

Using a Supportive Community Group Process to Cope with the Trauma of Social Fragmentation and Promote Re-Socialization in the Bahamas

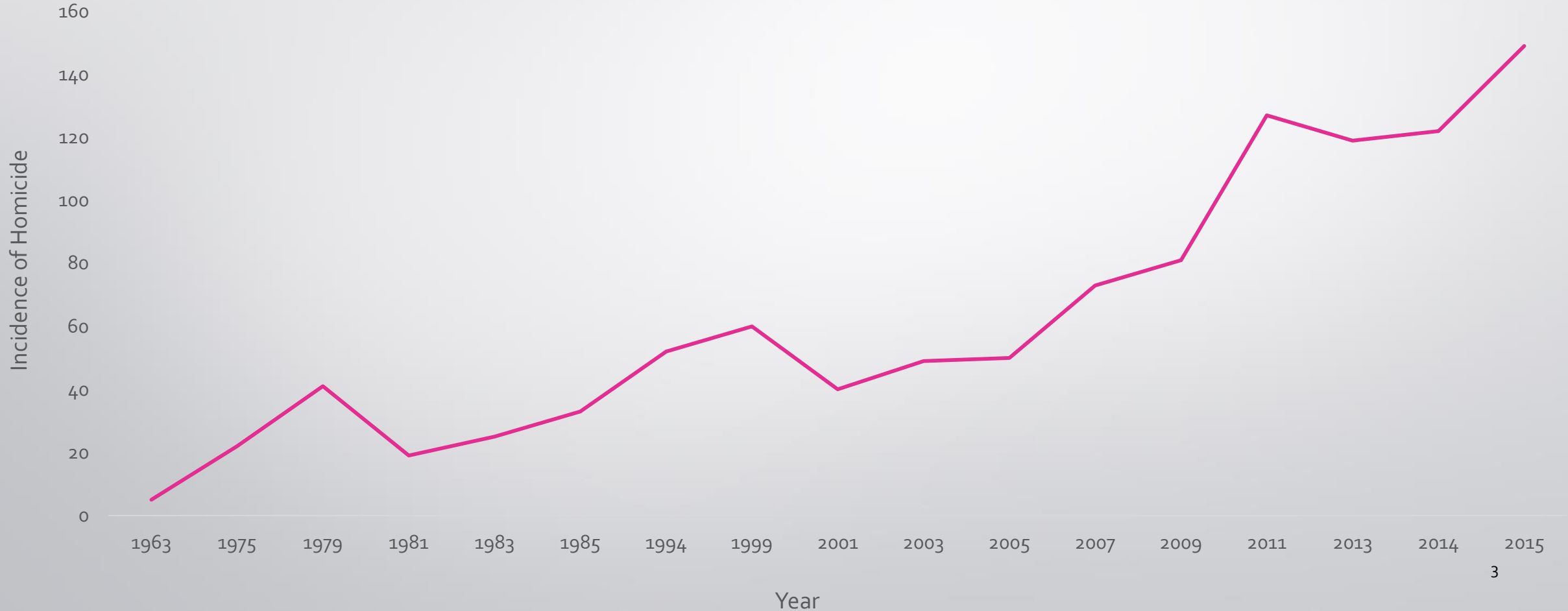
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Introduction

- Social Fragmentation related to:
 - Widespread cocaine epidemic of the 1980's
 - High Unemployment
- Social Fragmentation manifested by:
 - ↑ murder & violent crime rates
 - Widespread domestic violence
 - Formation of violent youth gangs

Homicides in the Bahamas (1963–2015)



Source – Quality Control Section, C.D.U.

The Family: People Helping People Project

- 2008 – community-based intervention designed by Dr. David Allen
- Supportive group process
 - storytelling, reflection, self-examination, transformation
- Healing bond produced ~ Family
- Prgm. offered in 24 marginalized Bahamian communities and select pop.
- Avg. of 350 participants per week

*“Change your **mind**, change your **life**, change your **world!**”*

-Sir John Templeton



Thesis

- **Self Hatred Aimed at M.E.**
- Shame is a multi-faceted emotion which is hidden in nature
 1. Abandonment
 2. Rejection
 3. Humiliation
- Social Fragmentation is caused by the negativity of shame
- Re-socialization – liberation of the person from the negativity of shame to experience positive emotions (love, forgiveness, gratitude) resulting in ↑ self-esteem and the development of community.

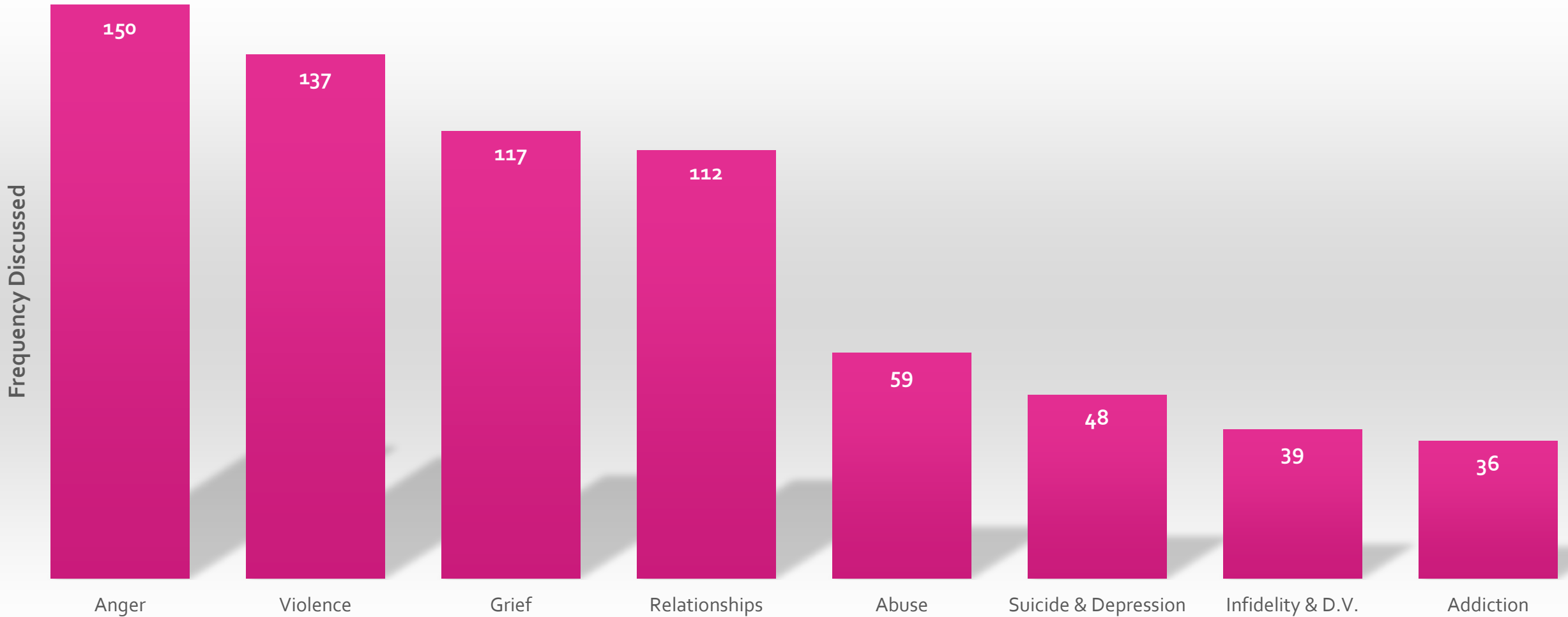
Methodology

- Therapist writes a praxis report after each group session
 - Interaction
 - Overt Themes
 - Covert Themes
 - Reflection
- Themes of Family group sessions (N = 776) analyzed from Oct. 2013 – Nov. 2014
- Total # of themes >776 b/c session may have more than one theme

Testimonial Evidence

- ↑ in overall functioning and coping abilities
- ↓ depression
- ↑ tolerance
- ↓ tendency to seek revenge
- ↑ anger management & conflict resolution
- ↓ involvement in abusive relationships
- ↑ contentment
- (+) outlook on life

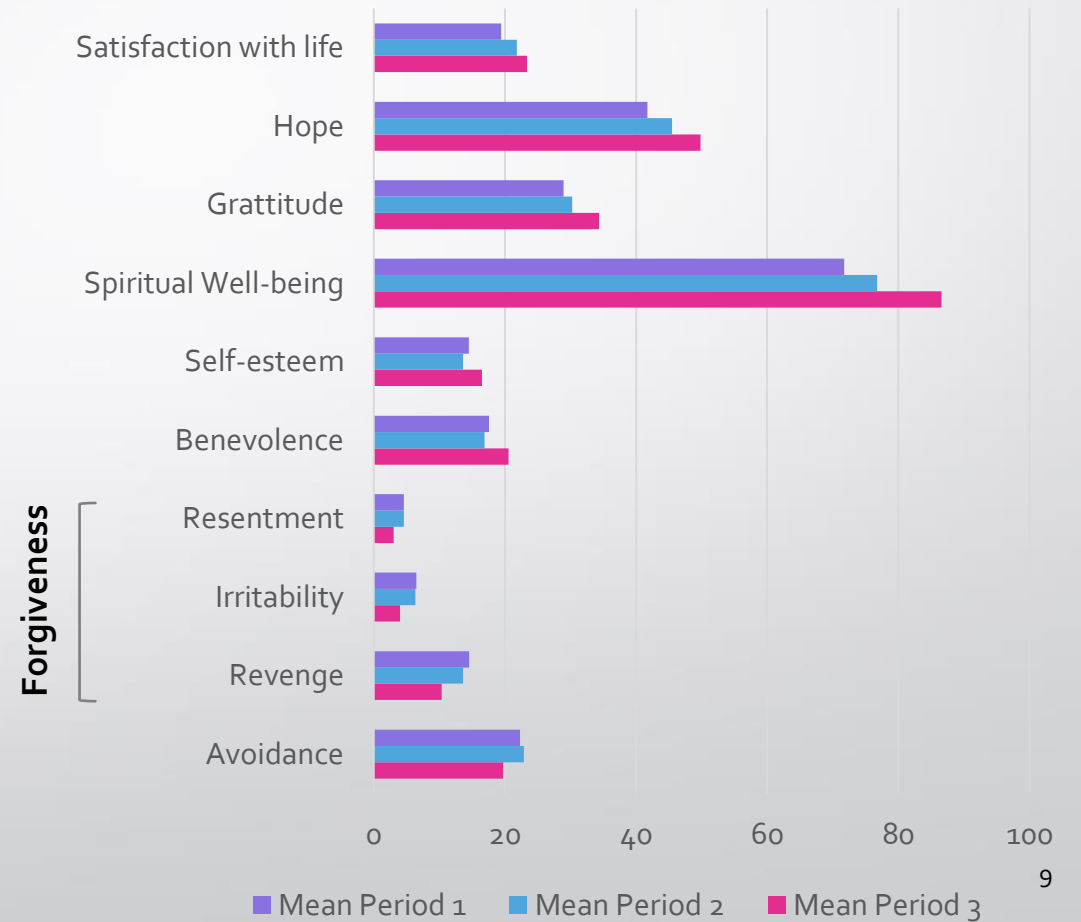
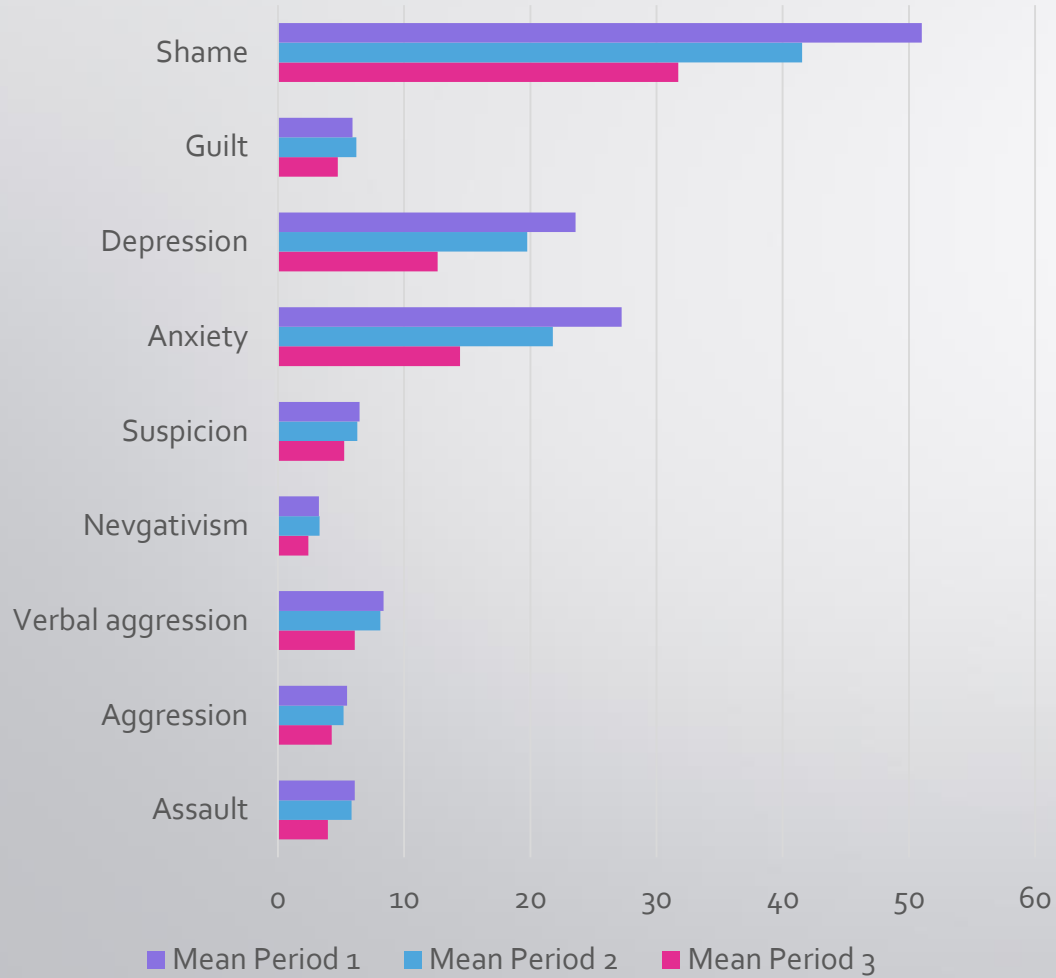
Qualitative Results



N Group Therapy Sessions = 776

Overt Theme

Quantitative Results

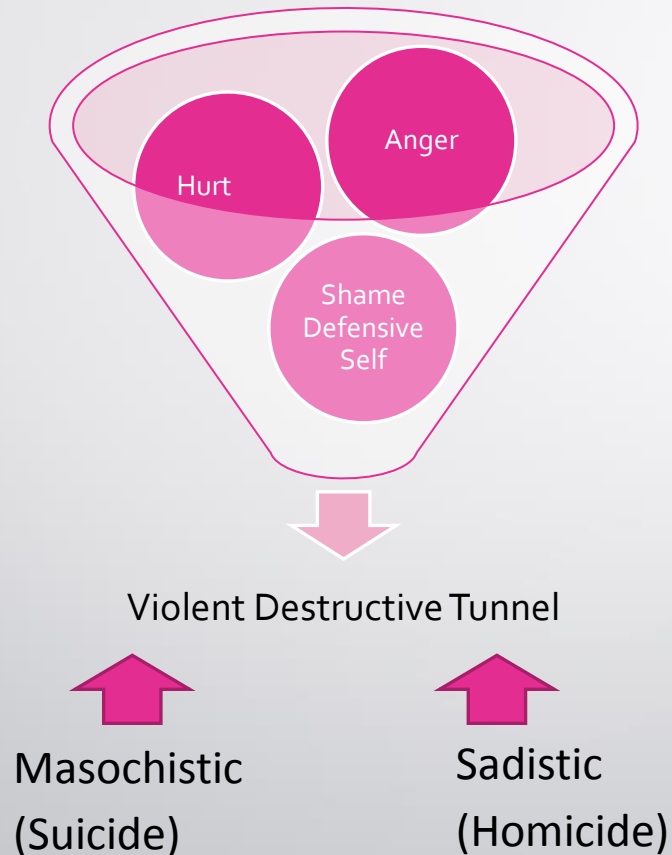


Anger



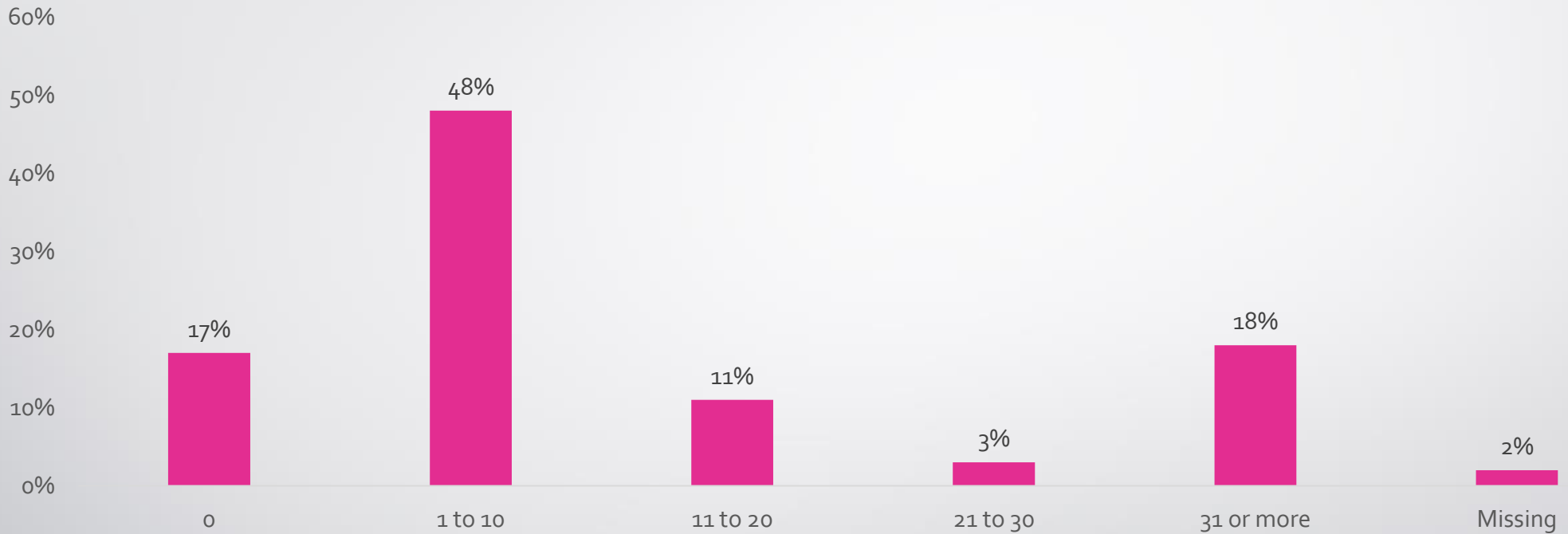
- E.g. Student said that when a school mate came into the classroom and verbally abused her, she retaliated by throwing a chair.
- Family participants' test results proved:
 - ↓ anger toward others ($t=2.83$, $p=.0142$, Cohen's $d=.756$)
 - ↓ desire for vengeance ($t=3.32$, $p=.0061$, Cohen's $d=.922$)
 - ↓ thoughts of revenge ($t=2.28$, $p=.0437$, Cohen's $d=.658$)

Violence & Trauma



- Shame is a precursor to violence – James Gilligan
- When a shamed person is threatened, it breaks down their shame defense, causing them to enter the violent destructive tunnel – Dr. David Allen
 - ↓ I.Q.
 - Ethical fragmentation
 - Compulsive, repetitive desire for destruction
- Rage at self = suicide (masochistic)
- Rage at others = homicide (sadistic)

Grief



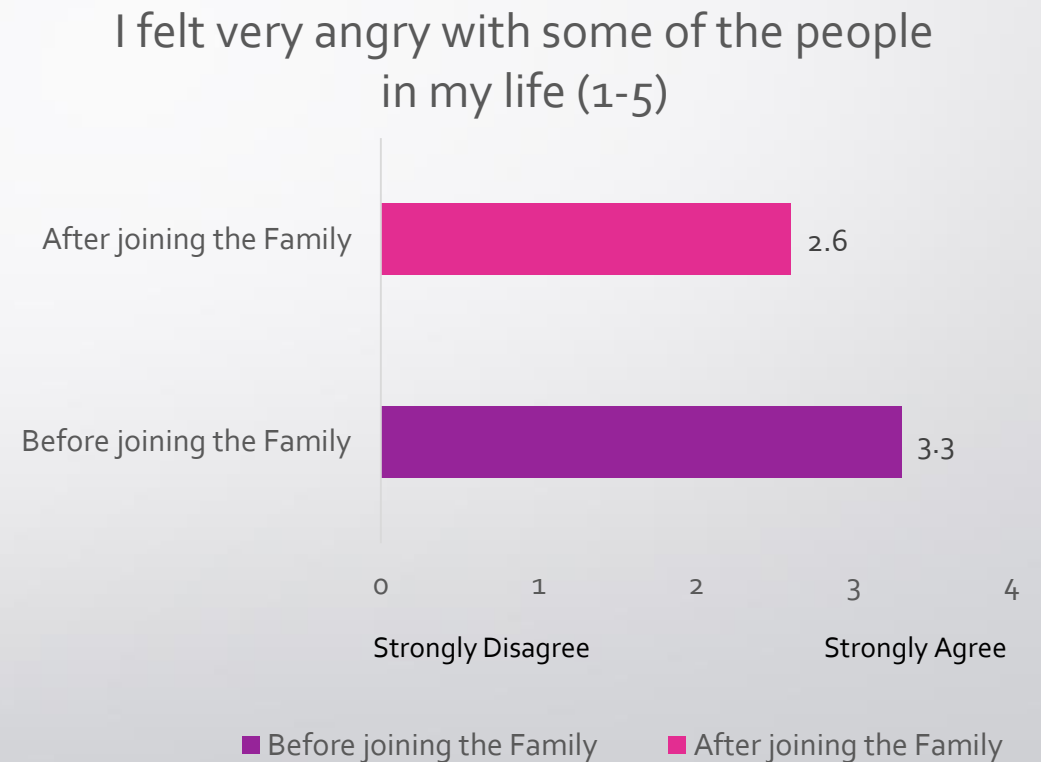
How many people do you know who have been killed violently?

“It’s as if I lost me. I became someone else – enraged, living recklessly. Life was never the same.”

-Adolescent Family member

Relationships

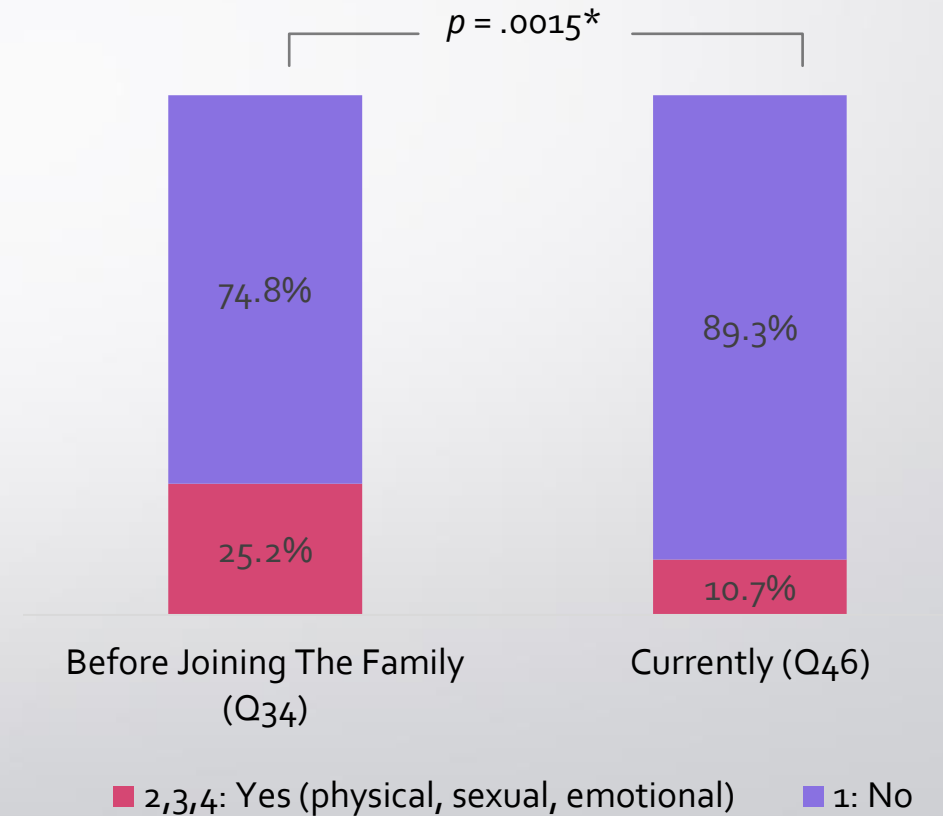
- Dysfunctional relationships common
 - Males share they feel manipulated by females' expectations
 - Females share difficulty in expressing feelings to distant males
- “The people we love deeply make us most angry” – Dr. David Allen
- Learning to love takes TIME.



Abuse



- Case Vignette
 - Young worker molested & abused as a child
 - Abandoned by both parents
 - Despaired of living
 - Suicide attempt 2 yrs. ago



Before joining the Family, were you in an abusive relationship?¹⁴

Conclusion

- 'The Family' developed as a safe space to help people work through shame
- "*I am my problem, therefore I am my solution*"

-Dr. David Allen

- Thematic analysis indicates:
 - a) Depth of the negativity of shame
 - b) Hope for re-socialization

Acknowledgements

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