

INTEGRATED CARE FOR THE TRAUMATIZED: A WHOLE PERSON

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As a dance movement and expressive arts therapist and educator working in the field for many years, I have borne witness to the growth of interest in the use of the arts in working with trauma. With increasing pressures across the globe and the displacement and issues arising from wars, migration and immigration, and the increasing prevalence of natural and person made disasters, there is now a need, perhaps more than ever, to find whole person approaches that can help relieve stress and foster growth and connection. The arts, among other nonverbal approaches, can help people communicate across cultures, express and work through emotions, and rediscover their identity and resilience in the context of an integrative program and strong healing relationships. The unique contribution that this book can make to the current literature on trauma and trauma and the arts is its focus on a whole person approach not focused on illness or pathology but on the creative capacities of the human spirit.

The book is organized into four sections starting with the foundational chapter by the co-editors delineating the whole person approach to integrated health care and summarizing each of the chapters in the book. This approach shifts the healthcare paradigm away from a medical-illness model towards a regenerative growth and healing model drawing upon meaning making and spirituality in the healing process and in embracing the totality of the human lived experience. The authors bring a cumulative wealth of experience and expertise in the field into this discussion and the book bears witness to their far-reaching quest to present an evidence-based research process to the reader that incorporates a wide variety of whole person, arts-based approaches that have been utilized across many populations around the globe. The methodological considerations presented in part one of this book advocate for a diversity of methodological approaches in evaluating the efficacy of trauma treatments and for locating each study within the particular context and circumstances of the program. Furthermore, this approach

focuses on descriptions and understanding each study within phenomenological linguistic and cultural considerations as appropriate to each situation.

Given the fact that most Western trauma models are based on an individualistic, verbal, and medical cultural models, and that most of the rest of the world is based on communal, nonverbal and verbal, cultural models, this book can help us bridge tools from both Western and non-Western cultures. As globalization produces more migrations and cultural uprooting, an open inquiry into diverse approaches becomes necessary. This book can be one of those bridges.

Part two of this highly practical and useful book offers a variety of whole-person group therapy models that have been utilized in a variety of setting and countries. It gives the reader a comprehensive look at some trauma programs that successfully use integrative, whole-person client-centred methods. Programs from around the world include descriptions of initiatives undertaken in the USA, Israel, Jordan, Kuwait, Sri Lanka, Haiti and Japan, amongst other countries. The Seven-Step Integrative Healing Model termed Meaningfulworld, for example, is highly applicable and has been used in more than 45 countries, to give some idea of the scope of this work.

Each chapter dealing with topic and country specific applications is organized in such a way as to present an overview of the approach as well as some indication of training requirements for practitioners as appropriate. Cultural considerations are addressed and in some instances program evaluation and qualification and training requirements are delineated.

Part three deals with interventions for communities and covers approaches dealing with war, as well as refugee and displacement and restorative justice issues. These programs deal with the multiple aspects of trauma and recovery from trauma as it is experienced in communities during and following distress. It offers important insights on loss of individual and community cohesion and suggests strategies for restoring hope and promoting growth and resilience. Coalition building strategies and the implementation of community empowerment initiatives are described and some concrete examples are given of how best to engage multiple stakeholders in specific situations in culturally sensitive ways.

Part four examines the future of integrative care for the traumatized. This includes a chapter dealing with regenerative strategies for caregivers as well as an understanding of the phenomenon of compassion fatigue. Measures for combatting compassion fatigue as well as

build self-care practices are addressed. These include professional development strategies for staff drawing upon nature and encouraging the use of metaphors.

Additionally, this book confronts one of the major issues facing the integrative therapist that is one of documentation. Many integrative therapies do not have the resources to do large randomized controlled studies and are therefore not considered to be 'evidence-based.' If one expands the notion of evidence, however, to include narratives and qualitative research, then the integrative therapies can be studied and included in future treatment plans. Hopefully this book will generate further interest and study. Integrative care can be a powerful approach and is an important tool to deal with trauma and develop resilience and this book is an important contribution towards further understanding and promoting individual, group and community health and well-being.

CONTRIBUTER DETAILS

Vivien Marcow Speiser, PhD, LMHC, NCC, BC-DMT, REAT, is a Professor in Dance and Expressive Therapy and Co-Director of the Institute of Arts and Health at Lesley University, in Cambridge, Massachusetts. She has directed and taught in programs across the United States and internationally and has used the arts as a way of learning, communicating across borders and across cultures. She believes in the power of the arts to create the conditions for personal and social change. She consults with educational and other organizations on program development and implementation regionally, nationally and internationally. She has been awarded a Lifetime Achievement Award from *JAAH* in 2019, a Fulbright Senior Scholar Award for 2020, the 2014 Distinguished Fellows Award from the Global Alliance for Arts and Health, and the 2015 Honorary Fellow Lifetime Achievement Award from the Israeli Expressive and Creative Arts Therapy Association.

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