



**Innovations in Counseling: Working with Minority Populations- Part 3  
Trauma Counseling: Helping Clients Cope With War and Natural Disaster—Part 3:  
Peshawar Trauma Project (A Case Study)**

**Webinar Follow-up Question and Answer Session with Shahnaz Khawaja**

**Question from Carmen Gutierrez**

Do you believe that the use of music without lyrics can work as well with other cultures, something that brings them back to their natural instincts prior to the trauma?

**Answer from Presenter**

I believe that music is a universal language-With and without the lyrics. However, lyrics can sometimes reflect cultural beliefs that may not translate well to other cultures. Additionally, individuals may have different connotations that they attach to music they are unfamiliar with. One should explore if such connotations exist for an individual and be aware of the possibility that they may, at the very least. Attentiveness to this can prevent any misunderstanding. At the end of the day- the intent is for music to be therapeutic. Attention to the cultural nuances and connotations will aid in that.

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**Question from Jessica Sims**

Was it difficult to provide counseling / treatment due to language or other cultural barriers?

**Answer from Presenter**

I do speak Urdu, the national language of Pakistan. However my vocabulary was rusty due to lack of use of the language. Additionally Pashto is the primary language used in Peshawar. I delivered training in Urdu primarily and interspersed it with English when my vocabulary faltered and/or I needed to use a scientific term for which I was lacking correct terminology. Mostly I would ask the audience to help me find the right word/translation and they were happy to oblige. More than a barrier I think soliciting their assistance helped me connect with them since I was willing to learn from them and was transparent about my language limitation.

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