The ARISE® Model: Enhancing family & community connectedness to access resilience in the face of trauma

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A family’s heritage and values can have profound bearing on the kinds of stresses it encounters, and how it handles them. Changes in family mores, socio-economic change, natural and man-made disasters and migration are a major influence on the integrity of society. Communities in many parts of the world are in danger of losing their intrinsic structure and factors that protect them. Connectedness or attachment to family and culture of origin have been shown to correlate with reduced risk-taking behaviors as well as with a reduction in family and societal violence, addiction, and sexual risk-taking. Facilitating these family, cultural and community ties and enhancing access to family and community resources can be protective against trauma and serve to foster resilience, reducing sequelae of stress. Facilitating these family, cultural and community ties and enhancing access to family and community resources can therefore be protective against addiction, mental illness, stress, and destructive behaviors. This intergenerational connectedness fosters resilience and reduces the short and long-term effects of these stressors on families and communities. Studies and clinical vignettes will illustrate the benefits of working with Family and Community Links to build this positive attachment. ARISE® Interventions target individuals, families or communities as the object of change by utilizing individual, group, or multiple Community Links. The practical methods of mapping, assessment, and intervention to be presented consider all levels of individual, family and community involvement; paying attention to health, spirituality, culture and life cycle stage. Assessment of available resources and vulnerabilities, protective factors, and goals encourages and facilitates collaboration across natural and artificial support systems for building resilience, rather than perpetuating vulnerability and long-term problems for individuals, families and the communities in which they live.

Biography

Judith Landau is a ‘child, family and community’ neuropsychiatrist, specializing in resilience and overcoming adversity across cultures. She is also an isangoma or traditional African healer. Co-developer of the Evidence-Based, Best Practice ARISE Continuum of Care, she draws 30+ years of research and experience aimed at facilitating long-term healing for survivors of trauma and their families including those suffering from addiction, PTSD, and head injury. She is author of numerous peer-reviewed publications, she has taught in 100+ countries, trained more than 1000 Certified ARISE Interventionists, and consulted to UN, WHO, NIMH, NIDA, NIAAA, SAMHSA, and several international governments. She is the recipient of awards for AAMFT’s Outstanding Contribution to the Field of Marriage and Family Therapy and AFTA’s Innovative Contribution to Family Therapy. Currently recognized as a global addiction and trauma pioneer, She continues to change the future of addiction by identifying trauma that spans generations. Her recent TEDX talk, Family Stories, Secrets and Survival, has become legendary and is one of the most sought after presentations on the subjects of family resilience, trauma and addiction. Steadily working on her long awaited personal memoir, she continues to be used by the national media as an expert on all stories relating to human behavior.

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