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# CECT L!brary

## Reader's Digest

Greetings, cadre,

As a program focused on behavioral and psychological health, it makes sense that much of what we focus on with regards to research stems from psychology. Though the journals and topics we cover are varied and involve many different professions—social work, medical fields, disaster fields, and public health, to name a few—the underlying theories come out of the field of psychology.

We believe it's important to read and learn from other fields, though, particularly fellow humanities subjects. So this month we've been reading articles and books out of Sociology, and based in sociological theories. Like psychology, sociology is the study of people and human behavior; unlike psychology, it focuses on the collective. It is the study of communities and societies, on how people interact and exist with each other.

Below, you'll find readings dealing specifically with collective and social trauma, as well as the concept of social pain. The articles discuss how trauma is experienced by groups of people, and how that affects the community and the individual. It's important to remember that humans are social creatures, and our mental health is as much dependent on each other as it is on ourselves. Hopefully these readings will provide new insights and ideas on how to help our clients going through disasters.

With care,

Crisis Emotional Care Team

### **Latest Additions**

Abrutyn, S. (2023). The roots of social trauma: Collective, cultural pain and its consequences. *Society and Mental Health*, 0(0), 1-17.

<https://doi.org/10.1177/21568693231213088>

Abrutyn gives a great overview of what social trauma is, the differences and similarities it shares with collective trauma and cultural trauma, and a short discussion on the topic of social pain. He discusses social trauma as the experience of collective social pain, involving the breakdown of social infrastructure, community, and identity.

Simko, C. (2020). Marking time in memorials and museums of terror: Temporality and cultural trauma. *Sociological Theory*, 38(1), 51-77.  
<https://doi.org/10.1177/0735275120906430>

Here the author takes Freud's idea of temporality of trauma—that is, the sense of obligation to repeat the trauma as though it is still ongoing—from the individual and applies it to the collective community. Namely, they discuss how a community can get stuck in the time that the trauma occurred and become unable to move past it. This puts temporality as an important factor when we discuss ways to help people recover from collective and social traumas.

Subica, A. M., & Link, B. G. (2022). Cultural trauma as a fundamental cause of health disparities. *Social Science & Medicine*, 292, 114574.  
<https://doi.org/10.1016/j.socscimed.2021.114574>

This is an interesting article, suggesting a strong link between the different health disparities found in privileged versus minority groups and the experience of cultural trauma. Utilizing fundamental cause theory, Subica and Link argue that the cultural trauma of overt and subtle oppression results in worse health for people within the underprivileged community.

### **Open Access Reads**

Abrutyn, S. (2023). Toward a sociological theory of social pain. *Journal for the Theory of Social Behavior*, 53(3), 351-371. <https://doi.org/10.1111/jtsb.12371>

Brown, T., & Homan, P. (2024). Structural racism and health stratification: Connecting theory to measurement. *Journal of Health and Social Behavior*, 65(1), 141-160.  
<https://doi.org/10.1177/00221465231222924>

Eisenberger, N. I. (2015). Social pain and the brain: Controversies, questions, and where to go from here. *Annual Review of Psychology*, 66, 601-629.  
<https://doi.org/10.1146/annurev-psych-010213-115146>

Gunn, J. F. (2017). The social pain model: Understanding suicide through evolutionary psychology. *Crisis*, 38(5), 281-286. <https://doi.org/10.1027/0227-5910/a000510>

Hirschberger, G. (2018). Collective trauma and the social construction of meaning. *Frontiers in Psychology*, 9, 1441. <https://doi.org/10.3389/fpsyg.2018.01441>

Mohatt, N. V., Thompson, A. B., Thai, N. D., & Tebes, J. K. (2014). Historical trauma as public narrative: A conceptual review of how history impacts present-day health. *Social Science & Medicine*, 106, 128-136.

<https://doi.org/10.1016/j.socscimed.2014.01.043>

Zajacova, A., Grol-Prokopczyk, H., & Zimmer, Z. (2021). Sociology of chronic pain. *Journal of Health and Social Behavior*, 62(3), 302-317.

<https://doi.org/10.1177/00221465211025962>

### **Paywalled Articles**

Lin, X., Zhuo, S., Liu, Z., Fan, J., & Peng, W. (2022). Autistic traits heighten sensitivity to rejection-induced social pain. *Annals of the New York Academy of Sciences*, 1517(1), 286-299.

<https://doi.org/10.1111/nyas.14880>

### **International Reads**

Bjornsson, A. S., Hardarson, J. P., Valdimarsdottir, A. G., et al. (2020). Social trauma and its association with posttraumatic stress disorder and social anxiety disorder. *Journal of Anxiety Disorders*, 72, 102228.

<https://doi.org/10.1016/j.janxdis.2020.102228>

### **Books & Other Media**

Alexander, J. C., Eyerman, R., Giesen, B., Smelser, N., & Sztompka, P. (2004). *Cultural trauma and collective identity*. University of California Press.

Saul, J. (2014). *Collective trauma, collective healing: Promoting community resilience in the aftermath of disaster*.

Routledge/Taylor & Francis Group.

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