**Ron’s notes**

**October 29, 2018**

**Project work**

Comments on submitted ideas

Experience

<http://www.library.yorku.ca>

Textbooks – *Cultural Psychology*

Journals – *Culture and Psychology*

SPARK resource

<http://www.yorku.ca/spark>

 Exploring section: Research Strategies module

 Emphasis on finding effective keywords

**Watters chapter** from *Crazy Like Us*

PTSD following 2004 Sri Lanka tsunami

 225,000 deaths in Indonesia, Sri Lanka, India, Thailand

PTSD characterized by

 Intrusive thoughts and dreams

 Memory avoidance

 Uncontrollable anxiety

 Sleep disturbance

PTSD treatment requires

 Retelling, reworking memories in group settings

 Truth telling tops stoic silence

PTSD shows a worldview

 Culturally shaped and utterly real

Are Western ideas about trauma and its treatment universal?

 Reducing people “psychological casualties”

 “A victim processes a traumatic event as a function of what it means”

 What meanings are available in the culture (available narratives)

 The reality of experiences based in cultural meanings

 Religious, spirits, spirit world, healers, rituals

Measuring the PTSD **construct**

 Problems of self-report testing

 Confound of hope to get food/money/aid from powerful outsiders

Event 🡪 Mind 🡪 Body/Behaviour

 Western model assumes the break is in the mind

 One-on-one counselling to reexperience and process the event

 Social follows the psychological

 Step back from social roles/responsibilities

 Imposing Western cultural narratives (emic/etic)

Damage in the social environment, rather than in the mind

The history of PTSD-like situations

 What legitimizes a way of being ill?

 Pathologizing culturally significant means of coping

 The danger of stories of violence - euphemisms

The American way to suffer

 Vietnam veterans

 Evidence against the PTSD model of psychological debriefing

 Debriefing as a social movement

 Medicalization

“we have removed the experience of trauma from other cultural narratives and beliefs that might otherwise give meaning to suffering.” (p. 121)

 Patriotism, God’s plan, hope & faith

 “No one psychology”

**Ting chapter**

Pastoral Psychology and Psychology of religion

 Healing traditions in the East and the West

 Placebo effects – importance of belief

Some overlap with other articles

 Culture-bound syndromes

 Idiographic approaches (particularlity vs universality)

 Essentialism

 Definition of culture

 Normative (vs causal) practices

 Independent vs interdependent private self (Markus)

 Indigenous psychology

Table 1, page 765, Value systems in East and West

 Body/Mind unity, somatatization

 Balance, harmony

 Filial piety

 Private and social self, small and big self

 Disintegration of rural community, “park culture”

 [**https://www.youtube.com/watch?v=vaci4PhFro8**](https://www.youtube.com/watch?v=vaci4PhFro8) (1:08 to 3:08)

Principles for maintaining psychological health, page 774

 Role of religion in psychological health

The legend of Mulan

An indigenous psychology of religion