



## President's Column

*Ulrich Schnyder, MD*  
*President*

A warm welcome to our president-elect Eve Carlson, PhD, and to the new board members who have recently been (re-)elected: Joan Cook, PhD, Charles Engel, MD, MPH, Gladys Mwit, PhD, Alexander (Sandy) McFarlane, MD, Bessel van der Kolk, MD, Meaghan O'Donnell, PhD. Three out of six new board members are from outside the U.S., which I trust will strengthen our efforts to develop into a global society that takes into account traumatic stress issues from an international, cross-cultural perspective.

My presidential term is coming to an end, so this is my last President's Column in *StressPoints*. It has been a very busy year, much busier than I had expected. Fortunately, there were no major internal or external crises the ISTSS had to confront. However, I had not quite anticipated that launching a major strategic planning process for ISTSS would create such a strong and positive response among our membership as well as among our affiliate societies. This, in turn, encouraged the Board of Directors and the Executive Committee (including the president) to embark on what now emerges as a fundamental re-orientation of the activities of our society. Communication of our new strategic plan will be initiated shortly, at the opening of 26<sup>th</sup> ISTSS Annual Meeting in Montreal, Canada. We are planning a series of publications throughout the following months, in *StressPoints* as well as on our completely overhauled, new website. So, please stay connected!

ISTSS wants to make a difference as a society, and so do you, the ISTSS members, as clinicians, researchers, policy makers, social workers, teachers, advocates and other professionals. As I said last time, I do believe we can make it happen if we all engage in a joint, collaborative effort.

One of ISTSS's unique selling propositions is the international, interdisciplinary diversity of our membership. Thus, one of the objectives of our new strategic plan will be to implement structures and practices that promote effective relationships with

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affiliate and other organizations in order to fulfill ISTSS's global mission. Very much in line with this, the 5<sup>th</sup> World Congress of Traumatic Stress will be held on 24-27 May 2012 in Acapulco, Mexico. The scientific program committee will be chaired by Paula Schnurr, ISTSS past president, and Miranda Olf, the current ESTSS president. We hope to involve many of our affiliate societies in the planning of this important event!

Serving as your president has been an extremely rewarding and enriching learning experience. I would like to thank from the bottom of my heart all of you who have supported me during this year. Our Board of Directors and the Executive Committee was a hard working, seriously engaged group of people: experienced, intelligent and flexible, yet with a firm attitude with regard to professional and ethical standards. Special thanks to Patti Resick (past president), Marylène Cloitre (president-elect), Sandro Galea (vice president), Dean Kilpatrick (treasurer), and Karestan Koenen (secretary): It was just simply a pleasure working with you!

In a couple of weeks, I'll hand over responsibility to our president-elect Marylène Cloitre. Marylène, I wish you good luck, success and fulfillment. I look forward to working as past president under your guidance and to being available to support you.

Hoping to see many of you in [Montreal](#)! My very best wishes to all of you!



## Getting the (Survey) Monkey off Your Back: Considerations for Using an Increasingly Common Data Collection Tool

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The goal of this article is to provide practical suggestions and advice for researchers who may choose to use online data collection strategies. Online data collection differs from Internet data collection, although the latter is encapsulated within the former. In online collection, data are gathered using any kind of networked electronic means. Although large organizations may have the resources to create “in-house” survey systems, for most researchers, online research means relying upon commercially available survey providers such as Opimo, PsychData, or SurveyMonkey. These Internet browser-based tools tend to be relatively easy to use, convenient for data collection, and affordable for an institution or department. Though no published surveys appear to exist at this time, anecdotal reports indicate that the use of online data collection is becoming increasingly widespread in psychological research — perhaps spurred by the popularity of the SurveyMonkey online research tool.

Online data collection is to be distinguished from Internet data collection, in which data are gathered from a large population of Internet users, often through the utilization of advertising. The difference between the two is largely one of recruitment strategy, not of medium — both tend to include participants completing measures while sitting at a computer screen. With non-Internet online methods, however, recruitment may be fairly typical (e.g., announcements to introductory psychology classes, flyers at a community health clinic, etc.) and targeted at particular populations in a familiar way. In Internet research, recruitment often casts a “wide net” to all — or a very large number of — Internet users. (A list of characteristics of these two methods is mapped out in Table 1.) Unique sampling issues are raised by Internet research, which is not necessarily raised simply when

computer-based surveys are used. Internet research can also take advantage of less conventional research strategies, such as the gathering of data from Internet message boards, blogs or social networking sites. Methodological issues raised with online methods are fully relevant, however, whether or not Internet data collection is used. Several of these issues are discussed below, particular with regard to the SurveyMonkey online research tool.

### Participant Identity and Duplicate Participation

We may want our participants to vote early, but not to vote often. While many traditional psychological studies lack specific safeguards against duplicate participation, normal social influence may largely prevent a participant from walking back into a lab the day after participating and signing up again. Not only could the anonymity of online methods affect this behavior, technical issues (e.g., “my computer locked up right when I was getting done with the survey; I wonder if it went through...I suppose I’ll just go through it all again”) may also lead to duplicate participation. What many researchers new to online methods initially do not realize is that some system is needed to protect against duplicates.

The SurveyMonkey system allows for the option of recording a participant computer’s IP address along with other collected data. In addition to potentially raising privacy concerns, this is also a poor strategy for preventing duplicate participation. Particularly among a college sample, many “false positives” may be created by similar or identical IP addresses among dormitory rooms or common areas, student centers, or campus libraries. In addition, even different IP addresses do not

Table 1: Characteristic of Online and Internet Data Collection

	Online Data Collection	Internet Data Collection
<b>Medium</b>	Computer or network device	Computer or network device
<b>Setting</b>	Anywhere <i>or</i> Controlled	Anywhere
<b>Sample Size</b>	Conventional size	Can be extremely large samples
<b>Population</b>	Flexible	Internet users
<b>Recruitment</b>	Conventional methods	“Wide-net” advertising

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guarantee different individuals, since students often use many different computers. With this in mind, it is necessary to collect some sort of minimally identifying information. This information should fulfill several requirements, presented in Table 2. The authors have found one particular identifying code system useful for cross-sectional studies of conventional duration, which collect data in about a year or less. At the start of online studies, the following is presented:

*\*Please provide an identification code made up of the last two letters of your middle name, and use the last four digits of your cell phone number. (Or, if you don't have a cell phone, use your home number.)*

*For example, if my name was John Patrick Smith and my phone number was 734-555-1234, my code would be "ck1234."*

After data are downloaded, a simple frequency count can identify duplicate identification codes, and demographic data can ensure that duplicate codes, if present, genuinely represent the same individual. Although this code is not a lie detector — certainly, a thoughtful participant could make up a code — the author has found it very useful. In a recent study utilizing online data collection methods, 257 “lines of participation” — which presents the verisimilitude of 257 individuals — were downloaded. The frequency count of the ID code showed that 34 of these were “duplicate” lines, representing instances of participation nonunique to individuals. A total of 17 “real” persons accounted for those 34 lines of data. Four participants completed the *entire* 45-minute study, twice.

**Table 2: Demands of an Identifying Code System for Online Research**

**The code should be...**

- Minimally intrusive/identifying
- Universally possessed
- Personally unique
- Known and easily recalled
- Temporally stable

### Issues of Survey Construction

For several reasons, a survey presented online will not be a simple facsimile of the same instrument on paper. For instance, it is often the case that less text can be seen easily on a computer monitor than can be seen on an

8.5"×11" sheet of paper. One might be concerned that a participant, scrolling down the page to access more questions, might forget about the directionality of the item rating scale displayed at the top. For this reason, it is often useful to chunk a survey into groups of about ten items, to ensure that the scale is always visible. Participants may also find it more tedious to scroll through large numbers of questions that may not apply to them than simple to flip through paper displaying the same items. Survey logic can assist with this problem. For instance, instead of presenting a long list of questions about a person's response to a natural disaster — to be answered if they've ever experienced one — one might first ask *if* a participant has experienced this kind of event, and build in survey logic to send them to the relevant next question based on their answer. SurveyMonkey's tutorials, user manual, and resources for best practices in survey design can assist in building survey logic. These are two examples to illustrate the fact that conversion from a paper-and-pencil to an electronic instrument may not be straightforward. Beyond these, there are issues of survey construction and design that are too numerous for appropriate treatment here. Two chapters in a recent book on advanced methods for conducting online behavioral research (Gosling & Johnson, 2010) titled *Design and Formatting in Internet-Based Research* (Rieps, 2010) and *Conducting Online Surveys* (Tuten, 2010) are extremely helpful.

As an anecdotal note, the use of survey logic can also be as maddening as it can be useful. In the author's aforementioned study, survey logic was needed to pipe participants to the correct portion of a traumatic events questionnaire. At the end of the questionnaire, participants were to indicate which reported traumatic event was the worst, or, if they had not reported one, describe their most traumatic experience. Since the survey tools are not sophisticated enough for this complex logic (i.e., “send the participant to *this* page if they indicated ‘yes’ to any of these previous questions”), a single item had to be constructed which asked participants if they had reported any traumatic events in the preceding survey. The item required that all participants provided an answer: yes, they had previously indicated experiencing one or more traumatic events, or no, they had not. About a third of participants answered this item incorrectly. Although precise figures for incorrect handling of this piping are not known for paper-and-pencil versions of this measure, it may suffice to say that the online format seems to have made the piping more difficult than expected. The consequences for data analysis are

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manageable, but might be potentially damaging if such a frequent error were to go unnoticed.

### Equivalency Testing: A Call for Research

Certainly, talk of converting widely-used paper-and-pencil instruments to electronic forms — including making changes that are useful or necessary in the new medium — does and should raise serious questions. Much early concern about the use of these new tools has been related to *comparability* of measures across modes of administration (APA, 1986; Cronbach, 1990). The question of whether measures are comparable across different forms of administration is important, and research has yielded varying results. On one hand, several studies document comparability of measures of depression (Schulenberg & Yutzenka, 2001), alcohol use (Miller et al., 2002), and obsessive-compulsive symptoms (Coles, Cook, & Blake, 2007). More precisely, these studies found no significant differences between persons completing online and pencil-and-paper versions of measures. Other researchers have found differences between forms of administration, such as higher rates of disclosure of socially sensitive issues, such as risky health behaviors (Gerbert et al., 1999). One exciting implication is that, for such issues, online studies may be more effective at gathering this information than either paper-and-pencil or interview methods. Particularly in light of the confessional norm that seems to be increasingly associated with our interaction with computers (it may here be sufficient to note one word: “Facebook”), further research may increasingly find that this is the case.

It is important, however, to recognize that *comparability* of measures across modes of administration is not isomorphic with *equivalency*. Traditional null hypothesis tests (e.g., *t*-tests, ANOVAs) are designed to detect differences between groups weighted against the probability that observed differences emerged by chance. Regrettably, many studies have utilized traditional null hypothesis tests as measures of equivalence. In such studies, “equivalency” is often conceived of as merely meaning no statistical difference between mean scores on a measure across forms of administration. However, greater methodological rigor may be called for as researchers begin to use more and more measures in online research. Equivalency testing by a common biostatistical method known as *confidence interval analysis*, is described and advocated by Rogers, Howard and Vessey (1993). In short, this method regards tests as equivalent if the confidence interval of a test instrument falls entirely within a range of  $\pm 10\%$  of the mean score of the existing instrument. Based on whether or not the confidence interval falls within this range, as well as

whether or not it includes the mean of the criterion instrument, confidence interval analysis can distinguish both statistical difference *and* equivalence. In addition to the more familiar signal detection theory (c.f. DeCarlo, 1998; Swets, 1988), confidence interval analysis could help shed light on the fidelity of often-uninvestigated online versions of measures to their validated paper-and-pencil counterparts.

Certainly, online data collection tools like SurveyMonkey can be useful and convenient — it is not a particularly daring conjecture to note that they are here to stay. They are being widely used; the author, however, has serious concerns about whether they are being used well. Several of the issues discussed here may be non-obvious to even an experienced researcher who is creating a study on SurveyMonkey for the first time, and many of them could seriously affect the quality of data. Conversely, however, these tools are also nothing to be feared. With a little training — and a great number of practice runs — an online study can be constructed well, and can potentially make use of data collection strategies and tactics that are simply not available in a world of paper and pencil.

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## Empirical Evidence and Refugee Law

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This article describes the evolution of a new Non-Governmental Organisation (NGO), the Centre for the Study of Emotion and Law (CSEL), and its early work at the interface of mental health and refugee law, an area of legal decision making that can make the difference between living in security under the protection of the state, or being returned “home” to face possible detention, torture or death.

### Fleeing Persecution

When people feel that they are being persecuted (for example because of their religion, beliefs or social group) and are unable to apply to their own state institutions for protection, international agreements allow them to travel to other states to ask for protection there as refugees (United Nations, 1951). In order for refugee status to be recognised legally, in countries like the United Kingdom, claimants have to present a coherent, plausible account of their reasons for fleeing and their fear of return. Very often this is at a time when they are in a highly vulnerable state, often having made treacherous journeys and in fear for their lives.

### Recognising Refugees – A Difficult Decision

The decision to recognise someone as a refugee, and offer them resettlement and state protection is made, in most receiving countries, by state and judicial officials. These decisions are unusual in law, in that there is typically no documentary or corroborating evidence, merely an individual with a story and some general background information about conditions in their country of origin. As a result, claimants’ credibility is usually central to the outcome. Although there is a large body of scientific and clinical evidence (for example concerning behaviour in a state of fear, responses to violent and traumatic experiences, and the nature of memory following traumatic experience), all too often, this is either unknown to the decision maker or is ignored in assessments of honesty and genuineness (Herlihy & Turner, 2009).

### Assumptions in Decision Making

In order to establish the ground for a programme of research we conducted a qualitative analysis of the assumptions made by a group of UK decision makers (Herlihy, Gleeson & Turner, 2010). Some of the assumptions we identified were in line with the

empirical literature. However we also found judicial comments such as, “*given that rape is such a serious thing to happen to any women, I would have expected a raped person to know when they were raped. This is not the type of event which I would expect a person to forget about or confuse*” (Herlihy, et al., 2010, p. 361). In the context of the multiple rapes experienced by some refugees and the high rates of peri-traumatic dissociation, we challenge this assertion. We would like to highlight the importance of primary and secondary research into key assumptions in decision making, and the wide dissemination of findings to those in the field.

### Recent Studies

Addressing the need for research in this area, we would like to summarize recent findings related to two assumptions commonly applied in asylum decisions, concerning (a) discrepancies in asylum accounts and (b) the disclosure of traumatic experiences.

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### Discrepancies and Credibility

Discrepancies between different accounts of persecution (for example at an initial immigration interview and then in a statement for a lawyer) are often seen as an indication of fabrication (e.g. Shaw & Witkin, 2004), for example, “*At your interview you said that you were detained for 3 days, but in your statement you said it was 4 days.*” Differences like this provide a common justification for a finding of non-credibility and therefore refusal. We interviewed a group of 39 programme refugees from Bosnia and Kosovo (who had been given permission to reside in the UK without having to go through the asylum process) on two occasions, about a

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traumatic and a nontraumatic experience (Herlihy, Scragg & Turner, 2002). We found high rates of discrepancy in responses to standard questions about these events. In line with the literature on eye-witness testimony (Brewin, 2001) peripheral details of traumatic events were less likely to be consistently remembered than features rated as central to the event. Yet, it seems that judges consider this type of detail as especially important in considering credibility. We found that for those with the highest symptom scores, there were more inconsistencies when the delay between interviews was longer. This suggests that it is those with the most severe difficulties who are most likely to be seen as fabricating a claim to protection. We have a current project underway to investigate some of the potential mechanisms for our findings.

### Disclosure of Traumatic Experiences

Another major problem for those claiming asylum is the necessity to disclose the most personal and distressing material, including sexual assault histories. An early study found that survivors of sexual torture showed a pattern of PTSD symptoms with high levels of avoidance, possibly a result of shame (Van Velsen, Gorst-Unsworth & Turner, 1996). In a study of 27 asylum seekers and refugees focused on their experience of an official immigration interview (Bogner, Herlihy & Brewin, 2007), shame, dissociation during the interview, and PTSD symptoms were measured. Participants were also asked to rate the difficulty that they had experienced in disclosing their experiences to a state official. Those with a history of sexual violence had, unsurprisingly, higher levels of difficulty of disclosure, shame and dissociation. They also had higher levels of PTSD-avoidance. A qualitative analysis of the semi-structured part of the interview showed that the interpersonal qualities of the interviewer emerged as the strongest factor in either facilitating or impeding disclosure. *“When I started talking I felt like I was dying. You tell them everything, you feel naked. But once I saw that they were not really interested and ignorant I stopped talking”* (Bogner, Brewin & Herlihy, 2009, p. 9).

### The Centre for the Study of Emotion and Law

The Centre for the Study of Emotion and Law CSEL ([www.csel.org.uk](http://www.csel.org.uk)) is a new, not-for-profit, charitable, organisation in the UK. We are multidisciplinary, with staff and trustees from psychiatry, psychology, law, communications and policy research and journalism. So far we have been successful in two project grants, and we continue to search for general (unrestricted) funding to cover core costs. The structure of an independent research

centre allows us to disseminate and promote our findings, and to encourage further research in this crucial area. In the future, we plan to move beyond refugee law, for example to look at how psychological knowledge may inform criminal trials for rape.

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(Bogner, Brewin & Herlihy, 2009, p. 9).

### Conclusion

Refugees are amongst the most traumatised and disempowered groups of people. Decisions are being made about them without reference to the best available empirical knowledge. We are committed to building, reviewing and disseminating empirical evidence that can help to develop a better informed and fairer process for those in genuine need of international protection.

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## The Survivors' Needs: Opinions on Reparations for Victims of the Khmer Rouge Regime in Cambodia

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Worldwide many countries are affected by mass violence, armed conflict, genocide and human rights violations. To address these crimes and to seek justice and reconciliation in society, international war crimes tribunals, like the International Criminal Court (ICC) in The Hague, and reconciliation commissions, like the Truth and Reconciliation Commission (TRC) in South Africa, have been established. Civilians are usually particularly affected by such atrocities, having lost loved ones and having suffered from material losses, physical injuries and psychological sequelae.

Reparations for losses and damages suffered are an important element of approaches for providing reconciliation and justice in post-conflict societies. They are also an acknowledgement of the victims' suffering and can therefore have a positive impact on their ability to cope with extremely traumatizing experiences. Reparations can be given in the form of individual compensation, such as monetary payments to victims; as collective compensation, such as the establishment of health and social services; or in the form of symbolic reparations, such as memorials or apologies from the perpetrators (Bockers, Stammel, & Knaevelsrud, in press; Minow, 1998).

In Cambodia, a criminal court called the Extraordinary Chambers in the Courts of Cambodia (ECCC) was established to investigate the atrocities committed by the Khmer Rouge. The first trial began in February 2009. The Khmer Rouge regime, which lasted from 1975 until 1979 in Cambodia, resulted in the death of at least 1.7 million Cambodians — a quarter of the population at that time. It was characterized by mass killings, forced labor, deportation, forced marriages, torture and starvation. The Khmer Rouge, a radical communist group, attempted to turn Cambodia into a solely agrarian and classless society, freeing it from any Western influence. The regime soon became an "Autogenocide" in which Cambodians killed Cambodians. Cambodia nowadays is one of the poorest countries in the world, with many Cambodians struggling to survive on a daily basis (United Nations Conference on Trade and Development, 2007). Cambodians are still suffering from the consequences of the Khmer Rouge regime. Most of them lost family members and properties, many were physically injured

and substantially traumatized. Prevalence rates for posttraumatic stress disorder (PTSD) range from 11.2% to 28.4% (de Jong et al., 2001; Sonis et al., 2009).

The ECCC is a hybrid court, applying both Cambodian and international law. For the first time in the history of international criminal tribunals, victims are allowed to actively participate in the court proceedings as civil parties, for which they have to apply to the ECCC. Even though the ECCC is the first international tribunal with a specific reparations mandate, the access to reparations for the victims is very restricted. First of all, reparations are limited only to the civil parties. Furthermore, they can only be given in the form of collective and moral reparations and have to be borne by the convicted person(s) (Sperfeldt, 2009). Even though a recent revision of the Internal Rules of the ECCC is now allowing the additional implementation of specific reparations measures with external funding for prospective civil parties, these changes do not apply to the last proceedings (Extraordinary Chambers in the Courts of Cambodia, 2010). Moreover, as only a small amount of Cambodians will become approved civil parties, most of the victims will not be redressed for their losses and suffering. Still, the majority of Cambodians expect the ECCC to have a positive impact on the victims and to promote reconciliation in Cambodia (Pham, Vinck, Balthazard, Hean, & Stover, 2009; Sonis et al., 2009).

In a study we conducted in Cambodia between 2008 and 2009, N=1079 direct victims of the Khmer Rouge regime were interviewed about their traumatic experiences and mental health. Additionally we included four questions on attitudes to reparations developed by Pham and colleagues (2009). The mean age was 56.2 (10.2) years, 664 (61.5%) were female, the average time spent in school was 4 (3.6) years. Of all participants, 962 (89.2%) were Khmer and 999 (92.2%) were Buddhist. Of the total sample 247 (22.9%) had applied as civil parties to the ECCC. At the time of the interview no civil party applicant had yet been informed about his/her approval.

As well as coming to understand the victims' attitudes on possible reparations, we also focused on the differences between those victims who had applied as

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civil parties and those who had not. We were interested in this comparison, because civil party applicants tend to be especially committed to addressing the past suffering, and because access to reparations was restricted exclusively to civil parties.

Most of the participants considered the provision of reparations to victims as being important. The demand for reparations was significantly higher among the civil party applicants  $\chi^2(1) = 9.8, p = .002$ . About half of the respondents wanted reparations to be provided to communities and about 60% wanted them to be provided by the perpetrators, as claimed by the ECCC (see Table 1).

Contrary to the rules of the ECCC, most of the

respondents preferred individual monetary compensation over collective and moral compensation. Besides monetary compensation, the respondents most frequently asked for social services, infrastructure and ceremonies for the dead and the living victims (see Table 2). Additionally, monetary compensation was claimed significantly more often by the civil party applicants, as compared to victims who had not applied to become civil parties  $\chi^2(1) = 5.7, p = .02$ , as were social services  $\chi^2(1) = 4.2, p = .04$ , while an apology from the perpetrators was mentioned significantly less often by the civil party applicants  $\chi^2(1) = 4.7, p = .03$ . Furthermore, civil party applicants mentioned the desire to have ceremonies for the deceased or the victims as a form of reparation significantly more often  $\chi^2(1) = 17.9, p < .001$ . Similar to the findings of Basoglu et al. (2005) on war

**Table 1: Opinion on reparations**

	Total	CPA	No CPA
Is it important to provide reparations to the victims of the Khmer Rouge regime? (yes)	80.1	87.0	78.0
Should the reparations be provided to individuals or communities or both?	Individuals (%)	35.2	38.9
	Communities (%)	51.2	45.2
	Both (%)	13.6	15.9
Who should pay to provide the reparations to the victims?	Perpetrators (%)	60.9	60.6
	Community (%)	1.1	-
	Government (%)	20.8	14.4
	International Community (%)	11.0	17.4
	Other (%)	6.3	7.6
		60.9	60.9

CPA = Civil party applicants

**Table 2: Types of reparations claimed by respondents**

	Total (%)	CPA (%)	No CPA (%)
Individual monetary compensation	36.8	30.3	39.1
Social services (health services, education)	15.3	19.5	13.9
Infrastructure	9.2	11.3	8.5
Ceremony for dead or living victims	9.1	16.0	6.7
Housing, land	8.4	6.5	9.1
Economic development, business enhancement programs	6.8	5.2	7.3
Livestock, food, agricultural equipment	3.7	2.6	4.1
Statue, museum, memorial	3.0	4.3	2.6
Apology from the perpetrators	2.9	0.9	3.7
Pagoda, mosque	1.6	1.7	1.5
Justice	0.8	-	1.1
Day of commemoration, historical records	0.3	0.4	0.3
Other	1.9	1.3	2.1

CPA = Civil party applicants

*Cambodia* continued from page 8

survivors in former Yugoslavia, we didn't find any relationships between the victims' rated importance of reparations and their level of trauma exposure, PTSD or depression symptoms.

The victims consider reparations an important element in the context of the Khmer Rouge tribunal in Cambodia. The above mentioned results would seem to reflect the opinion of many Cambodians as similar results have been found in a survey carried out by Pham and colleagues (2009). In the first judgment of the ECCC in July 2010 on the case of Duch, the former chief of the infamous prison S-21 in Phnom Penh, however, virtually no reparations were granted to the civil parties. It was only granted to publish all apologies made by Duch during the tribunal process. Our results indicate that this decision does not reflect the expectations and needs of many victims. The ECCC is characterized as being pioneering in the participation of victims, but against this background the court's reparations are very disappointing for these victims. We would recommend taking the wishes of the victims into greater consideration in the court's decisions on reparations.

*Note:* The study was approved by the Konstanz University Review Board and was supported by a grant of the German Ministry of Foreign Affairs and by Psychology Beyond Borders.

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## Trauma and World Literature

### Reflections on “The Once and Future King”

**Karla S. Miller, LISW**

Rape Victim Advocacy Program (Iowa City, IA)

I began working with victims of sexual trauma and other forms of violence in 1977. Since then, I have found great passages in literature that provide validation, hope and inspiration to clients who have experienced trauma (and to us who work with them) -- passages that connect us by bringing the logical, inquisitive brain online, and causing us to wonder what will happen next.

Several years ago, I came across a passage in *Once and Future King* by T. H. White describing a pathway for overcoming the profound sadness that our clients – and we at times —experience. It is forward-looking, and stimulates both curiosity and creativity — either for the first time or once again.

“The best thing for being sad,” replied Merlyn, beginning to puff and blow, “is to learn something. That is the only thing that never fails. You may grow old and trembling in your anatomies, you may lie awake at night listening to the disorder of your veins, you may miss your only love, you may see the world about you devastated by evil lunatics, or know your honor trampled in the sewers of baser minds. There is only one thing for it then — to learn. Learn why the world wags and what wags it. That is the only thing which the mind can never exhaust, never alienate, never be tortured by, never fear or distrust, and never dream of regretting. Learning is the thing for you. Look at what a lot of things there are to learn — pure science, the only purity there is. You can learn astronomy in a lifetime, natural history in three, literature in six. And then, after you have exhausted a milliard lifetimes in biology and medicine and theocriticism (sic) and geography and

“The best thing for being sad,”  
replied Merlyn, beginning to puff  
and blow, “is to learn something.”

—T.H. White

history and economics — why, you can start to make a cartwheel out of the appropriate wood, or spend fifty years learning to begin to learn to beat your adversary at fencing.

After that, you can start again on mathematics, until it is time to learn to plough.”

— White (1987, p. 183)

#### Reference

White, T.H. (1987). *The Once and Future King*. New York, NY: Ace Edition, The Berkley Publishing Group; published by arrangement with G.P. Putman’s Sons.



Passages from literature can capture truths about trauma and its survivors. ISTSS members are invited to share a favorite passage or quote from literature that might not be well known, but which offers insight about the psychological effects of trauma or path of healing.

Send submissions to Howard Lipke and Harold Kudler at [HLipke@aol.com](mailto:HLipke@aol.com).

## Visit the ISTSS Amazon Store

The [ISTSS Amazon Store](#) (also accessible from the ISTSS homepage) features trauma-related books for professionals and the public, like [The Once and Future King](#), featured in this issue of *StressPoints*. The store allows ISTSS members and others to locate useful resources, while helping to support ISTSS.

**ISTSS earns a referral fee of 4% to 10%** for items purchased through the site. Any Amazon purchase that originates through our store helps to support ISTSS. To find other Amazon items, just click the “Powered by Amazon” button in the upper left corner of the page and continue shopping.

Please send suggestions to Nancy Kassam-Adams at [nlkaphd@mail.med.upenn.edu](mailto:nlkaphd@mail.med.upenn.edu).

## ISTSS Featured 2009 Award Recipients



**ELANA NEWMAN, PHD**  
**FRANK OCHBERG AWARD FOR**  
**MEDIA AND TRAUMA STUDY**

Dr. Elana Newman is associate professor of psychology, R.M. McFarlin Endowed chair, and director of clinical training at the University of Tulsa, Oklahoma.

Elana has also served ISTSS in many capacities -- as the editor of *Traumatic Stresspoints*, chair of the Ethics Task Force and president in 2006-07. Elana also serves on the executive board for the [Dart Center for Trauma and Journalism](#).

Elana would deserve the Ochberg Award for her research contributions alone. She was the author of the two pioneering peer-reviewed studies of the mental health impact of trauma exposure in newsrooms.

However, what makes Elana such a unique figure is her tireless commitment to bridge the gap between journalists and clinicians, two professions often skeptical and ill-informed about the other.

Following the attacks of September 11 she took academic leave to manage Dart Center Ground Zero, an unprecedented support program for journalists in New York City, many of whom had directly witnessed the attacks and many more of whom were assigned full-time to the aftermath.

Since then Elana has made herself at home in newsrooms around the globe, as well as in professional conferences, journalism training programs and media schools, providing crucial background to news professionals covering everything from childhood sexual abuse to the aftermath of civil wars in Bosnia and Northern Ireland.

It is no exaggeration to say that Elana Newman embodies the purposes of the Ochberg Award, in all of its dimensions.



**PAULA SCHNURR, PHD**  
**ROBERT S. LAUFER, PHD,**  
**MEMORIAL AWARD FOR**  
**OUTSTANDING SCIENTIFIC**  
**ACHIEVEMENT**

Dr. Paula Schnurr is deputy executive director of the VA National Center for Posttraumatic Stress Disorder and acting associate chief of staff for Research at the White River Junction VA Medical Center.

She is research professor of psychiatry at Dartmouth Medical School. She is a past-president of the International Society for Traumatic Stress Studies and the editor of the *Journal of Traumatic Stress (JTS)*. Her research focuses on PTSD treatment, the physical health effects of exposure to trauma, older veterans, and the etiology of PTSD.

In particular, Paula has been at the forefront of PTSD evidence-based treatment research, which has been funded by the DVA, DoD and NIMH.

However, more than the prodigious extent of her research activities, Paula really brings a special quality of innovation and excellence to her scientific work. This was recently shown in the major impact of results of her RCT of prolonged exposure therapy, published in *JAMA* in 2007. This study represented the first large scale clinical trial of prolonged exposure therapy conducted among female veterans and active duty military personnel. Paula's findings that prolonged exposure therapy was more effective than present centered therapy in reducing PTSD resulted in the implementation of a national training program for VA clinicians in prolonged-exposure therapy.

Paula has shown a similar progression of achievement in her scientific impact on the traumatic stress field through her contributions at the *JTS*. Beginning in 1996, Paula has served in *JTS* editorial positions, initially as editorial board member, followed by statistical editor, deputy editor, scientific editor, and as editor-in-chief since 2006.

She is described by her colleagues as: "the consummate scientist who strives for excellence in all aspects of her work."





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International Society  
for Traumatic Stress Studies

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Annual Meeting

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## Upcoming Events

### November 4 - 6, 2010

ISTSS 25th Annual Meeting with Pre-Meeting Institutes Nov. 3  
Le Centre Sheraton Montréal Hotel  
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### April 23 - 24, 2011

Japanese Society for Traumatic Stress Studies (JSTSS)  
10<sup>th</sup> Annual Meeting  
Omiya Sonic City, Japan  
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### June 2 - 5, 2011

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Baltimore Marriott Waterfront  
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[www.istss.org](http://www.istss.org)

### May 24 - 27, 2012

Latin American Society for Psychotrauma (LASP)  
Acapulco, Mexico

### November 1 - 3, 2012

ISTSS 28th Annual Meeting with Pre-Meeting Institutes Oct. 31  
JW Marriott Los Angeles at L.A. LIVE

## A Note of Thanks

Please join us in saying goodbye to **Deanna Marchetti**, the Managing Editor of *StressPoints*. After serving as Managing Editor of *StressPoints* since 2008, Deanna is leaving ISTSS Headquarters this month to pursue a new job. During her tenure as Managing Editor, *StressPoints* has undergone several changes, including significant revisions to our layout and method of delivery as well as an exciting increase in readership. Thank you to Deanna for her important contributions to *StressPoints* during a time of transition and growth for the newsletter. We wish her all the best for the future!