

DR. GLENNA PRESENTS

# THE HAPPY HOUR

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WEBINAR SERIES



# HELLO, I'M DR. GLENNA

I am a Licensed Clinical Social Worker with a private therapy practice in Torrance, CA. I have coined the mantra "Therapy is a Lifestyle" which encourages one to make a concerted effort to focus on their mental health before it becomes a mental illness. As a mental healthy therapist with nearly two decades of experience and education, I provide tools and resources to, not just manage our lives, but thrive in our lives despite the stresses and pressures that may affect us daily





**MANAGING CULTURAL  
TRAUMA AND GRIEF**

# WHAT IS TRAUMA?

## DEFINITION

"An emotional response to a terrible event like an accident, rape or natural disaster.

Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea. While these feelings are normal, some people have difficulty moving on with their lives." (APA, 2020)



## PTSD: POST TRAUMATIC STRESS DISORDER

A maladaptive response to trauma, typically related to a singular event. A cluster of symptoms that often present after trauma. (Please note, this is not the full clinical definition for PTSD)

## CPTSD: COMPLEX POST TRAUMATIC STRESS DISORDER

Typically related to a series or collection of traumatizing events, often over a period of time.



# SECONDARY PTSD

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Similar to PTSD, when you hear of the trauma of others and have a similar maladaptive reaction.

- Hypervigilance
- Hopelessness
- Inability to embrace complexity, inability to listen, avoidance of primary trauma survivor's anger and cynicism
- Sleeplessness
- Fear
- Chronic exhaustion
- Physical ailments
- Minimizing
- Guilt



# CULTURAL TRAUMA

## DEFINITION

Occurs when members of a collectivity feel they have been subjected to a horrendous event that leaves indelible marks upon their group consciousness, marking their memories forever and changing their future identity in fundamental and irrevocable ways.

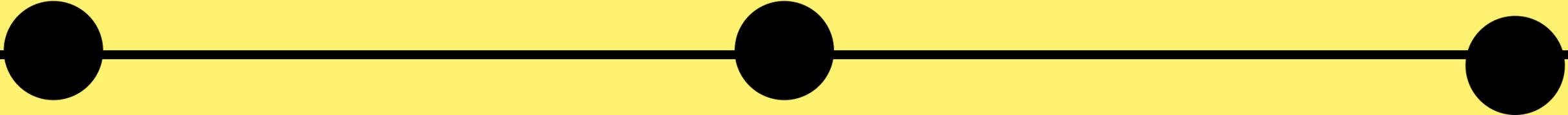


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# Culture:

**"The customs, arts, social institutions, and achievements of a particular nation, people, or other social group".**

# COLLECTIVE TRAUMA



A traumatic psychological effect shared by a group of people of any size, up to and including an entire society.

Traumatic events witnessed by an entire society can stir up collective sentiment, often resulting in a shift in that society's culture and mass actions.

It changes the way we interact with the world (people, money, real estate, owning a business, law enforcement, race relations)



# TRAUMA:

SHATTERS YOUR SENSE OF WELL-BEING.

HUMAN BEINGS NEED SECURITY, ORDER, LOVE AND CONNECTION.

IF SOMETHING HAPPENS THAT SHARPLY UNDERMINES THESE NEEDS, IT HARDLY SEEMS SURPRISING, ACCORDING TO THE LAY THEORY, THAT PEOPLE WILL BE TRAUMATIZED AS A RESULT.



THE MEANINGS OF SOCIAL LIFE.

(ALEXANDER, 2003)

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# MOURNING/GRIEF

1. Grief: Internal experience of loss, the intense emotions following loss.
2. Mourning: Outward expression of loss (funeral, wearing black, protesting, rioting.)

What's hard is we have a need to find meaning in order to get to acceptance, but when there is a slew of senseless murders by law enforcement, we can't find meaning.

# WHAT DOES IT FEEL LIKE

Exhaustion

Insomnia

Helpless

Hopeless

Anger- Furious

Numb

Driven to action

Overwhelmed

Tearful

Sadness/ Depression

Confusion

Anxiety

Disassociation

Difficulty concentrating

Self Medicating

Avoidant Behavior

Bonding with abuser

Chronic stress

Health Complications

Fatigue

# HOW DO WE MANAGE?

Establish Regular Wellness Activities

Reduce Your Mental Load

Relief Activities

Establish Safety

Create community/ Kinship Networks

Consume/ Stop Consuming Information

Stop Trying to Put The Culture on Your Back

Align Yourself With An Organization

Use Your Gift

Culturally Competent Care



# NEED INDIVIDUAL SUPPORT?

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