**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