

opportunity for increasing multicultural counseling competency (i.e., increasing self-awareness, understanding different worldviews, and developing culturally appropriate intervention skills) through allowing opportunities for: (a) experiencing cultural/human differences, (b) developing scholastic collaborations and exchanging professional ideas, and (c) challenging western isolationistic assumptions.

Keywords: *multicultural counselling competency, academic educators, cultural awareness, ethnic identity, acculturation*

Having a sense of efficacy: Considering adolescent and adult perceptions of self and self-in-community in relation to meeting personal and communal challenges

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This review paper reports on a series of five studies that have sought to understand differences and commonalities regarding the constructs of self efficacy and communal mastery in relation to personal and community problem solving. Adult studies include university students' management of stress, rural residents' management of land use issues and volunteering behaviour, and urban residents' management of water resources. Adolescent studies of mental health and community engagement include general and clinical samples. Once shared variance for measures of generalised self efficacy (Schwarzer & Jerusalem, 1995) and communal mastery (Hobfoll, Schroder, Wells & Malek, 2002) was removed, the relative significance of the two constructs tended to differ in relation to predicting aspects of personal problem solving (coping and well-being) and community problem solving (volunteering and engagement). For example, while adults' reported self efficacy was a better predictor of managing worries, communal mastery was more predictive of managing actual stressful events. Adolescents' reports of communal mastery were a better predictor of mental health indicators and coping than their reports of self efficacy. In regard to environmental issues, self efficacy contributed

more to the prediction of pro-environmental behaviour than communal efficacy. Findings are discussed in terms of advancing conceptual understanding of the two constructs and the importance of promoting the development of communal as well as self efficacy in caring for the good of the one and the good of the many.

Keywords: *self efficacy, pro-environmental behaviour, communal problem-solving, communal mastery, community engagement*

Healing and recovery amongst survivors of torture and trauma

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This paper will present an overview of pre-arrival, settlement experiences and recovery processes as they apply to people coming to Australia from Burma, Iraq and Afghanistan. An early intervention program and a longer-term counselling and advocacy program at the Victorian Foundation for Survivors of Torture will be described in order to highlight the process of understanding needs and how both specialist and community-based strategies, are shaped accordingly. Healing occurs on many levels and this paper will also explore the language and concepts required to understand the changes which occur and the barriers to change when promoting and assisting in the remaking of lives which have been subjected to the extremes of human rights violations. A human rights framework is essential to understanding the distinctive risk and protective factors to be considered when working with newly-arrived survivors of torture and trauma. Pre-arrival experiences characterised by extensive exposure to violence and loss and forced displacement have their roots in systematic human rights violations. The struggle over being selected for resettlement is a rarely acknowledged additional experience beyond the control of survivors. Once in Australia, a host of factors influence whether new lives do indeed begin. They range from the broadest contextual factors, such as international security concerns and ongoing zones of war and conflict, to the local context, especially the quality of service systems and the capacity of communities to respond to survivors. Many settlement experiences can inadvertently exacerbate pre-arrival experiences of systematic