



Towards Pathway-informed Care Guidebook for Trauma Recovery

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Trauma Recovery Journey

Non-linear Progress and setbacks are normal

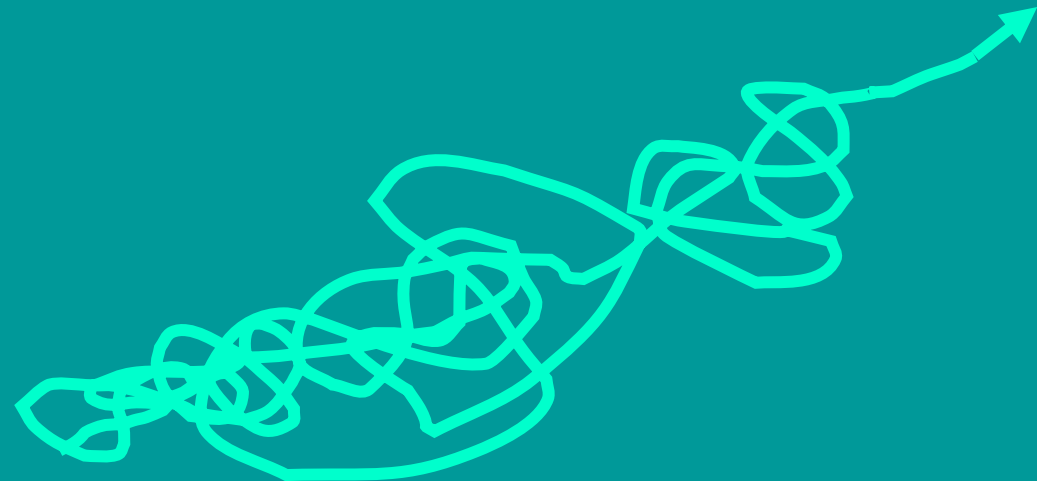
Unique Requires individualized support

Holistic Physical, social, mental, emotional, and spiritual

Diverse Influenced by culture, gender, social structure, etc.

Long Journey

(Kita et al., 2024; Kita et al., 2023;
Sinko et al., 2020; Sinko et al., 2019; Saint Arnault,
2017; Koutra et al., 2022)



Domains of Trauma Recovery

(Koutra et al., 2022)

1

Trauma
Definition

2

Balancing Emotion,
Body, Cognition, and
Behavior

3

Acceptance of
Trauma Impact

4

Holistic
Self-view

5

Autonomous,
Empowered
Functioning

6

Engagement in a
Supportive Social
Network

Types of Trauma Recovery

(Koutra et al., 2022)



Avoidance



Consumed



Shut down



Surviving



Seeking



Integrated

Approach to Trauma Recovery

- **Survivor-Centered Approach**

respecting their experience of trauma and recovery process, narrative stories, and backgrounds like nationality, race, religion, sexual orientation, and socioeconomic status.

- **Strength-Based Approach**

Focusing on strengths, resilience, and internal and external resources—rather than on their limitations or weaknesses — to builds a foundation for healing, recovery and growth.

Our Papers

- Kita S, Zong Z, Koutra, K, Sorsa, M, Bryngeirsdóttir HS, Thorvaldsdottir KB, Sinko L, Saint Arnault D. (2024). Cultural influences on trauma recovery after gender-based violence: Multiple-country structural equation modeling. Transcultural Psychiatry. (in press)
- Sinko L, Sorsa M, Beardmore L, Thorvaldsdottir KB, Bryngeirsdóttir HS, Kita S, Koutra K, Zong Z, Rodelli M, Kylmä J, Ikeda M, Saint Arnault D. (2024). Global voices of trauma recovery: A synthesis of survivor-provided advice for overcoming gender-based violence across 7 countries. Qualitative Health Research. <https://doi.org/10.1177/10497323241307001>
- Kita S, Sinko L, Koutra K, Saint Arnault D. (2024). Development of the Self-Assessment for Trauma Recovery Tool (START) for Survivors of Gender-based Violence: Classification using Latent Class Analysis. Psychology of Violence <https://doi.org/10.1037/vio0000508>
- Koutra K, Burns C, Sinko L, Kita S, Bilgin H, Saint Arnault D. (2022). Trauma recovery rubric: A mixed-method analysis of trauma recovery stages in four countries. International Journal of Environmental Research and Public Health. 19, 10310.
- Kita S, Zong Z, Saint Arnault D. (2022). Initial testing of components of the Cultural Determinants of Trauma Recovery (CDTR) Theory among American gender-based violence survivors: Structural Equation Modeling. Journal of Advanced Nursing. doi: 10.1111/jan.15331.

Thank you for listening!

