
Culturally-informed Therapy for Complex Trauma in Asian Americans/Asian Immigrants

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Clinical Interventions

WHEN WE SAY...

- Provide acknowledgment and validation
- Assess the impact
- Process emotional experiences

WHAT WE DO IN SESSION...

- Slow down; track subtle and micro expression
 - Notice the function of the psychological defense and honor it
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“Allow feelings to have a space. It is
everyday decolonization for Asians/
Asian Americans.”

-Christine Chang, PhD

Clinical Interventions

WHEN WE SAY...

- Help foster self-care, social support, and healthy relationships

WHAT WE DO IN SESSION...

- Address feelings of guilt, shame, and anger at the self (self-blame)
 - Grieve the loss of identity, safety, trust, time, opportunities, and a part of self
 - Experience “relating”
 - with the here-and-now
 - with the body
 - with the therapist
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“It takes two dots to draw a line. It takes two individuals to form a relationship. The purpose of individuation is to connect.”

-Christine Chang, PhD

Clinical Interventions

WHEN WE SAY...

- Foster empowerment
 - Becoming politically active or not, filing a complaint or not, telling the stories or not – all above is empowerment.

WHAT WE DO IN SESSION...

- Release and return intergenerational burden; recognize intergenerational resilience
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“Where there is intergenerational
burden, there is intergenerational
resilience.”

-Christine Chang, PhD
