

## Culture-centered Disaster Mental Health Interventions

1. **Build on existing knowledge within the client's worldviews**
2. **Maintain client empowerment and agency**
3. **Demonstrate reciprocity in the transformation process**
4. **Honor the historical and contextual forms of healing within the client's familial and community networks**

### Examples:

- **Story Circles**
- **Dancing (Liturgical & Secular)**
- **Songs**
- **Meditation/Prayer**
- **Rituals**

### NOTES:

- ❑ **When experiencing prolonged symptoms, individuals should seek assistance from your local licensed mental health professionals or personal physician.**
- ❑ **Effective interventions with children have incorporated drawing and other creative arts**
- ❑ **Effective Interventions For Transgenerational Trauma**
  - **Collectively identify the issue and try new perspectives (Nobles, 1984)**
  - **Collective, narrative group approach through the Story Circle format (Junebug Productions, 2000; Williams-Clay, West-Olatunji & Cooley, 2001)**
  - **Systemic/ecological perspective (Pardeck & Chung, 1997) through the Community-as-client model (West-Olatunji & Watson, 1999)**