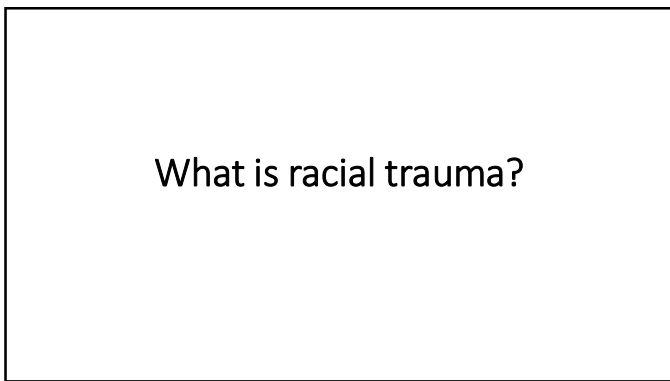




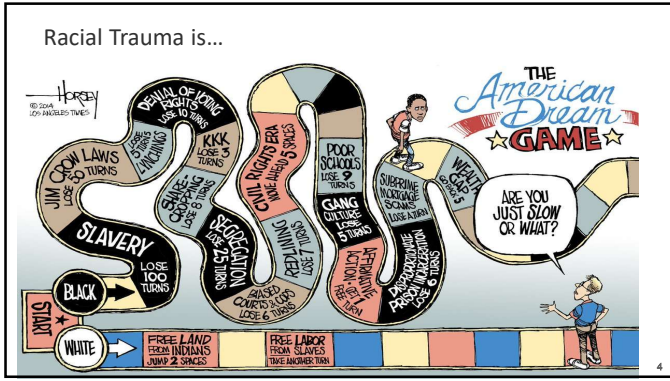
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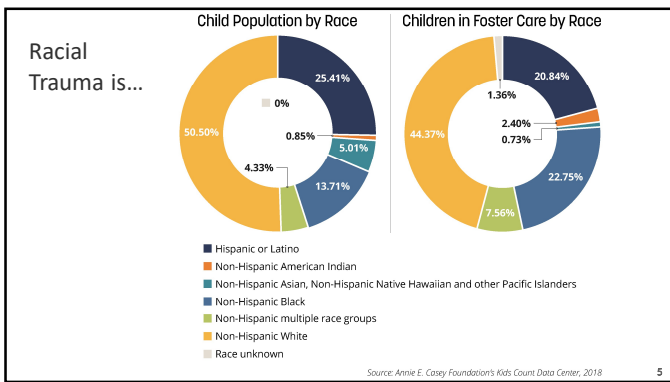
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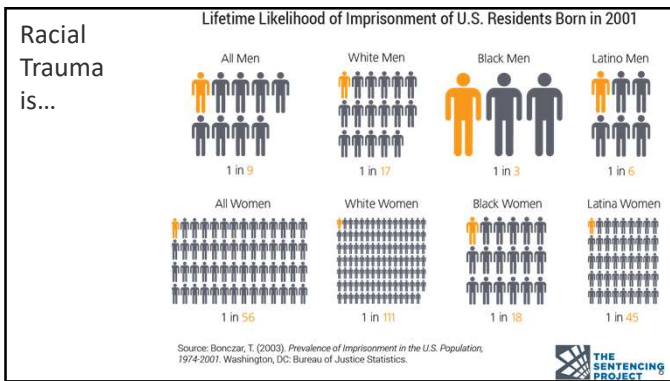
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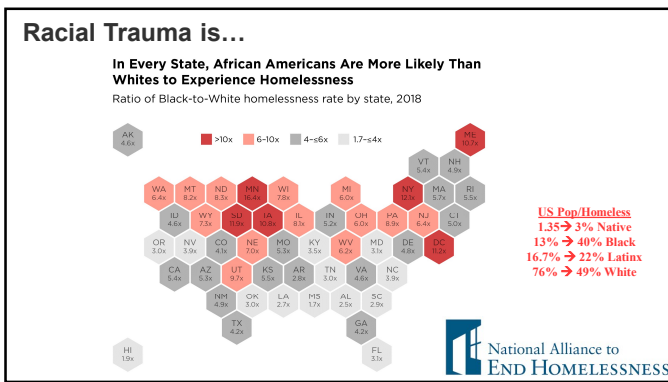
Racial Trauma is...

ADVERSE CHILDHOOD EXPERIENCES (ACEs)

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
Physical	Physical	Mental Illness	Incarcerated Relative
Emotional	Emotional	Mother treated violently	Substance Abuse
Sexual		Divorce	

Source: Centers for Disease Control & Prevention

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Post Traumatic Slave Syndrome. How Is It Different From PTSD? | A.J.+ Opinion

Dr. Joy DeGruy
M.S. Clinical Psychology
M.S. Social Work
Ph.D. Social Work Research

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Racial Trauma is...

Trauma is conventionally defined as:

- A deeply disturbing or distressing experience (physical, psychological) that exceeds coping capacity
- An acute event, or chronic events

Racialized trauma is defined as:

Complex trauma resulting from the ongoing experience of oppression and subordination. Mental and emotional injury caused by encounters with racial bias and ethnic discrimination, racism, and hate crimes.

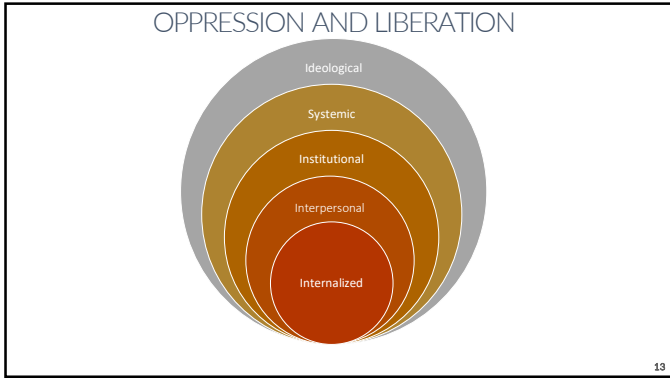
Many marginalized identities are charged with navigating through trauma PLUS ongoing experiences of traumatic oppression

Dr. Wendy Ashley, Psy.D, LCSW

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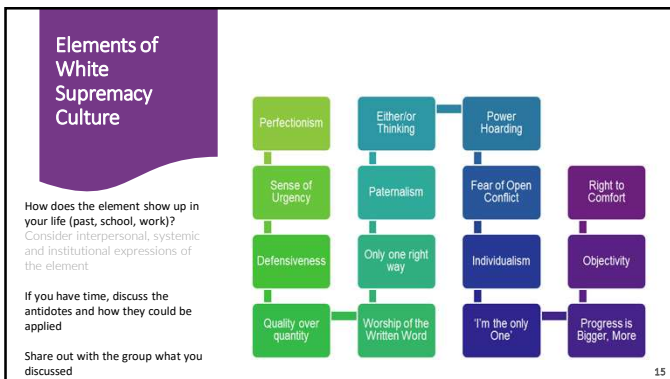
PROVIDERS GUIDE TO RACIALLY CONSCIOUS, TRAUMA INFORMED CARE

Safety	Choice	Collaboration	Trustworthiness	Empowerment
<ul style="list-style-type: none"> Racialized and intersectional safety is considered and explored Individual, therapeutic, familial, community and organizational safety addressed Trauma is anticipated to have an impact 	<ul style="list-style-type: none"> Decision making, with both micro and macro consequences historically and in the present are considered Clients provided culturally relevant tools and information to analyze options 	<ul style="list-style-type: none"> Providers and client brooch dialogue regarding differences in intersectional identities and lived experiences to develop a genuine rapport Clients invited to share honest feedback 	<ul style="list-style-type: none"> All interactions respectful, with the understanding that racism plays a role Systemic interaction with other organizations clarified Boundary violations are explored with curiosity 	<ul style="list-style-type: none"> Client lived experiences are believed, validated and affirmed Clients are encouraged to share narratives Therapeutic intervention and advocacy is not provided without real consent (not pseudo equity)

Credit: Dr. Wendy Ashley

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CULTURALLY SPECIFIC MODEL FOR SERVICES

Attributes of the model...

- Staff, board and leadership (racially/culturally) reflect the community being served (belonging)
- Org environment is culturally focused as identified by clients
- Established and successful community engagement & involvement with the community served



Benefits of the model...

- Affirms racial identity and pride
- Holistic interventions/less reliance on medical model of services
- Improved client retention, longer periods of service engagement, fuller use of services, shared (racial/cultural) identity has a positive impact on client outcomes



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Relieving Racial Trauma

Activities that relieve the **complex trauma of oppression**:
 Meditation/mindfulness practice
 Expressive arts



Movement/dance therapy	Song	Home décor
Hair & clothing	Culinary	Visual Art
Activism/artivism	Poetry (reading/writing)	Drama therapy

Credit: Dr. Thema Bryant-Davis

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Q & A

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