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Lego in Collaborative Play as a Novel Intervention for Intergenerational Trauma in Immigrant Families

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Abstract

Intergenerational trauma is traumatic events experienced by ancestors which passed down through generations of descendants. While there has been published literature on intergenerational trauma, there lies a gap for appropriate interventions for immigrant families that experience this type of trauma. This intervention proposal aims to utilise published research and bridge the gap in cross-cultural psychology by creating a treatment intervention for immigrant families experiencing intergenerational trauma, more specifically, Chinese immigrant families. Participant criterium are immigrant families with one or more children between the ages of eight to twelve-years-old and can commit to a minimum of 18 consecutive weekly sessions at two hours per week in a supervised therapeutic setting with a trauma-informed mental health professional. Sessions are divided into two interview sessions, 12 pre-determined Lego building tasks with increasing difficulty, and four free-building sessions. The supervising professional will conduct pre- and post- intervention interviews to assess the participants' baselines, promote constructive and concise communication during sessions, and debriefing with the family after each session. Expected outcomes of this intervention for families experiencing intergenerational trauma are improved interpersonal communication skills, increased levels of trust, a better recognition of emotions with higher levels of emotion regulation skills, and living in a healthier family environment.

Keywords: cross-culture, trauma, play-therapy, family, interpersonal