participants felt that "mental illness was not acceptable" "Chin generation, Chin-ancestry" "Chin-ancestry" "Chin generation, Chin-ancestry" "Chin-ancestry" "Chin generation, Chin-ancestry" "Chin-ancestry