


Learnings from Developing Group Interventions with Underserved Populations:
 Children affected by Intergenerational Trauma and LGBTQ+ SOTs

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Children affected by Intergenerational Trauma
 Clarkston, Georgia




Children affected by Intergenerational Trauma

About the Group: Striving International Leaders

- Partnered with schools with high immigrant and refugee populations
 - school counselor selected immigrant students who could benefit from the group
 - counselor served as liaison and shared info on group with parents
- Group format in non-clinical setting aimed to decrease stigma and isolation in addressing these issues
- 6 groups with a total of 54 participants and an average class size of 9
- 3 of the 6 groups had same-gendered participants, the rest were mixed.

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Curriculum

Session 1: Introductions & Building Trust

- Explain the purpose of the group
- Outline group rules
- Explore group interests


Session 2: The Impact of Stress

- Identify the consequences of stress and trauma
- Describe the connection between mind and body
- Distinguish the differences between feeling states

Session 3: Learning to Relax & Calming Down

- Introduce techniques for managing stress, anxiety, and negative emotions
- Promote coping and self-care

Children affected by Intergenerational Trauma



Curriculum

Session 4: Leadership Decision-Making

- Increase cognitive-behavioral awareness
- Reflect on the connections between thoughts, feelings, and actions
- Use awareness and reflection to improve decision-making

Session 5: Living in a New Culture

- Define "culture"
- Articulate cultural differences and similarities
- Identify challenges of refugee adjustment

Session 6: Being a Leader in Community & Closing

- Identify personal role models and their qualities
- Describe positive leadership abilities
- Recognize their own strengths and qualities
- Discuss the closing of the group and feedback from the sessions

Children affected by Intergenerational Trauma

Outcomes


Rapid Poll

86% would 'absolutely' take the class again

Level of fun for each class depended on the topic covered*:

- 100% thought the class was 'kind of' or 'absolutely' fun in the first and last class
- With more difficult topics, a minimum of 50% thought it was fun

*Mean scores after each session ranged from 2.0 to 3.0 from a scale of 'Not at all' (1) to 'Absolutely' (4)



Art-based approach

50% of 'Instagram posts' highlighted learning about coping techniques and how to calm down

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Children affected by Intergenerational Trauma

Learnings

- Best practices in partnering with schools in immigrant communities
- Outcomes of nonclinical engagement with immigrant students
- Improvements on curriculum's fit with younger students



LGBTQ+ Survivors of Torture

St. Paul Healing Center, Minnesota

The CENTER for VICTIMS of TORTURE

LGBTQ+ Survivors of Torture


About the Group: Rebuilding Identity

Eligibility:

- 18 years or older
- Conversational English
- From an international community impacted by conflict, war trauma, or torture.
- Can be primary or secondary survivors.
- Identifies as: Lesbian, Gay, Bisexual, Transgender, Queer, or questioning their gender or sexual orientation
- Looking to explore their own sexual orientation and/or gender identity

Participants:

- 7 people were eligible and interested
 - 3 people were too far away without transportation
 - 1 got a job within the 2nd week of group
- 3 people attended regularly



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Curriculum

LGBTQ+ Survivors of Torture

Session 1:

- Introductions & Orientation to Group Norms, Expectations, and Rapport Building

Session 2:

- Coping Skills—Safety and Resilience
- Voguing and Ballroom Culture

Session 3:

- Culture and Adjusting to Immigration
- Stonewall Inn

Session 4:


- Foundations of Trauma and Intersection of Multiple Marginalized Identities
- Myths and Facts about LGBTQ people


Session 5:

- Gender Identity and Sexual Orientation
- Pride Flags

Session 6:

- Forming Healthy Relationships
- ACT UP and the AIDs Epidemic





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Curriculum

LGBTQ+ Survivors of Torture

Session 7:

- Family and Exploring Chosen Family
- Minnesota LGBTQ History and Rights

Session 8:

- Self-Compassion and Loving Kindness
- Pride and Important LGBTQ Holidays

Session 9:

- Religion and Queer Identity
- Lady Gaga's Born this Way listening and lyrics

Session 10:

- Coming out for a Second Time or Later in Life
- Keeping Safe When Traveling

Session 11:


- Assertive Communication
- LGBTQ Icons and Advocates


Session 12:

- Sharing Self with Others and Resources in the Community
- Ru Paul's Drag Race and other entertainment

****Optional Session:**

- Grief and Loss
- Fieldtrip
- Guest speaker





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Outcomes

LGBTQ+ Survivors of Torture


Pre-Post Survey

Participants generally reported *greater*:

- *Knowledge* of LGBTQ+ United States culture and history*
- *Awareness* of LGBTQ+ resources†,
- *Sense of community*‡, and
- *Understanding* of their sexual orientation and/or gender identity§.

Participants also reported feeling *less anxious* about discussing gender identity and sexual orientation§.

*Mean scores increased from 1.0 to 3.0 on a scale of Not at all (0) to Completely (4).
 †Mean scores increased from 1.8 to 3.3.
 ‡Mean scores increased from 2.0 to 3.3.
 §Mean scores increased from 2.3 to 3.7.
 ¶Mean scores decreased from 2.8 to 2.3.



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LGBTQ+ Survivors of Torture

Learnings

Increasing access


- Review eligibility criteria
- Protocol for transportation needs
- Strengthening partnerships with referral agencies

Supporting Organizational Development

- Staff training about LGBTQ, Gender, and Sexual Orientation
- Review safety and privacy protocol

Changes to Curriculum

- Session 7: Family and Exploring Chosen Family → Session 8: Self-Compassion and Loving Kindness
- Session 11: Adding assertive communication and roleplaying
- Adding field trips
- Invitations of speakers



Thank you

Questions?

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