“Fe”-Cross Cultural Perspective on Preventative Interventions: Lessons Learned from Ayiti and Ethnically Diverse Populations

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FAIRY + SONG = LESSON
PRESENTATION OUTLINE

What is Healing?

Coping Vs. Resilience

Examples from Research in Haiti
What is Healing?

- Healing is the act of getting rid of all the imbalances and creating harmony with the Soul.
- Healing is wholeness.
- "Wholeness" means that the physical, mental, emotional and vital force are all in balance.
- Healing is a spontaneous event that comes about through a kind of grace.
TYPES OF HEALING

- Faith healing
- Biblical healing
- Emotional healing
- Spiritual healing
- Healing scriptures
- Energy healing
- Healing prayers
Overview of Coping
Coping

The process of managing demands (external or internal) that are appraised as taxing or exceeding the resources of the person.

Coping means trying to reduce the consequences of stress, which are often unpleasant.

Involves at least two stages: primary appraisal (is this something to bother about?), and secondary appraisal (what can I do about it?)
**TYPES OF COPING**

*Problem focused coping*- lower the demands of the surroundings or enhance their resources,

*Emotion focused coping*- aimed at reducing the emotional consequences of stress.

- People can do this for instance by trying to numb themselves through taking substances, watching TV or sports.
### Styles of Coping: Individually

**Healthy Coping Strategies**
- Exercise
- Down time for self care
- Balancing work and play
- Time management
- Meditation

**Unhealthy Coping Strategies**
- Alcohol/drug use
- Avoidance of event
- Procrastination
- Overeating
- Self-injury
EXAMPLES FROM HAITI
COPING DOMAINS-AYITI

Cognitive/Emotional Debriefing

Spiritual-Centered Coping

Collective Coping
COGNITIVE/EMOTION

- Music
- Reflective
- Media
<table>
<thead>
<tr>
<th>Cognitive/Emotional Debriefing</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Media</td>
<td>“nan dystrakson tankou television” “gade desin anime, li ri se pou yon ti tan”</td>
</tr>
<tr>
<td>Work</td>
<td>“se le map travay selman mwen senti alez” “se la map fe komes mwen santin alez”</td>
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<tr>
<td>Activities</td>
<td>“nan jading” “nage”</td>
</tr>
<tr>
<td>Music</td>
<td>“tande mizik”</td>
</tr>
<tr>
<td>Rest</td>
<td>“dors”</td>
</tr>
<tr>
<td>Medical Treatment</td>
<td>“te la-l lopital l'houe medickaman”</td>
</tr>
<tr>
<td>Reflective</td>
<td>“shita po kont li” “krye”</td>
</tr>
<tr>
<td>Spiritual-Centered Coping</td>
<td>Example</td>
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<tr>
<td>--------------------------</td>
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<tr>
<td>Prayer</td>
<td>“bondieu” “priye” “Li rete nan sal kwe a ki se man man Mari paske se li po li ke pote yon solisyon” “rele manman mari”</td>
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<tr>
<td>Church</td>
<td>“epi ale legliz”</td>
</tr>
<tr>
<td>Evangelical Music</td>
<td>“emission evangelique” “chante evangilique”</td>
</tr>
<tr>
<td>Bible</td>
<td>“li la bible”</td>
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COLLECTIVE

- Humor
- Activities with Others
- Activities with Kids
## COLLECTIVE

<table>
<thead>
<tr>
<th>Collective Coping</th>
<th>Example</th>
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<tbody>
<tr>
<td><strong>Humor</strong></td>
<td>“Le moun ap bay blag si li ta voin kote yo d'un coup li sonti li tou monte e li konn vire kite yo” “bay odyons avek ti moun li yo se nonn ti hou ap ri mem si pwoblem yo onpil” “li bay blag”</td>
</tr>
<tr>
<td><strong>Talking</strong></td>
<td>“Le ti zanmi yo vin pale avil li byen, men koun yo ale li rekomanse panse ak yo ban bagay” “group de parol, men le yo fin ale li tounen panse”</td>
</tr>
<tr>
<td><strong>Collective Activities</strong></td>
<td>“Le pwoblem yo tou monte li, li konn jwe futbol avek fanmi li yo” “rankonter avek zanmi li” “repos en compagine de sa fill et de sa femme”</td>
</tr>
<tr>
<td><strong>Being with kids</strong></td>
<td>“Bay odyons avek ti moun li yo se nonn ti hou ap ri mem si pwoblem yo onpil” “timoun li yo kon fay ri le yo ap dance pou li”</td>
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</table>
IMPLICATIONS FOR PREVENTIONS AND INTERVENTIONS
The Foundation

In country Partnership

In Country Resources

Needs Assessment
CULTURE COUNTS

Knowledge

Staff

Curriculum
Capacity Building

Train The Trainers Model

Program Evaluation
Systemic Interventions
Take Home Message

• Healing is multifaceted
• Many different methods for coping
• A need to examine coping at the individual and systemic level
• Need for further research on resilience of Haitians
• Constructs are cultural and contextually specific
• Exporting labels from one cultural group or out of context is dangerous.
“So I want to tell you that when you’re doing your studies with our youth and us, we tell you what we really think and believe. We don’t tell you what we tell other researchers. We tell them what we want them to know, but we don’t go into much detail. And sometimes a few of us will make up stories so that they’ll go away and we don’t insult them by saying [no] to them” (Trimble & Mohatt, 2006, p. 332)
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Thank You

Merci

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