

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

Guerda Nicolas, PhD

University of Miami

School of Education and Human
Development

The Melissa Institute

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SETTING THE STAGE





PRESENTATION OUTLINE

What is
Healing
?



Coping
Vs.
Resilience



Examples
from
Research
in Haiti

What is Healing?

H

- Healing is the act of getting rid of all the imbalances and creating harmony with the Soul

E

- Healing is wholeness

A

- Wholeness" means that the physical, mental, emotional and vital force are all in balance

L

- 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

COGNITIVE/EMOTIONAL

Music

Reflective

Media

COGNITIVE/EMOTION

Cognitive/Emotional Debriefing	Example
Media	“nan dystraksyon tankou television” “gade desin anime, li ri se pou yon ti tan”
Work	“se le map travay selman mwen senti alez” “se la map fe komes mwen santin alez”
Activities	“nan jading” “nage”
Music	“tande mizik”
Rest	“dors”
Medical Treatment	“te la-l lopital l'boue medickaman”
Reflective	“shita po kont li” “krye”

SPIRITUAL

SPIRITUAL

Prayer

Church

Music

SPIRITUAL

Spiritual-Centered Coping	Example
Prayer	“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”
Church	“epi ale legliz”
Evangelical Music	“emission evangelique” “chante evangelique”
Bible	“li la bible”

COLLECTIVE

COLLECTIVE

Humor

Activities with
Others

Activities with
Kids

COLLECTIVE

Collective Coping	Example
Humor	“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”
Talking	“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”
Collective Activities	“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”
Being with kids	“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”

**IMPLICATIONS FOR PREVENTIONS
AND INTERVENTIONS**

The Foundation

**In country
Partnership**

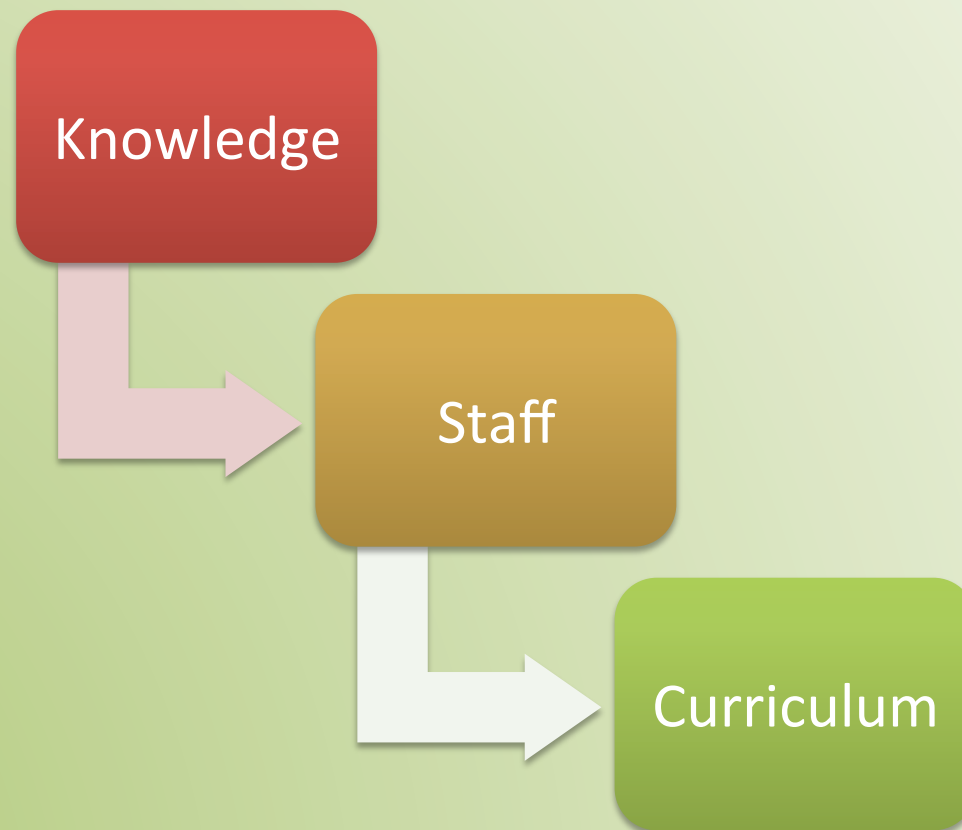


**In Country
Resources**



**Needs
Assessment**

CULTURE COUNTS



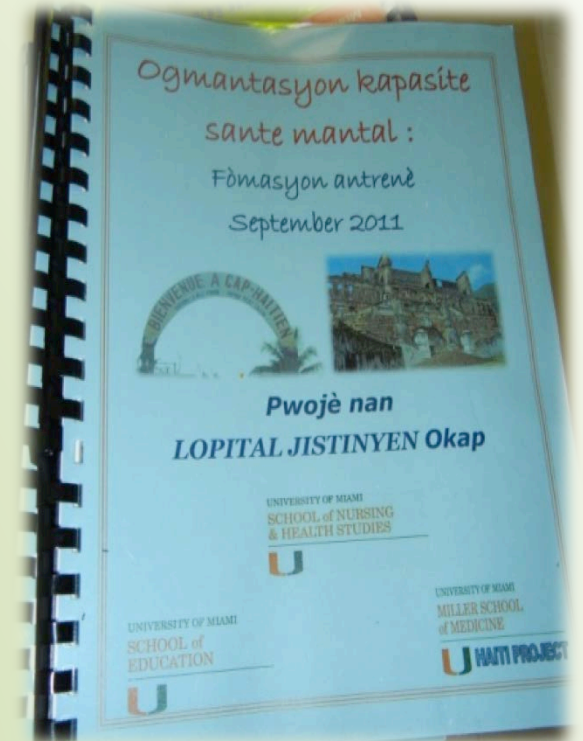
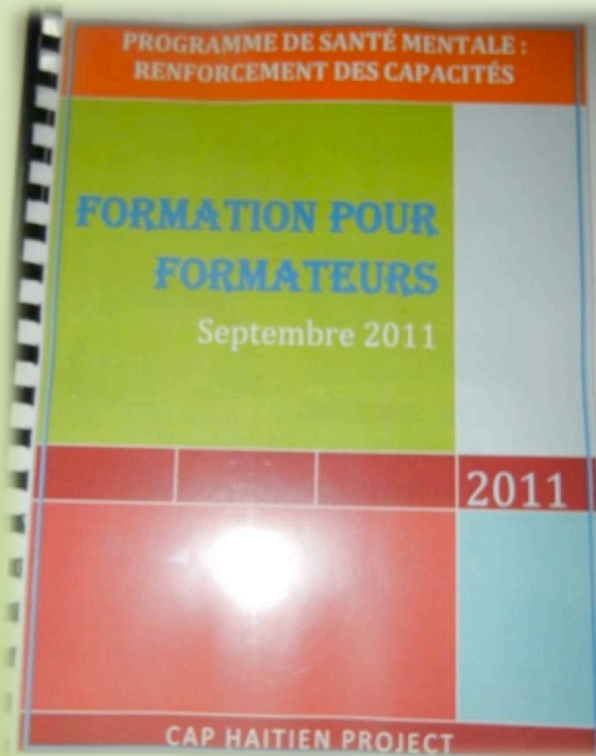
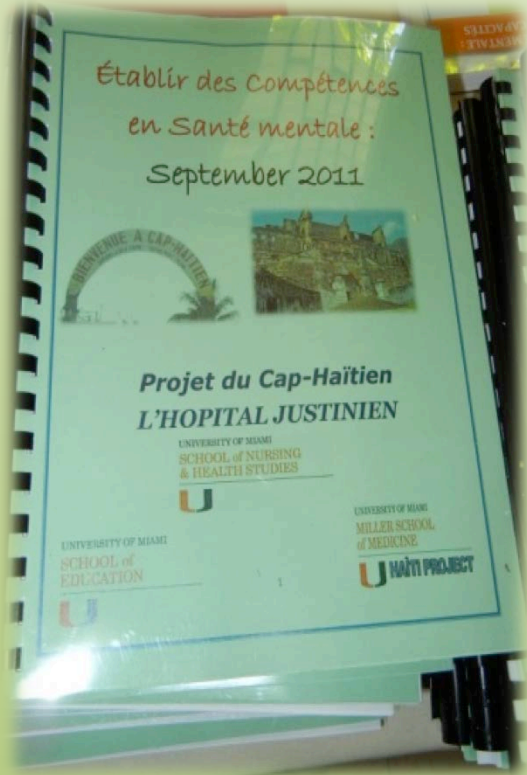
Capacity Building



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.



What Type of Outcome Do We Want?

“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)

Thank
You

Mèsi

Merci

Guerda Nicolas Ph.D.
Chairperson, Associate Professor
Department of Educational and
Psychological Studies
School of Education and Human
Development
University of Miami
P.O. Box 248065
Coral Gables, Florida 33124-2040
(305) 284-9124 - o
(305) 284-3003 - f
nguerda@miami.ed



UNIVERSITY OF MIAMI
SCHOOL of
EDUCATION

