

Symposium | Trauma : [Symposium 68] Rethinking Trauma: Cultural Models of Care Across Clinical Practice and Treatment Systems

🏠 Sat. Sep 27, 2025 2:10 PM - 3:40 PM JST | Sat. Sep 27, 2025 5:10 AM - 6:40 AM UTC 🏠 Session Room 4 (Large Hall B)

[Symposium 68] Rethinking Trauma: Cultural Models of Care Across Clinical Practice and Treatment Systems

Moderator: Selim G. Atici (Princeton University and University of Tokyo), Junko Kitanaka (The Department of Human Sciences at Keio University in Tokyo) Discussant: Laurence J. Kirmayer (McGill University)
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[SY-68-02] Integrating research in the treatment of trauma-related disorders in a transcultural context

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Although more treatment outcome studies for trauma-affected refugees have been published in recent years, many remain limited in design and quality. This scarcity of robust data likely reflects a combination of methodological challenges inherent in conducting research within transcultural settings, difficulties in fostering effective interdisciplinary collaboration between researchers and clinical staff, as well as a lack of resources to support larger-scale studies.

The Treatment and Research Integrated Model (TRIM), developed at the Competence Centre for Transcultural Psychiatry (CTP) in Denmark, has gained international attention for its simple yet structured approach to optimizing the use of clinical data for research purposes. The primary goal of TRIM is to engage all personnel in generating high-quality research data while minimizing additional costs and time commitments. While treatment programs at CTP are based in manuals adapted to the patient population, TRIM promotes a continuous improvement of the treatment delivered on an evidence base.

This presentation outlines the rationale behind TRIM, demonstrating the feasibility of integrating outcome research into real-world clinical practice. Although challenges persist in conducting treatment outcome studies among trauma-affected refugees, these can be addressed through careful consultation and negotiation within a setting committed to scientific rigor and interdisciplinary teamwork. Ultimately, identifying the most effective interventions will enhance treatment and improve quality of life for the many trauma-affected refugees seeking mental health support.

Different elements of the TRIM model will be discussed, with examples of implementation across various study types. The focus will be on offering practical advice and guidance for integrating research into clinical facilities working in mental health care for trauma-affected refugees, emphasizing the importance of a transcultural, interdisciplinary, and patient-centered approach.