



Presentation Title: Historical Trauma in Developing Countries; A View from South Asia.

Presentation Time: 10:00 AM - 11:30 AM US Eastern Time

Content Level: Beginning/Introductory

Abstract: This workshop will present information related to historical trauma in underdeveloped countries. Historical trauma has been studied in relation to Native and African American populations and families of Holocaust victims, but little research has focused on populations outside the United States or among immigrant populations. Focusing on an ongoing study by the presenter in Nepal, historical trauma in developing countries will be presented as a distinguishable phenomenon, including elements of Complex PTSD as well as idioms of distress unique to Nepali people. Case examples will be presented and multimedia will be used to illustrate coping skills unique to the Nepali culture. Finally, the relevance of Historical trauma in developing nations will be discussed in terms of generalizability to other populations and practical application.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:

- Describe historical trauma and the relation to non-Western populations
- Distinguish between complex trauma symptoms and idioms of distress unique to the Nepali experience of trauma
- Identify elements of historical trauma relevant to populations in developing countries
- Distinguish between PTSD, complex trauma, cultural trauma, and historical trauma in developing countries
- Integrate the concept of historical trauma into practice, in particular in relation to clients with immigrant histories

Presenter(s)

Ellen E. Elliott, LCAS, LPC, CCS, CSAT, PhD Candidate

Ellen E. Elliott, LCAS, LPC, CCS, CSAT, PhD Candidate is the owner and director of Four Directions Counseling & Recovery Center. Ellen is licensed in North Carolina as an addictions specialist, a professional counselor, and a clinical supervisor for counselors and is nationally certified as a sex addiction therapist. She received her Master's degree in Community Counseling with an emphasis in Addictions from Appalachian State University after receiving a BSW at the University of North Carolina at Greensboro and has specific training in Eye Movement Desensitization and Reprocessing Therapy (EMDR), Emotionally Focused Therapy (EFT), and trauma therapy. Ellen has worked in the Mental Health field nearly 30 years and provides counseling in various areas including addictions, sexual issues, trauma, childhood abuse, intimacy and attachment, and relationships. Her goal is to assist people in addressing past trauma and creating the lives and connections they long for. In addition to counseling, Ellen provides training related to behavioral addictions and trauma treatment as well as supervision for substance abuse and mental health counselors. As a lifelong lover of

learning and culture, she is currently pursuing her PhD in Counseling and Human Development from Tribhuvan University in Kathmandu, Nepal where she is completing research in related to trauma experiences among indigenous populations in underdeveloped countries. Her interest in South Asia led to her study of specific idioms of distress presented among the Newar indigenous population in Nepal for the purpose of better understanding the way historical trauma is experienced in non-Western, underdeveloped nations.

Continuing Education

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