May 18th, 9:00 AM - 12:00 PM

Teaching Historic Trauma: Centering the generational trauma of Khmer youth

Chantheari Leng
Western Washington University

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TEACHING HISTORICAL TRAUMA: CENTERING KHMER-AMERICAN YOUTH

CHANTHEARI A. LENG, BA, SUPERVISED BY BRETT R. COLEMAN, PHD

Brief Historical Background

- The Khmer Rouge was a political party led by Pol Pot, who became the 30th PM of Cambodia.
- The goal was to establish “Year Zero”, and this meant buring down record of tradition, culture, and knowledge – “erasure of history”
- Intellectuals, artists, craftsmen were murdered
- Civilians were forced to do extreme agriculture, starved, beaten, and murdered
- After the genocide was considered over, survivors passed through refugee camps, awaiting their relocation

Purpose

- Communicate the experience of historical trauma/community trauma in the Khmer community
- Emphasize the importance of knowing one’s history, ethnic narrative, and power in resilience
- Shifting power to youth of this ethnically marginalized community in order to create transformative space for learning
- Focus on the stigma Khmer-Americans have on mental illness and treatment
- Continuum of ethnic cultural narrative and practices

Methods

- Qualitative research
- Interviews with Khmer-American community members and teenagers
- Thematic analysis of interview notes, event notes, and reading notes
- Attended events relevant to topic
- Weekly reflections

TRAUMA V. REMEMBERING

Transmission of Trauma v. Resistance Through Storytelling

Communities that have experienced violent trauma can pass this trauma through biology as well as oral storytelling, viewing documentaries, and general interactions, especially within the family household. The way parents and elders who are experiencing PTSD or other mental illnesses due to trauma related to the genocide and diaspora interact with young people (born in the U.S., post-genocide) can also contribute to this transmission of historical trauma. But storytelling and the process of remembering is also used as a form of resistance from erasure and a form of validation of Khmer existence.

Curriculum Outline Draft:

| Historical Background of the Khmer Rouge era and genocide. (Reading: Morell, P. T. T., [1998]) | What Is Historic Trauma? (Reading: Evan-Campbell, T., 2008) | Give students time to reflect on what the Khmer community, or lack there of, feels like currently. What kind of representation of Khmer people does our community need? What representation do we already see? | Brainstorm organizations and institutions we would like to connect with (learn from, teach, engage) | Common Interview Themes:
- Storytelling and diaspora
- The past/current forms of resilience of khmer people
- Mental health stigma in Khmer community
- Defense mechanisms: silence, humor, alcoholism
- Normalizing pain but not healing
- The lack of literacy of the Khmer language by Khmer-Americans
- Community disconnect
- Erasure from conversations around social justice and in schooling curriculum
- The need to validate and follow the voice of Khmer youth
- Disaggregating education data on Asian ethnic groups

| Discussion on general timeline of how the Khmer Rouge came to power, the involvement of the Vietnamese government, and the monarchy | Discussion on what historical trauma looks like shown by other groups? (This may give students a more tangible experience that will allow them to see their own experiences more concretely). | Khmer people are very much present in the U.S., but how come it seems like the issues of this ethnic group are minor in society? (Mental health, education, poverty) | Doing further research and gathering material to create an archive on Khmer-American diaspora and the continuum of Khmer culture outside of Cambodia |

| The effect of American imperialism on Cambodia and other parts of South East Asia during this period | The importance of the continuum of Khmer literature and the information it would allow one to access | Celebrate resilience, progress, and the choice to put back and be resistant to systems and institutions that force populations experiencing historical trauma to be silent and erased |

| Group Poetry: “I Am” “We Are” | Cultural teachings/Continuous historical teachings & research | Connecting and communicating with elders |

Qualitative Findings

Common Interview Themes:
- Mental health
- Western view of mental health being very individualized
- U.S. American imperialism in Southeast Asia
- Historical trauma being a community issue, and not individual
- Sharing of narrative passes down identity and possibly trauma
- Forms of resistance from groups experiencing historic trauma

Common Themes Found in Research:
- Mental health
- Western view of mental health being very individualized
- U.S. American imperialism in Southeast Asia
- Historical trauma being a community issue, and not individual
- Sharing of narrative passes down identity and possibly trauma
- Forms of resistance from groups experiencing historic trauma

References:
Um, K., (2012). Eiled Memory: History, Identity, and Remembering in Southeast Asia and Southeast Asian Diaspora. DOI: 10.1215/10679867-1593564