

Symposium | Trauma : [Symposium 46] The Path to Recovery: Trauma's Impact on mental health and Therapeutic Interventions

📅 Fri. Sep 26, 2025 2:50 PM - 4:20 PM JST | Fri. Sep 26, 2025 5:50 AM - 7:20 AM UTC 🏢 Session Room 5
(Conference Room A)

[Symposium 46] The Path to Recovery: Trauma's Impact on mental health and Therapeutic Interventions

Moderator: Masahide Koda (Co-learning Community Healthcare Re-innovation Office, Graduate School of Medicine, Dentistry and Pharmaceutical Sciences, Okayama University), Nahoko Harada (Department of Nursing Science, Graduate School of Interdisciplinary Science and Engineering in Health Systems, Okayama University)

[SY-46]

The Path to Recovery: Trauma's Impact on mental health and Therapeutic Interventions

Ushio Miyata^{1,8}, Masahide Koda^{2,8}, Nahoko Harada³, Haruka Tagusari^{4,8}, Era Catur Prasetya⁵, Alicia Landa Herrero⁶, Nisarar Wadchareeudomkarn⁷ (1. minatogawa hospital (Japan), 2. Co-learning Community Healthcare Re-innovation Office, Graduate School of Medicine, Dentistry and Pharmaceutical Sciences, Okayama University (Japan), 3. Department of Nursing Science, Graduate School of Interdisciplinary Science and Engineering in Health Systems, Okayama University (Japan), 4. Kanagawa Psychiatric Center (Japan), 5. University Of Muhammadiyah Surabaya (Indonesia), 6. Hospital Universitario Infanta Sofia (Spain), 7. Sunshine Mind Clinic (Thailand), 8. Japan Young Psychiatrists Organization (Japan))

[SY-46-01]

Addiction in Japan: A Perspective Informed by Adverse Childhood Experiences

*Haruka Tagusari¹, Toko Itabashi¹, Kumi Aoyama¹ (1. Kanagawa Psychiatric Center (Japan))

[SY-46-02]

Relationship between Previous Traumatic Experience, Post-Traumatic Growth, Coping Strategy to Mental Health State on Refugees in Sidoarjo Camp

*Era Catur Prasetya¹ (1. Universitas Muhammadiyah Surabaya / RS Muhammadiyah Lamongan (Indonesia))

[SY-46-03]

The Path to Recovery: Trauma's Impact on Mental Health and Therapeutic Interventions. Current situation of Alcoholic Addiction in Spain, Europe.

*Alicia Landa Herrero¹ (1. Infanta Sofía Hospital, Madrid, Spain. Department of Psychiatry. (Spain))

[SY-46-04]

Impact of Bullying on Children and Adolescents: Trauma or Life Lessons?

*Nisarar Wadchareeudomkarn¹ (1. Vichaiyut Hospital (Thailand))

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[SY-46] The Path to Recovery: Trauma's Impact on mental health and Therapeutic Interventions

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Keywords : Trauma、Mental Illness、Trauma-Informed Care、Cross-Cultural Mental Health、Cultural Sensitivity

Background: It has been widely known that adverse events such as physical abuse, psychological abuse, sexual abuse, household dysfunction including mental illness, poverty, bullying significantly affect an individual's health and social well-being. Experiencing trauma is associated with various mental illness, worsen its symptoms, and make treatment more difficult. This symposium examines the impact of trauma on mental illness through diverse global case studies, exploring effective ways to address patients while incorporating a trauma-informed approach to care.

Purpose: With a focus on cross-cultural mental health, this symposium seeks to provide a deeper understanding of the link between trauma and mental illness. It will examine shared challenges across cultures and investigate culturally sensitive treatment and support strategies.

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[SY-46-01] Addiction in Japan: A Perspective Informed by Adverse Childhood Experiences

*Haruka Tagusari¹, Toko Itabashi¹, Kumi Aoyama¹ (1. Kanagawa Psychiatric Center (Japan))
Keywords : Addiction、Adverse Childhood Experiences、Trauma

Japan has been considered a relatively “safe” country in terms of substance abuse. Indeed, the prevalence of alcohol dependence is around 1.1%; lifetime cannabis use was 1.5%, and methamphetamine use was 0.5%. However, these statistics do not necessarily indicate that Japan faces fewer issues related to substance abuse. In recent decades, it has been increasingly recognized that addiction is linked to adverse childhood experiences (ACE). Despite this, trauma-informed approaches to addiction care remain underutilized in Japan. People with substance use disorders often face stigma and discrimination, even within medical settings, which significantly hinders access to appropriate treatment. It is estimated that only 5% of individuals with alcohol use disorder receive the care they need. Another growing concern is the abuse of prescription and over-the-counter (OTC) drugs among younger generations, particularly among females. Between 2018 and 2020, the number of ambulance transports for OTC drug overdoses increased by 2.3 times. The number of patients with OTC and prescription drug addiction in psychiatric care facilities increased sixfold from 2012 to 2020. A nationwide study in 2021 revealed that one in every sixty high school students had misused OTC drugs. The ACE survey conducted at Kanagawa psychiatric center suggests that individuals with OTC and prescription addiction tend to behave as a “good one.” Excessive discipline or unreasonable expectations during childhood can lead to overadaptation, where emotions are ignored or suppressed as a coping mechanism. These experiences are frequently concealed within superficially non-problematic environments and may go unnoticed by others and sometimes even by individuals themselves. The need to raise awareness of these subtle adverse experiences is becoming evident. In this symposium, we will examine the current state of addiction in Japan from the perspective of ACE and discuss strategies for addressing these critical challenges.

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[SY-46-02] Relationship between Previous Traumatic Experience, Post-Traumatic Growth, Coping Strategy to Mental Health State on Refugees in Sidoarjo Camp

*Era Catur Prasetya¹ (1. Universitas Muhammadiyah Surabaya / RS Muhammadiyah Lamongan (Indonesia))

Keywords : Post Traumatic Stress Disorder、 Post Traumatic Growth、 Coping Strategy、 Refugee Mental Health

Background: Refugees face a problems of loss of residence, loss of work, education, alienation from the community, and limited access to health services which indirectly cause mental health problems for refugees. This study aimed to analyze the relationship between previous traumatic experience, post traumatic growth and coping strategy to mental disorders among refugees in sidoarjo camp. Method: This study was a cross sectional study with total 97 refugees in sidoarjo camp which choosen with simple random sampling. They were asked for fulfilling post traumatic, previos traumatic experience and coping strategis questionnaire. The result was analyze using SPSS. Result: This study found that there was no significant relationship between coping strategy ($p=.237$) and post traumatic experience ($p>.05$) with mental disorders and there was no significant relationship between previous traumatic experiences ($p>.05$) with post-traumatic growth. But there is significant relationship between coping strategy ($p<.05$) and post traumatic growth Discussion: Need further research on the same topic with qualitative methods to explore results, especially with regard to post-traumatic growth dynamics and flexibility in coping and social support in refugees. In addition, cultural variables in this study can also be related to the cultural context

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[SY-46-03] The Path to Recovery: Trauma's Impact on Mental Health and Therapeutic Interventions. Current situation of Alcoholic Addiction in Spain, Europe.

*Alicia Landa Herrero¹ (1. Infanta Sofía Hospital, Madrid, Spain. Department of Psychiatry. (Spain))

Keywords : Alcohol Use Disorder、Spain、Trauma、Mental illness、Multifamily counseling therapy

Background: During the last few decades, there has been a notable increase in drug addiction in Spain, particularly alcohol use disorder (AUD). A high proportion of individuals with alcohol use disorder present a history of psychological trauma, often stemming from childhood abuse, neglect, or family conflict. Trauma is not only a risk factor for the development of AUD, but also a major obstacle to long-term recovery.

Aims: Focusing on cross-cultural mental health, this symposium examine trauma's clinical role in addiction, with a particular emphasis on alcohol dependence in Spanish culture. Additionally, it will explore culturally sensitive strategies for treatment and support, highlighting multifamily counseling and individual therapy sessions as therapeutic model in the rehabilitation of alcohol – dependent patients.

Methods: This study uses data from the 2024 EUDA (European Union Drugs Agency) report on alcohol use trends in Europe, highlighting the current epidemiological context of alcohol addiction in Spain. Additionally, clinical data was collected from a multifamily therapy program implemented in the province of Teruel. Outcomes were analyzed based on patient progress, relapse rates, and family system engagement.

Results: Trauma-related factors - especially within dysfunctional family systems - consistently appear as primary contributors to alcohol use disorder. Multifamily counseling not only helps identify and process these underlying issues, but also reconstructs the patient's support system. Compared to individual therapy alone, multifamily sessions demonstrate stronger outcomes in emotional regulation, relapse prevention, and long-term sobriety.

Discussion: Multifamily counseling creates a therapeutic space where patients and families can confront shared trauma narratives. Through collective reflection, emotional

validation, and skills training, this approach fosters resilience and responsibility. For sustained recovery, treatment must go beyond abstinence and address the root psychological injuries that fuel addiction.

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[SY-46-04] Impact of Bullying on Children and Adolescents: Trauma or Life Lessons?

*Nisarath Wadchareeudomkarn¹ (1. Vichaiyut Hospital (Thailand))

Keywords : Bullying、 Clinical depression、 Thai cultural norms、 Generational vulnerabilities、 Respect for diversity

Bullying among children in Thailand is a serious growing issue, with the country ranking second globally after Japan. In 2018 the Department of Mental Health estimated 600,000 pupils—about 40% of students—had suffered bullying. A 2021 nationwide survey of 1,000 students aged 10-15 showed 92% had endured physical or psychological abuse; 35% were targeted at least twice a semester and 25% three-to-four times weekly.

Common bullying takes various forms: 62% reported head slaps, 43% ridicule of parents' names, 42% derogatory nicknames, and almost 30% online harassment. Consequences were stress (26%), concentration problems (18%), disengagement from school (16%), social withdrawal (15%) and clinical depression (13%). Sibling bullying is also common and linked to female gender, peer bullying, domestic violence, and depression.

Verbal bullying, deeply rooted and long accepted in Thai cultural norms such as teasing about appearance and gossip, is the most prevalent and often escalates to cyberbullying, social exclusion, and physical attacks. These bullying forms are positively correlated and still dismissed or frequently minimized as “just kidding”.

In my clinical experience, it is vital to recognize the delicate distinction between bullying and constructive feedback, and acknowledge generational vulnerabilities. Building life skills and a growth mindset enable children and society view adversity as invaluable life lessons to thrive and grow. Meanwhile, malicious behaviors must be promptly reported.

Thailand has 14 million people under 18 (20 % of the population) but only 312 child and adolescent psychiatrists—roughly 2.3 per 100,000 children—severely limiting specialist care. To combat bullying effectively, society must foster respect for diversity, while schools, communities, and government collaborate preventive policies and provide support strategies. Expanding mental health resources and training more professionals is also essential for the needs of youth.

