Trauma significantly impacts diverse Canadian populations, including immigrants, refugees, and Aboriginal peoples. Immigrants and refugees face unique challenges pre- and post-migration, from persecution to integration difficulties and systemic racism. Aboriginal peoples experience profound, intergenerational historic trauma from colonization and residential schools, resulting in widespread individual, family, and community struggles. Trauma manifests physically, emotionally, and cognitively, affecting health and relationships. Service providers must be trauma-informed and culturally competent, understanding various cultural interpretations of trauma and respecting Indigenous healing practices and the role of Elders. This approach fosters trust, essential for addressing the pervasive effects of trauma in society.

Summarized by © lakhasly.com