

## **Fang - Counseling Psychology**

Abstract of project written for readers outside of your discipline Title: Processes and narratives of intergenerational trauma and resilience in Chinese American families

Parental trauma can have a profound effect on children. The process of the transmission of negative symptoms, known as the intergenerational transmission of trauma (IGT) and the ability to adapt to these adverse circumstances, known as the intergenerational transmission of resilience (IGR), has been explored in populations such as survivors of the Holocaust and refugees. These findings are likely to extend to third-wave Chinese American immigrant families, many of whom experienced trauma in the form of sociopolitical violence and poverty during the Cultural Revolution (1966-1976). Erasure of Chinese American history from the majority culture, combined with the protective coping strategy of silence in Chinese culture, has relegated these trauma experiences outside of the direct awareness of second-generation Chinese Americans and the mental health professionals who work with them. As a result, Chinese Americans are over-pathologized, conceptualized without regard to cultural and historical factors, and obstructed from family strengths that can play a role in improving mental health. This study aims to amplify erased and unspoken experiences of Chinese Americans and their elders through qualitative interviews and grounded theory analysis. It aims to extend previous research on processes of intergenerational transmission of trauma and resilience by examining these questions: 1) What narratives about traumatic experiences and their aftermath are passed on to the children of Chinese Americans immigrants? 2) What is the process by which these trauma and resilience narratives communicated? and 3) How is intergenerational transmission of trauma and resilience experienced by these children?

Undergraduate Work: Overall, the undergraduate student will gain basic skills in conducting qualitative research. They will gain experience with preparing data transcripts, monitoring and recording their own reactions and observations of the data, analyzing meaning and themes that emerge from the data (with appropriate support from the doctoral student), and using NVivo software. Activities may be adjusted based on student's interests and previous experience.