



Living in two worlds Paining by “ Anzoa” Madelene Kajusa.

Give Back Project

How Art can help with Intergenerational Trauma and Healing: From a First Generation South Sudanese Canadian Lens.

By: "Anzoa" Madelene Kajusa

An aerial photograph of a river valley. A large reservoir is visible in the lower right, with a river flowing from it towards the top of the image. The terrain is a mix of green and brown, indicating different vegetation and land use. The sky is a pale blue gradient.

Land Acknowledgement

"Thompson Rivers University campuses are on the traditional lands of the Tk'emlúps te Secwépemc (Kamloops campus) and the T'exelc (Williams Lake campus) within Secwepemcúl'ecw, the traditional and unceded territory of the Secwépemc. Our region also extends into the territories of the St'át'imc, Nlaka'pamux, Nuxalk, T̓silhqot'in, Dakelh, and Syilx peoples," (Thompson Rivers University, www.tru.ca, n.d.)

Thompson Rivers University, www.tru.ca. (n.d.). *Indigenous TRU | Thompson Rivers University*. <https://www.tru.ca/indigenous.html>

Trigger Warning: This presentation contains material about intergenerational trauma, historical intergenerational trauma, the history of civil war in the region of Sudan, and the struggles of first-generation South Sudanese Canadians.

What is Global Competence?

Global Competence

- “Global Competence is a multi-dimensional construct that requires a combination of knowledge, skills, attitudes and values successfully applied to global issues or intercultural situations,” (PISA 2018 Global Competence, n.d.).
- “develop cultural awareness and respectful interactions in increasingly diverse societies,” (PISA 2018 Global Competence, n.d.).
- “Recognise and challenge cultural biases and stereotypes, and facilitate harmonious living in multicultural communities,” (PISA 2018 Global Competence, n.d.).
- **I am interested in the knowledge part of global competence.** I want to share the intergenerational trauma of first-generation South Sudanese Canadians. This topic ties into cultural competence because it helps develop cultural awareness of the South Sudanese community in our diverse societies here in Canada. I think having South Sudan’s people can help better support South Sudanese communities living in Canada and challenge cultural biases and stereotypes about the South Sudanese community in order to lead to a more globally connected world.

History of South Sudan

South Sudan is located in east Africa. South Sudan became independent in 2011 after years of civil war with Sudan. Before 2011, Sudan was the big country in Africa. In northern Sudan, people were predominantly Muslim while, people in southern Sudan were predominantly Christian or African religions.

Retrieved From
Mr History. (2023, November 10). A super quick history of South Sudan [Video]. YouTube. <https://www.youtube.com/watch?v=nh-CT4FRICg>



The Economist

Photo Revived from The Economist. (2023, May 11). What the West gets wrong about peacemaking in Sudan. *The Economist*. <https://www.economist.com/middle-east-and-africa/2023/05/11/what-the-west-gets-wrong-about-peacemaking-in-sudan>

History of South Sudan

Religion is one of the many reasons why there was so much conflict in this region because people in the north wanted the whole country to be Muslim while people in the South did not want that. After years of war in Sudan millions of people have died, have become refugees, and displaced peoples. South Sudan finally got their independence in 2011. Making it the youngest country in the world at just 13 years old!

With poor leadership, years of war, and being a new country South Sudan is one of the poorest countries in the world. With more support and awareness about South Sudan I think South Sudan will be a great nation with lots of possibilities.

Retrieved From

Mr History. (2023, November 10). A super quick history of South Sudan [Video]. YouTube. <https://www.youtube.com/watch?v=nh-CT4FRICg>

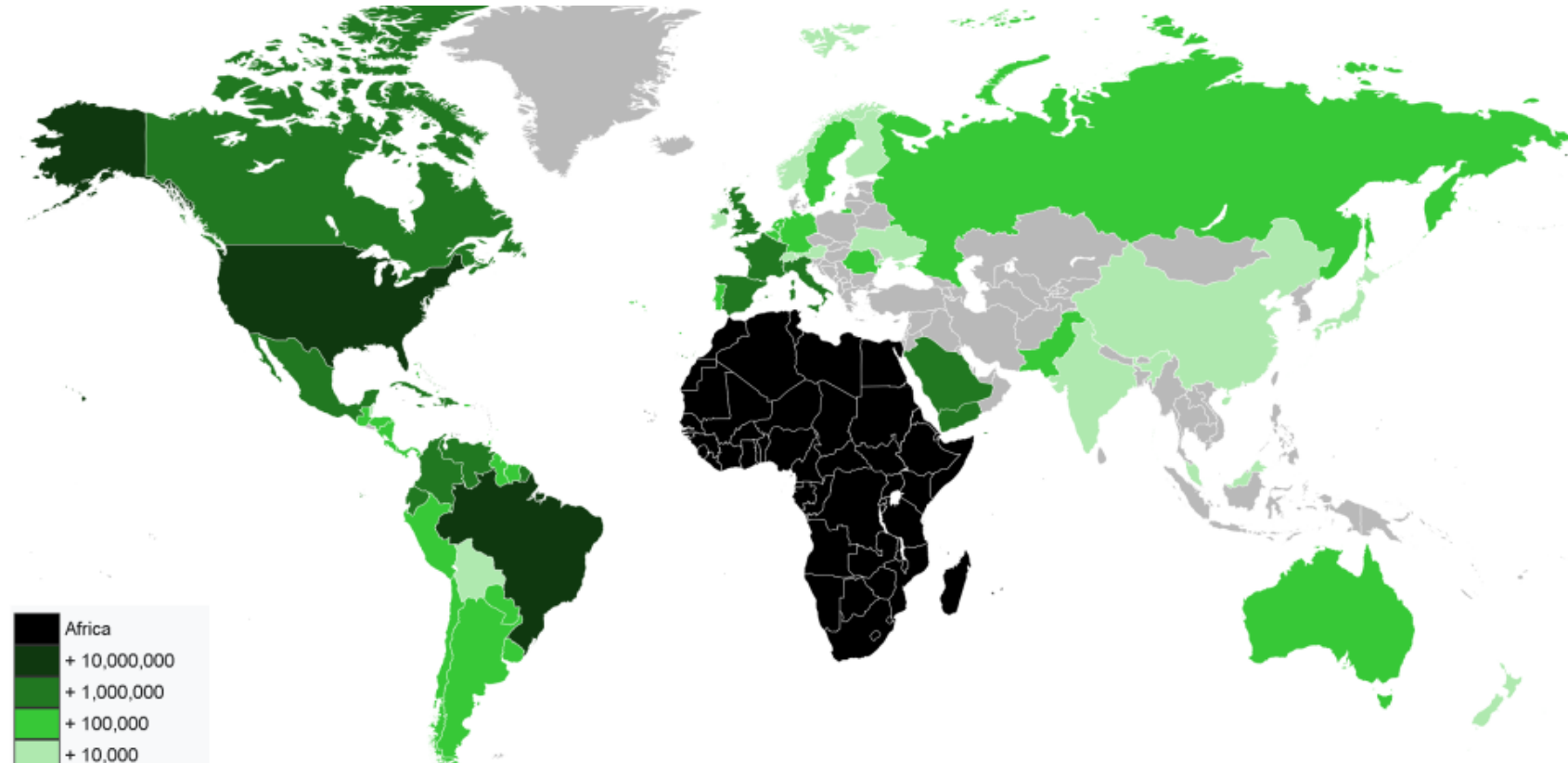
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Who are the first generation South Sudanese Canadians?

“From the mid-80’s to early 2000s, under Immigration and Refugee Act, immigrants from then Sudan, and after 2011 separation, now South Sudan were settled to major cities of Canada,” (South Sudanese Youth of Canada | Volunteer Connector, n.d.).

“These cities became home and families have worked towards integrating to Canadian society,” (South Sudanese Youth of Canada | Volunteer Connector, n.d.).

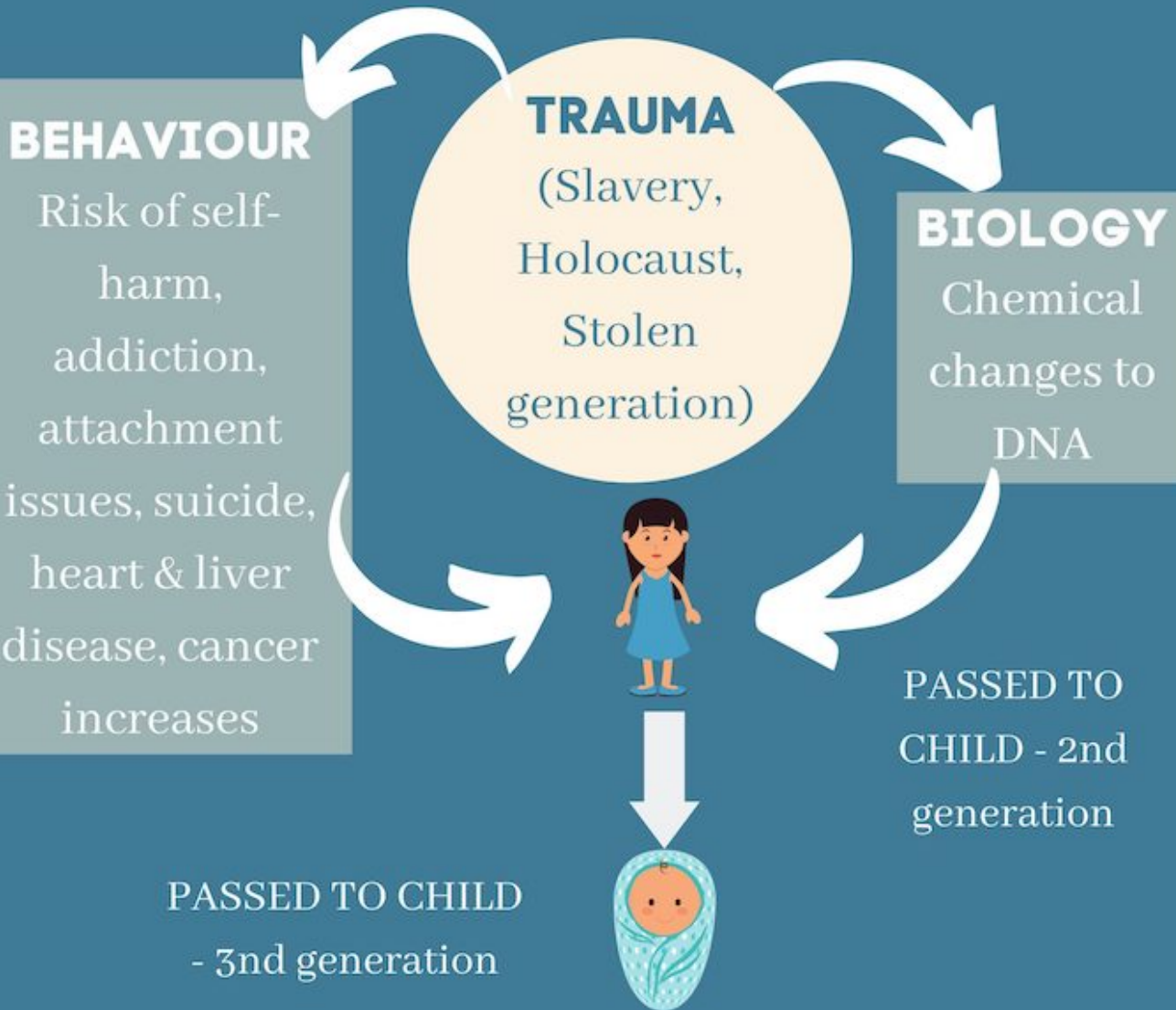
“ The first generation South Sudanese-Canadian merged (Age 0 - 35 - This generation includes those that were born in Canada and those that came at younger age),” (South Sudanese Youth of Canada | Volunteer Connector, n.d.).



This is map of the African Diaspora from 2021. Diaspora means people who are scattered across the world. People who are away from there place of origin.

<https://mapsontheweb.zoom-maps.com/post/670111396585996288/map-of-african-diaspora>

INTERGENERATIONAL TRAUMA



@PSYCHOTHERAPY.CENTRAL

What is Intergenerational Trauma?

“Intergenerational trauma refers to the apparent transmission of trauma between generations of a family,” (Intergenerational Trauma, 2024).

“ People who experienced adverse childhood experiences growing up, or who survived historical disasters or traumas, may pass the effects of those traumas on to their children or grandchildren, through their genes, their behavior, or both, leaving the next generation susceptible to anxiety, depression, hypervigilance, and other emotional and mental health concerns,” (Intergenerational Trauma, 2024).

Historical Trauma

Historical trauma is type of intergenerational trauma experienced that South Sudanese people have as well. Historical trauma from years of civil war.

“Historical trauma refers to multigenerational trauma that occurs in specific cultural, racial, or ethnic groups and is related to oppression and major traumatic events like slavery, the Holocaust, forced migration, or the colonization of Native Americans,” (Generational Trauma | 13+ Strategies to Break the Cycle, 2024).



Picture revived from Beard, L. (2022, November 25). How some therapists are helping patients heal by tackling structural racism. *NPR*. <https://www.npr.org/sections/health-shots/2022/11/25/1137754258/heres-how-some-therapists-are-tackling-structural-racism-in-their-practice>

What Challenges do the First Generation South Sudanese Canadian Immigrants face?

Challenges the first generation South Sudanese Canadian immigrants face: “Parents culture shocked and the new generational conformed to Canadian society, arose challenges; Families were and are impoverished to destitution because of lack of language, gang violence, gender-based violence, mental health and isolation (lack of sense of belongingness,”(South Sudanese Youth of Canada | Volunteer Connector, n.d.).

When I was living in Calgary there was a big South Sudanese community. I have seen my people struggling especially with mental health, drug overdoses and, gang violence. I myself suffered from homelessness, and mental health issues while living in Calgary.



Photo revived from Daniels, S., & Daniels, S. (2023, November 29). *The top 10 challenges facing young people today* | *Genuine Futures*. Genuine Futures | <https://genuinefutures.co.uk/news-resources/the-top-10-challenges-facing-young-people-today>



Some intergenerational trauma South Sudanese people have

- Over 40 years of civil war in the region of Sudan
- Many people have become refugees, displaced people
- Millions of people have died in the region of Sudan and South Sudan
- Survival guilt from those who have survived the war
- Many generations of South Sudanese Canadian immigrants came to Canada as babies, infants, small children refugees like myself
- Intergenerational trauma from parent's stories
- Pressure to succeed in Canada
- The current war in Sudan is triggering to watch on TV. The feeling of guilt, sadness, uncertainty, shame etc.

Photo retrieve from The second Sudanese civil war. (2015, April 13). God Grew Tired of US. <https://godgrewtiredofusmovie.wordpress.com/history/the-second-sudanese-civil-war/>

Some First-Generation Immigrants struggles ?

- **Family Disputes**

"a sense of guilt when leaving their families to pursue higher education or work opportunities," (Lmhc, 2022).

" There can be a sense of contrition of leaving financial responsibilities, or of taking advantage of opportunities that their parents never had access to," (Lmhc, 2022).

- **Shame**

"First-gen folks often experience a lot of “firsts” in their families," (Lmhc, 2022).

" Whether it’s because they are first to college, the first person in their family to take on a high-paying job opportunity, or any number of other reasons," (Lmhc, 2022).

"This sense of misplaced shame can lead to “imposter syndrome,” or the feeling that you don’t deserve to be in a certain space," (Lmhc, 2022).

Lmhc, M. G. (2022, December 22). *What are the Struggles of Being 1st Generation?* Colorful Resilience. <https://colorfulresilience.com/what-are-the-struggles-of-being-1st-generation/>

Real life examples of Issues within the First
Generation South Sudanese Canadian Community.

A complex grief: How one Calgary community aims to rebuild after multiple deaths among its young people

Local nonprofit starts series of workshops and focus groups to find solutions

[Nyakim Kueth and Liz Deng, Elise Stolte](#) · CBC News · Posted: Apr 18, 2024 5:00 AM PDT | Last Updated: April 18



Daniel Buom Met, centre, lost his daughter Nyatuoy Buom Met Kujock on Nov. 8, 2023. He spoke to CBC Calgary about her death surrounded by members of the South Sudanese community. (Joel Dryden/CBC)

There have been many deaths among young South Sudanese Canadian people in Calgary. When I was living in Calgary I would always hear stories about my community and people dying young from either drug overdose, gang violence, or police brutality.

Calgary's South Sudanese community seek answers after shooting death

"Honestly, I feel like it's becoming a routine, it feels like every couple of m burying a youth."

[Dave Dormer](#) · CBC News · Posted: Nov 12, 2016 7:02 PM PST | Last Updated: November 12, 20:



Our community needs healing! Our people have survived so much. It is hard living in two worlds, we need counselling, mental health support, therapy, knowledge from all Canadians to help us on this long healing journey, and allies from all Canadians.

Alberta's South Sudanese hold conference on refugee crisis

'You cannot even afford your own meal, but you don't want to say no to your own mother'

CBC News · Posted: Sep 24, 2016 6:16 PM PDT | Last Updated: September 24, 2016



If you are South Sudanese, you either were a refugee, or your parents were refugees. So that very heavy intergenerational trauma that people in my community are facing and carrying around. Many of us are walking around with broken hearts. We need to bring awareness to our struggles here in Canada to help bring more cultural understanding within Canadian society.

Family, friends, Calgary's South Sudanese community mark one year since's Latjor Tuel's shooting de



Too many South Sudanese young people are dying. Our community needs to come together and support each other.

Calgary

In the wake of the wrongful arrest of two teen boys, community leaders say trust in police has been shaken

Police chief says independent investigation will not rule out racial profiling

 [Kylee Pedersen](#) · CBC News · Posted: Dec 21, 2023 5:00 AM PST | Last Updated: December 21, 2023



Racial profiling is an issue because it leads to wrongful arrest, death, discrimination, stereotyping, and racism. Being a racialized group in Canada South Sudanese people have to be careful living in this society to protected themselves. Too many South Sudanese young people are dying, and our community needs to come together and support each other. Find ways we can heal for ourselves and the next generation. We need help from all Canadians.

South Sudanese youth lead the way on addressing homelessness in their community

Calgary volunteers have been packing and handing out holiday hampers

 [Dan McGarvey](#) · CBC News · Posted: Dec 11, 2023 11:37 AM PST | Last Updated: December 27, 2023



Ariet Okuori of the South Sudanese Youth of Canada says holiday hampers are a way to help while getting her community talking about social issues. (Dan McGarvey/CBC)

There has been a big increase in homelessness within the South Sudanese Canadian community. I remember I visited my family in Calgary last Christmas and I saw so many homeless people that looked like me (South Sudanese people) it was very sad.

Joseph Maku

- He is of South Sudanese Ugandan origins.
- Joseph Maku was awarded a \$45,000 towards his post-secondary education at the University of British Columbia to study kinesiology.
- “Joseph Maku was last seen in Surrey on October 22 and was reported missing on October 23, 2024,” (Kelly, 2024).
- “Cpl. Sarbjit K Sangha said the missing man is six feet five inches tall with black hair and brown eyes,” (Kelly, 2024).
- “He was wearing a black hoodie, black basketball shorts emblazoned with "North Delta Huskies" and black and white basketball shoes,” (Kelly, 2024).
- South Sudanese people also go missing. This story is getting lots of attention which is good. I hope they can find him and he comes home safe. The lives of South Sudanese people have been difficult. Again many of us walk around with so much pain and broken hearts. There is so much intergenerational trauma within this community. Living in Canada and understanding the South Sudanese Canadian's experiences would help strengthen our communities and build allies with other people in the community. My mom always says we escaped war we didn't know there would be another war here in Canada.**

<https://www.peacearchnews.com/community/north-delta-secondary-student-awarded-prestigious-45k-scholarship-7434436>

<https://www.burnabynow.com/bc-news/police-looking-for-missing-18-year-old-man-last-seen-in-surrey-9712650>

MISSING PERSON



JOSEPH MAKU

18 YEARS OLD | ~200 LBS | 6 FOOT 5

Last seen 22 October 2024 near 96 Ave and 128 St
wearing a black hoodie, black sport bottoms, and
black and white basketball shoes.

For any information that can help us
to find him, Please call his family at:

📞 **604-498-1028**

Joseph Maku Missing South Sudanese
Ugandan Canadian Youth.



Art and Trauma

"Art can help us understand our history, our culture, our lives, and the experience of others in a manner that cannot be achieved through other means," (*The Importance of Visual Art*, n.d.).

"Creative expression can be a beneficial form of therapy, especially for those who need help navigating traumatic experiences," (White-Gibson, 2022).

A close-up photograph of an artist's palette. The palette is a piece of wood with several dollops of thick, vibrant paint in various colors: purple, blue, red, orange, yellow, and green. Several paintbrushes with wooden handles and metal ferrules are scattered across the palette, some with paint on their bristles. The background is a light-colored, textured surface, possibly a wall or a large piece of paper.

Art helps me with my healing

- Art helps me with my healing from the historical intergenerational trauma that my family and I have faced and carry
- Art allows people to be creative and express themselves
- Art can help the mental health of Sudanese people in refugee camps
- Art can help heal the mental health of the first generations and their intergenerational Trauma
- Art is an outlet, art, sports, fashion music are some ways people can heal
- Making me feel better
- South Sudanese people need so much healing and support. Art is a cheap and fun way to start doing self-care and healing.

Living in Two Worlds

- Living in two worlds is a common feeling or statement I hear from other South Sudanese Canadians or other first-generation people. As the first generation, we are the new generation that is becoming the blend of both worlds example (South Sudan and Canada).
- In April of 2025, I will be the first in my family to have graduated with a bachelor's degree in Canada! I will be making history for my family and becoming role model for my community to encourage others to keep going to work hard and good things will happen. With more knowledge, we can help our communities and other people around us.



Living in two worlds Painting by “ Anzoa” Madelene Kajusa.

First Generation Dress

- I was able to make a first-generation dress of my directed studies course “*The Regional Geography of South Sudan.*”
- For this dress, I wanted to represent myself and the two worlds that I live in Canada and South Sudan
- The story of how two worlds came together is represented in blue and yellow.
- For me, yellow represents a new beginning, hope, and peace for the future. The sunflowers represent beauty.
- The light blue represents the life and dreams of the White Nile River.
- Studying about South Sudan is difficult for me so having a chance to do art work was great for my learning and healing .
- Here are my courses from my directed studies research:
<https://oercommons.org/courseware/lesson/120231>
- <https://oercommons.org/courseware/lesson/120271>



First Generation dress by
“ Anzoa” Madelene Kajusa.

Benefits of Art

“Studies have shown that art therapy can be helpful in treating mental health illnesses such as anxiety, depression, post-traumatic stress disorder and even some phobias,”(Atila, n.d.)

“It helps you express your emotions without the use of words, process complex emotions and find comfort by being understood,” (Atila, n.d.).

I have started to do more art this year and it has definitely helped me in hard times at school and whenever I feel down. When I watch the news about Sudan I hear about what’s happening in the South Sudanese Canadian community art is one way to help me relax and express my emotions.



Photo revived from Carole. (2021, January 12).

Learning art for the sake of art — CAROLE A. FEUERMAN. CAROLE a. FEUERMAN.
<https://www.carolefeuerman.com/blog/2021/1/11/learning-art-for-the-sake-of-art>

First Generation South Sudanese People making Changes

Wenyen Gabriel is a 27-year-old South Sudanese's –American basketball player.

Adut Akech is a 24-year-old South Sudanese's Australian model.

Emmanuel Jal is a 44-year South Sudanese's Canadian Artist and Actor.



Photo from South Sudan's basketball "Bright Stars" on Olympic mission to make their nation proud. (2024, July 26). *Philstar.com*. <https://www.philstar.com/sports/2024/07/26/2373175/south-sudans-basketball-bright-stars-olympic-mission-make-their-nation-proud>



Photo from <https://www.fashioneditorials.com/vogue-australia-march-2018-adut-akech-nicole-bentley/>



Photo from https://en.wikipedia.org/wiki/Emmanuel_Jal

WAKE UP
AIDS BY THE TIME YOU HAVE READ THIS 10 FAMILIES WILL HAVE LOST A LOVED ONE
WAKE UP
AIDS EVERY DAY 8,500 PEOPLE DIE
WAKE UP
AIDS IS 10 TIMES DEADLIER THAN ANY WAR
WAKE UP

Some Resources for South Sudanese Canadians

- <https://sccassociation.ca/>
- <https://www.volunteerconnector.org/calgary/south-sudanese-youth-of-canada>
- <https://ssccc.ca/>
- <https://www.tru.ca/current/wellness/wellness.html>
- <https://www.immigrantservicescalgary.ca/>
- <https://www.spcottawa.on.ca/association-of-south-sudanese-language-institute/>

Conclusion

- I shared the intergenerational trauma of first-generation South Sudanese Canadian as my giveback project for this global competence course. This topic plays a role in global competence because it helps develop cultural awareness of South Sudanese people in our diverse societies here in Canada. The South Sudanese community here in Canada is struggling silently and needs help. Part of having a global company is to bring knowledge and awareness to communities. Living in Canada all community's voices deserve to be heard. I think after exploring this presentation people can understand a little bit more about the first-generation South Sudanese Canadian community.





Photo: Bobby Doherty

they have no idea what it is like
to lose home at the risk of
never finding home again
have your entire life
split between two lands and
become the bridge between two countries

first generation immigrant - rupi kaur



Photo from Pinterest



Photo retrieve from: Palette, P. (n.d.-b). *The healing power of art - Pinot's palette*. Pinot's Palette. <https://www.pinotpalette.com/naperville/blog/creative-life/pinotspalettenaperville-the-healing-power-of-art>

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- <https://livewirecalgary.com/2023/02/19/family-friends-calgarys-south-sudanese-community-mark-one-year-since-latjor-tuels-shooting-death/>
- <https://www.cbc.ca/news/canada/calgary/komkan-calgary-south-sudanese-grief-1.7169779>
- <https://www.cbc.ca/news/canada/calgary/south-sudanese-calgary-alberta-homeless-1.7055502>
- <https://www.cbc.ca/news/canada/calgary/calgary-police-wrongful-arrest-investigation-1.7065995>
- <https://www.cbc.ca/news/canada/calgary/south-sudanese-shooting-assistance-1.3848813>
- <https://www.cbc.ca/news/canada/calgary/south-sudan-conferenece-calgary-1.3777862>
- <https://www.peacearchnews.com/community/north-delta-secondary-student-awarded-prestigious-45k-scholarship-7434436>