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MACES NEWSLETTER FALL 2021

ARTICLES

PROMOTING RECOVERY FROM INTERPERSONAL VIOLENCE

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In 2020 the World Health Organization (WHO) declared an international crisis of prejudice, racism, and violence against Asians (Xenophobic violence) as "[t] and unprepared the world for mental health interventions to address the psychological impact of the COVID-19 pandemic" (World Health Organization, 2020, p. 1 of 2) (Gaston et al., 2010). Now, over ten years later, the call for mental health workers to address the crisis of violence against Asians (Xenophobic violence) and other marginalized groups is still being made (WHO, p. 1). However, counseling scholars have stressed the importance of not only focusing on the value of multicultural efficiency group work for the transgressed (Dyck et al., 2019). In addition, counseling scholars have stressed the importance of recognizing the transgressed as survivors and not victims (WHO). The purpose of this article is to discuss the impact of violence against Asians (Xenophobic violence) and other marginalized groups, the importance of recognizing the transgressed as survivors, and how counselor interventions, such as CAPG, to support the traits of hope to help repressed persons find hope and healing (Chang et al., 2010).

CAPG Theoretical Foundation

CAPG is a manualized intervention (Dyck et al., 2021) theoretically grounded in Stress Relatedness Theory (SRT) (Dyck et al., 2019). SRT is a theory of change that posits that "[t]he ability to cope with the stress of a traumatic experience is a function of the strength of connecting and sustaining relationships with significant others and the strength of the individual's belief in the ability to cope with the stress of the experience and the belief that the options are limited (Brown, 2006). The individual's concerns relating to shame emerge as feelings of isolation, powerlessness, and entrapment. These feelings are exacerbated by a lack of social support, stigma, and challenging to overcome.

SRT argues that people develop shame resilience by diminishing their core concerns of powerlessness, isolation, and entrapment through connecting with others. The ability to connect with others increases the belief that people are far freer in being a deeper connection, more open, more vulnerable, more authentic, more creative, more shame resilience, including connection, freedom, power, and creativity. As such, shame resilience is the ability to connect with others in a way that increases the belief that one is worthy of love, belongs, and is an intrinsically valuable individual, is having overall positive relationships, and is presenting the individual's authentic self to others (Brown, 2006; Dyck et al., 2019).

The personal growth group framework is a multidisciplinary mixture approach that focuses on the transferal emotional and cognitive processes (Jacobs et al., 2016). It builds on foundational group work models of empowering individuals who have otherwise feel marginalized or oppressed within the society (Corey et al., 2014). Personal growth groups are a form of psychoeducational group work that focuses on the transferal of knowledge, affecting behavior, and impact on the transferal and sustainable change in the individual's cognitive, emotional, and behavioral patterns (Jacobs et al., 2016). Personal growth groups are a form of psychoeducational group work that encourages it take an active role, see creativity, and apply mindfulness.

CAPG Protocol

CAPG is a 6-8 week long intervention designed to help counselors-in-training and clients develop shame resiliency. It incorporates a combination of creative and experiential arts interventions, self-compassion, and mindfulness practices. The intervention is based on the work of Brown (2006) and Dyck et al. (2019) in successful society sessions. The protocol varies by including a wide variety of arts interventions. The protocol includes the following components: (a) Shame Resilience Theory (SRT) (Brown, 2006), (b) Shame Resilience Intervention (Dyck et al., 2019), (c) Mindfulness, (d) Self-compassion, (e) Shame Resilience Self and others in the form and fourth society, in society form and six, mandala critically, and