



Handbook of Multicultural Mental Health: Chapter 26. Therapeutic Treatment Approaches for Ethnically Diverse Survivors of Interpersonal Trauma

Thema Bryant-Davis, Monica U. Ellis, Nathan Edwards

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Traumatic experiences may lead to multiple negative mental health consequences, including PTSD, depression, and suicidal ideation. Ethnically diverse people, particularly those who are impoverished, are at increased risk for various traumatic experiences such as intimate partner violence, sexual assault, community violence, and child abuse. While there have been a number of treatments that have evidenced significant reductions in symptoms of distress among trauma survivors, few of these approaches have acknowledged and investigated the role of culture in the trauma recovery process. There are however some promising practices and a few evidenced-based culturally appropriate interventions. This chapter will review current literature on treatment approaches for ethnically diverse survivors. There is a need for more attention to underserved trauma survivors, including but not limited to ethnically diverse survivors.

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