

Daughters of Afghanistan Diversity Training Guide

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Received: October 25, 2019; **Published:** February 18, 2020

The Daughters of Afghanistan is a movie that portrays the lives of four women and one girl in search of a better life after the ousting of the Taliban. Even though there was a shift in the political structure in Afghanistan, the women of the culture still were being treated as second class citizens.

Canadian Journalist Sally Armstrong captured the ongoing struggles of these five women in the movie who are all from very diverse backgrounds.

Dr. Sima Simar, a very courageous woman who did not allow the threats of the Taliban to stop her. She provided both education and healthcare during her appointment as the Deputy Prime Minister.

1. Soghra, a woman who is desperately trying to feed and clothe her five children. She lost everything she had to the Taliban.
2. Hamida, a female school principle who, by any means necessary, is providing education to young girls.
3. Camellah, an Afghan housewife, who has become a sex-slave for her husband due to laws in the country.
4. Lima, a young girl who has lost her childhood because of the war.

As a professor of the Counseling Diverse Populations class, I felt this film was a great way to introduce my students to the challenges women face in other countries.

Below is the curriculum guide I prepared for my class. I hope you find it resourceful.

Note: Please be advised, the author does not have the copyrights to the clip arts used in this article.(Figure 1)

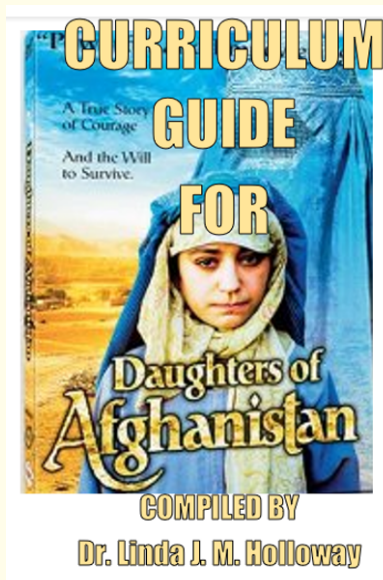


Figure 1

Critical debriefing questions for daughters of Afghanistan

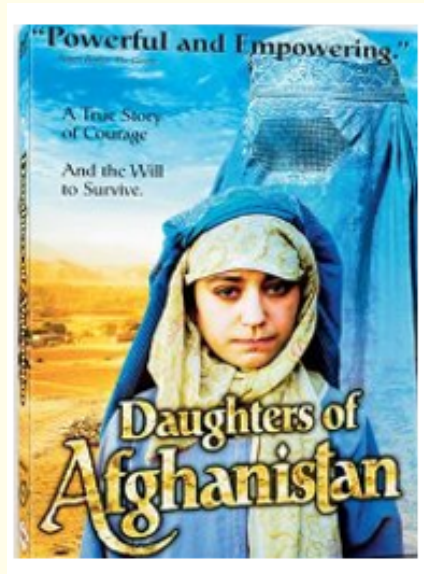


Figure 2

1. Who were the Taliban?
2. Do a brief country profile on Afghanistan.
3. What stereotypes stood out to you and why?
4. Which of the women in the movie had the most impact on you and why? Please explain your answer in detail.
5. List and describe as many cultural norms you saw throughout the movie. Please explain how they differ from the country you are from. Please compare and contrast your answer.
6. What part of the movie you found to be the most thought provoking/shocking? Describe why.
7. The following women and the young girl are seeking your agency for counseling. Please develop a psychosocial history, treatment plan, and counseling session for each woman.
 - Soghra
 - Hamida
 - Camella
 - Lima.
8. What are your thoughts about the part of the movie when the girls were asked to "dream out loud." "Do you think this is realistic in an Afghan culture, why or why not? Please be prepared to explain your answer.

9. List and describe the many ways the Taliban impacted the lives of the women in Afghanistan.
10. When the journalist Sally Armstrong made the statement, “The world looked the other way”, what do you think she meant by this statement? As a counselor, how would you like to see that changed?
11. Dr. Sima Samar -the formal Deputy Prime Minister/Director of Women Affairs stated, “We need to get money into the hands of women”. What do you think she meant by this statement?
 - What three things was Dr. Samar said to have against her?
 - How would you describe this amazing woman and the things that occurred in her life to a complete stranger who did not know who she was?
 - List and describe the many things that Dr. Samar wanted for the women of Afghanistan and how does that compare to what the women still want today in Afghanistan.
 - What led to the removal of Dr. Samar from office and how did this make you feel? Please explain your answer in detail.
12. Which part of this movie made you the most uncomfortable and why? How would you, as a counselor, deal with situation(s) that make you uncomfortable, angry, or push your comfort zone because of the culture the women are living in?
13. Camellah sought refuge at a homeless shelter because she stated her husband has been killed by the Taliban, but it was later discovered this was not true and she was removed from the home. What are your thoughts concerning this situation? Do you think if she would have told the truth they would have allowed her to stay? Why or why not?
14. What is the one thing you admire most about Hamada, the principal of the school fighting to educate the women in her classes? How would you have liked to assist her? What recommendations do you have for her?
15. Lima, the young girl who was robbed of her childhood due to the death of her parents faced many challenges. How would you describe her? What type of support would you provide her? You have been given the opportunity to write her a letter, what would you say to her and why?
16. What are your thoughts/feelings toward the various men throughout the movie? Please be specific about which men and explain why. (i.e. The men sitting outside the school when the girls are leaving school; men in the new government)
17. If you were given the opportunity to speak to one of these women/girls in the story today, what would you tell them and why?
18. After witnessing the lives of the many women in the movie, how has it motivated you to want to work with women globally to support women equality?
19. Explain some laws and rules that have passed in the United States to support women equality.
20. What is one word you use to describe this movie and why?

Recommended Readings

1. Hershey John W and Hesley Jan G. “Two Films and Let’s Talk in the Morning: Using Popular Movies in Psychotherapy 2nd edition”. John Wiley and Son, Inc. New York (2001).

2. Peske Nancy and West Beverly. "Cinema Therapy for Soul: The Girls Guide to finding inspiration one move at a time". Bantam Dell, New York, New York (2004).
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Volume SP1 Issue 5 March 2020

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