

RACE BASED STRESS & TRAUMA BRENTWOOD SCHOOL DISTRICT 2021

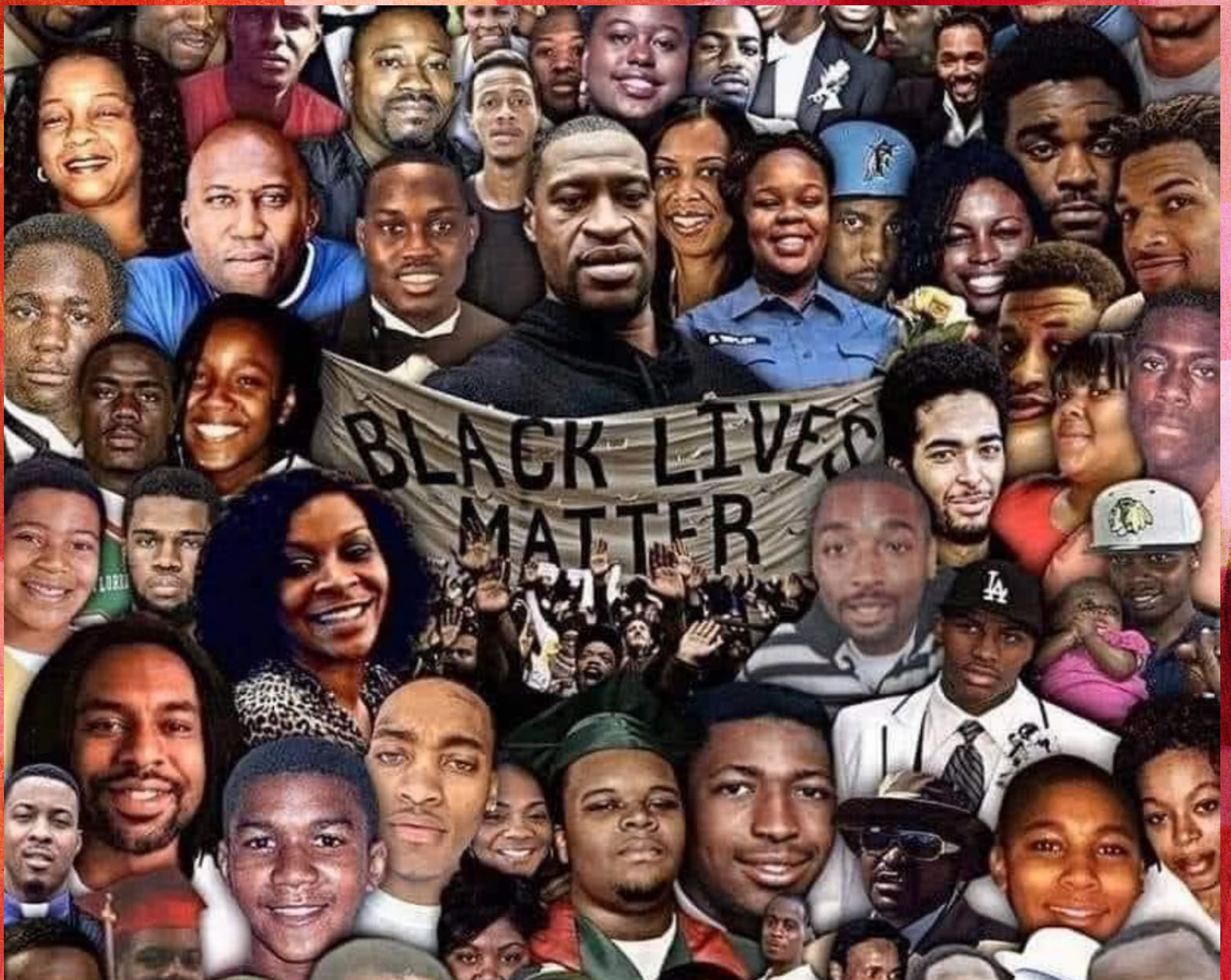
Gladys Smith, PsyD, LPC





OBJECTIVES FOR US

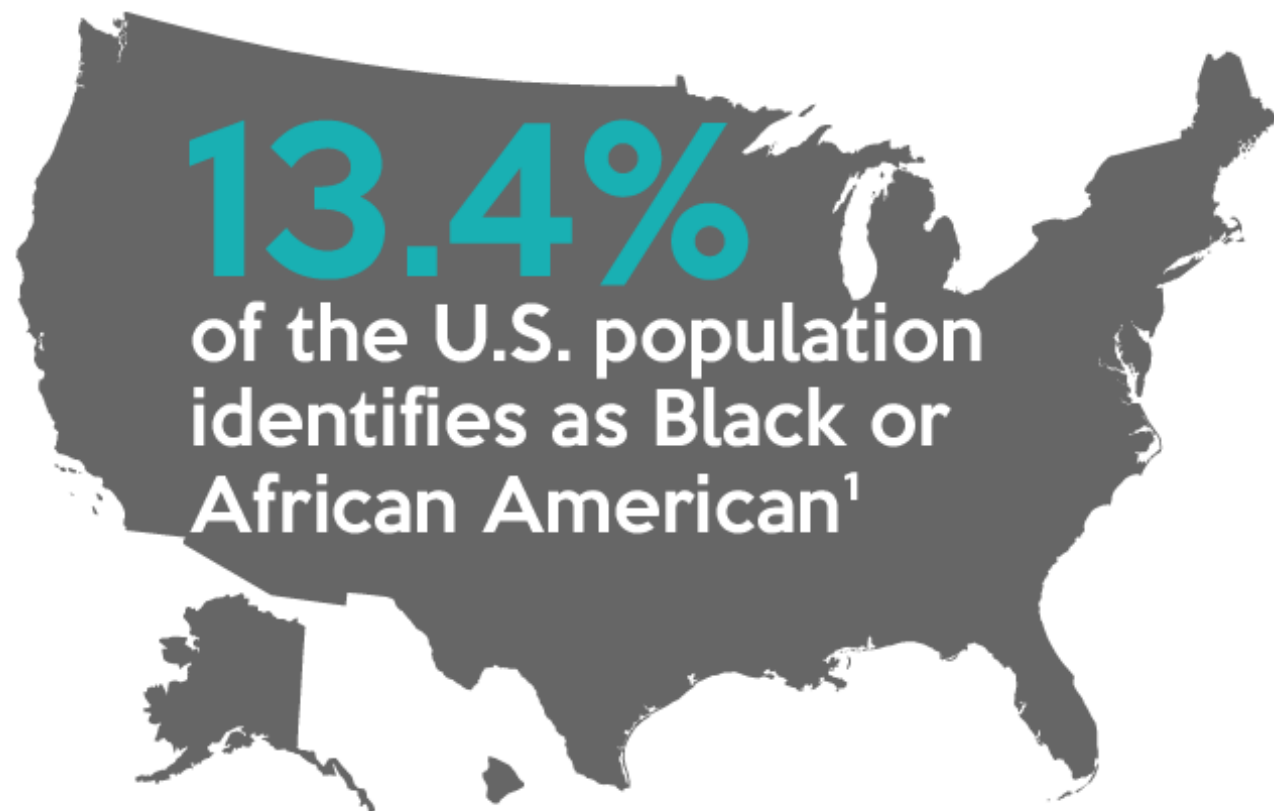
- Define Race-Based Stress/Trauma
- Discuss & Define Oppression, Racism & Discrimination
- Discuss the impact of stress on the nervous system & Health
- Present and discuss Collective & Individual Healing
- Present Resources & skills for us all





COMPETENCE VS HUMILITY

- Competence
- Humility
- Why we must engage in humility



Of those, over
16%
reported having a
mental illness in the
past year²

The text is in a purple font. 'Of those, over' is in a smaller font, '16%' is in a very large, bold font, and 'reported having a mental illness in the past year²' is in a smaller font.

That is over
7
million
people

The text is in a red font. 'That is over' is in a smaller font, '7' is in a very large, bold font, and 'million people' is in a smaller font.

MORE people than the populations of
Chicago, Houston, and Philadelphia

The text is in a dark gray font. 'MORE people than the populations of' is in a smaller font, and 'Chicago, Houston, and Philadelphia' is in a larger font.

COMBINED³

The text is in a large, bold, red font.



BREAKING THE CODE

- ▶ <https://www.youtube.com/embed/Wf9QBnPK6Yg>



RACE BASED STRESS/TRAUMA

- Race based Stress/Trauma is associated with experiences of racial events that are negative and emotionally painful.
- An event can be experienced as race-related based on the individuals perception that a racist act occurs.
- Race stress is a cumulative experience- often with out an opportunity to recover.



WHAT IS RACE BASED STRESS/TRAUMA

- It carries both **physiological** and **psychological** effects
- Leaves scars for those who are dehumanized by it's impact

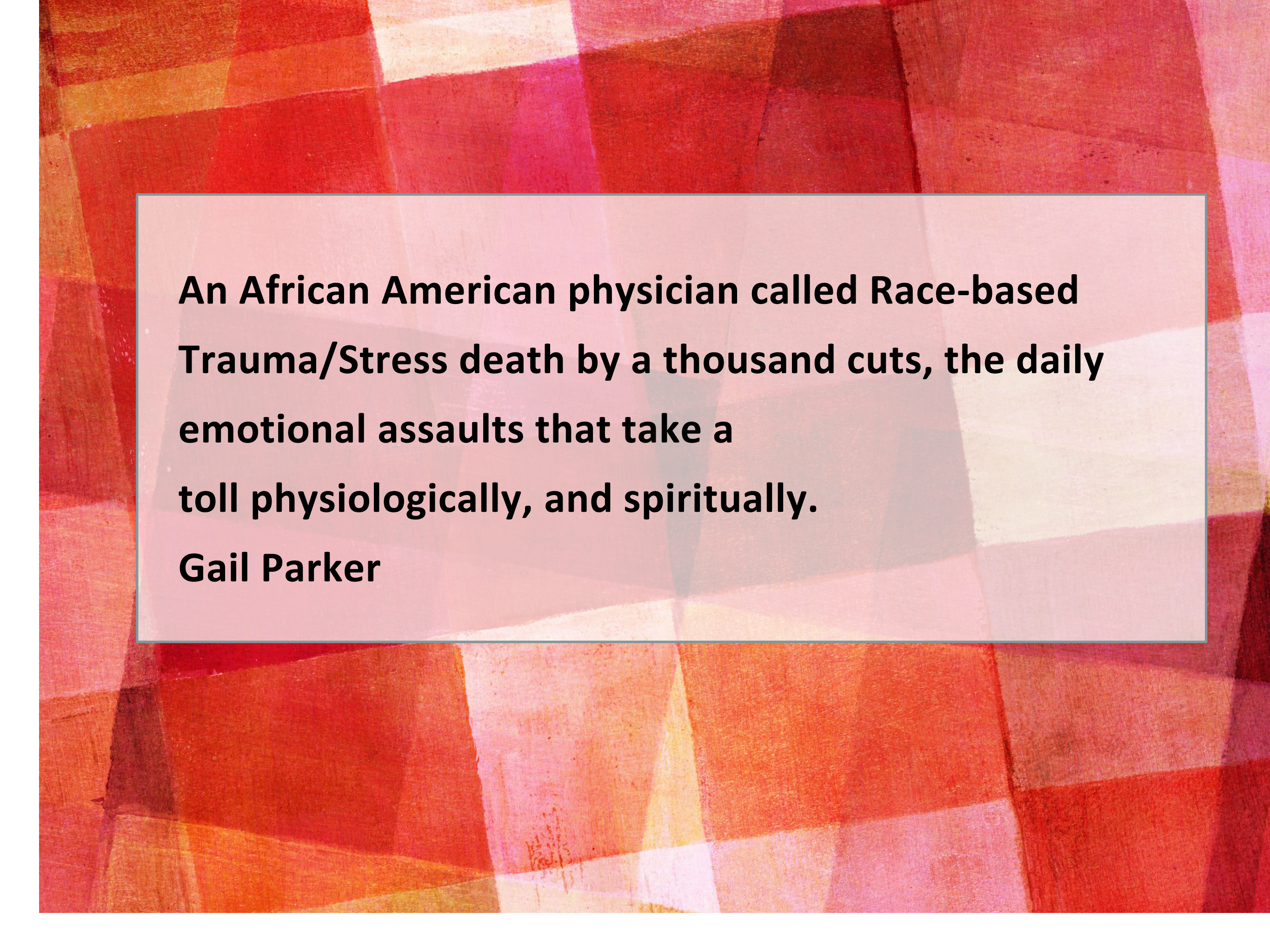
The Scars

- Hypervigilance
- Nightmares, Stomach Disorders
- Rapid Heartbeat
- Insomnia
- Anxiety
- Depression.....



HIPP MODEL OF TRAUMA

- Historical
- Intergenerational
- Pervasive Institutional
- Personal
- The Monehym Report
- Chester Pierce 1970's stated
- The ACES study 90's
- The Surgeon General's report of 2000
- Current events & Health disparities



An African American physician called Race-based Trauma/Stress death by a thousand cuts, the daily emotional assaults that take a toll physiologically, and spiritually.

Gail Parker



IMPLICIT BIAS

- Not Knowing what you don't know
- A tendency, inclination, or prejudice toward or against something or someone.
- Implicit bias- unconscious attitudes, beliefs, or actions.
- Silent Beats
- <https://www.youtube.com/embed/76BboyrEl48>



THE 5 FACES OF OPPRESSION

1. Cultural Imperialism
 2. Exploitation
 3. Powerlessness
 4. Marginalize
 5. Violence
- Marion Young faces of oppression



SOLUTIONS TO PONDER

- Recognition of the prevalence of racism and call it out
- Seek Equity- Resources and Knowledge
- Encourage and Empower
- Elevate
- Embrace compassion and Radical Self Acceptance
- Insert short clip
- What about the impact?




MICRO-AGGRESSIONS

- Chester Pierce 1970's
- Marginalized groups
- Verbal-Behavioral-Environmental

Types

- Micro-Insults
- Micro-Invalidations
- Micro-Assaults

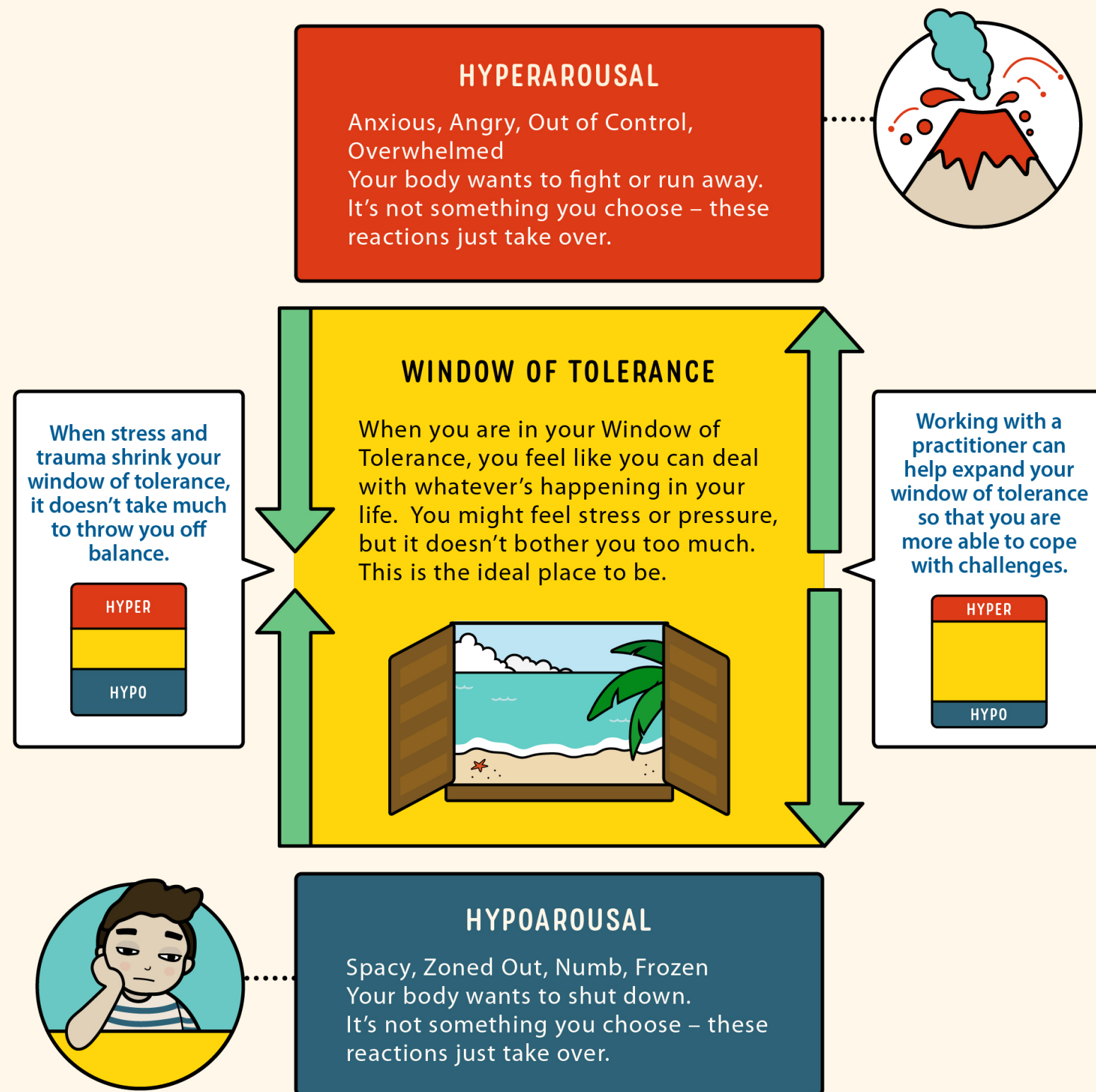


6 POINTS OF CRITICAL RACE THEORY- DERRICK BELL

- Racism is ordinary
- Racism serves a purpose
- Race is a social Construct
- Differential Race thought
- Intersectionality- Kimberle Crenshaw
- Unique Voice of Color

Experiencing
the pain and
keep on going
as if it does
not bother you

How Trauma Can Affect Your Window Of Tolerance



nicabm



TRAUMA & THE NERVOUS SYSTEM

- Trauma- A serious injury or shock to the body
- A emotional wound or shock that creates substantial, a lasting impact on a person
- An event or satin that causes great distress and disruption



THE NERVOUS SYSTEM

- Stress hormones released like cortisol from the adrenal glands. They help the body mobilize to flee danger.
- Fight, Flight or Freeze- sympathetic nervous system responds to danger or threat or perceived danger or threat.
- If no actual threat and if we are unable to release and process the stress we experience from a perceived threat- the stress remains in the tissues of the body.

The Pair of ACEs

Adverse Childhood Experiences

Maternal
Depression

Physical &
Emotional Neglect

Emotional &
Sexual Abuse

Divorce

Substance
Abuse

Mental Illness

Incarceration

Domestic Violence

Homelessness

Adverse Community Environments

Discrimination

Community
Disruption

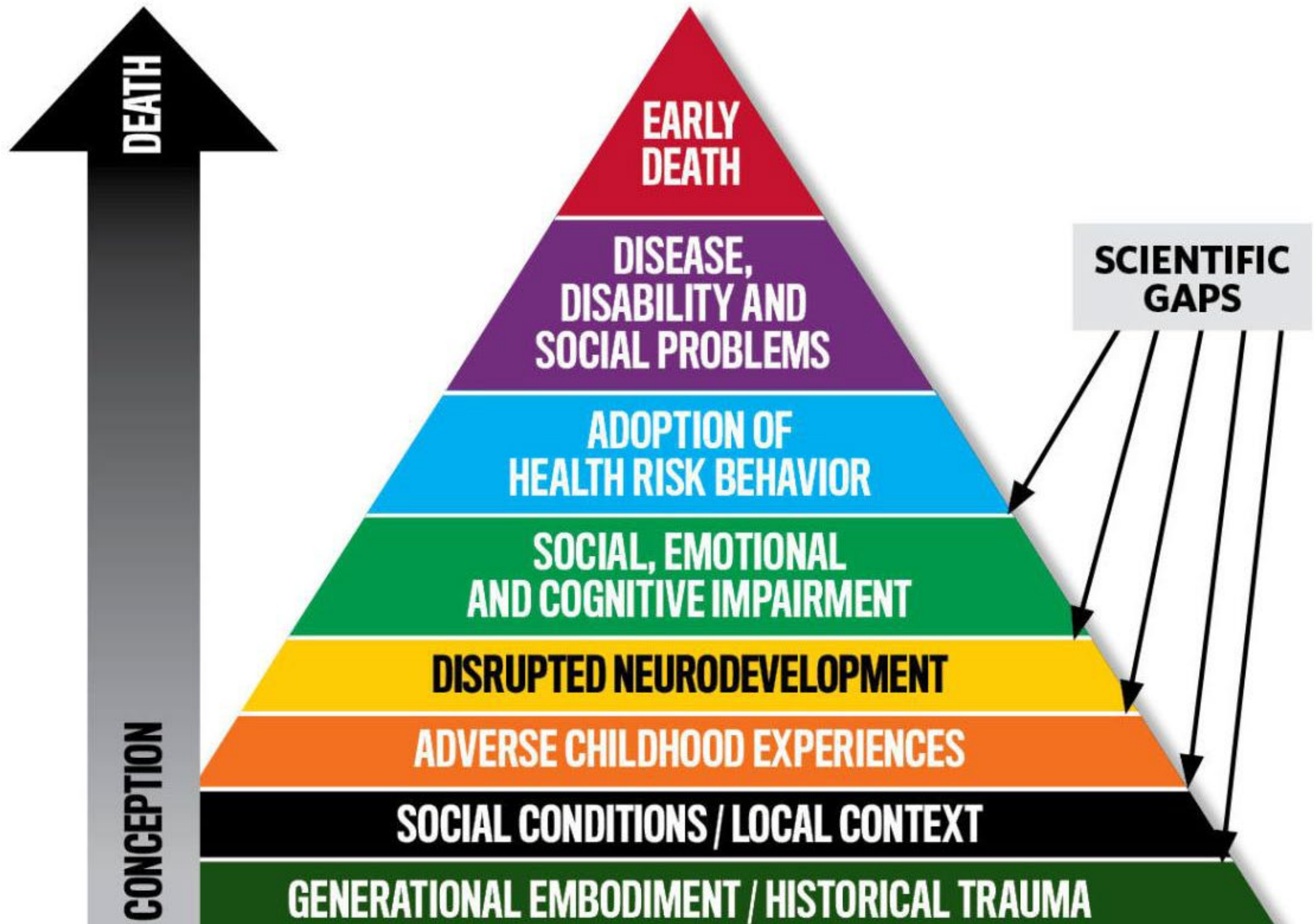
Lack of Opportunity, Economic
Mobility & Social Capital

Poor Housing
Quality &
Affordability

Violence

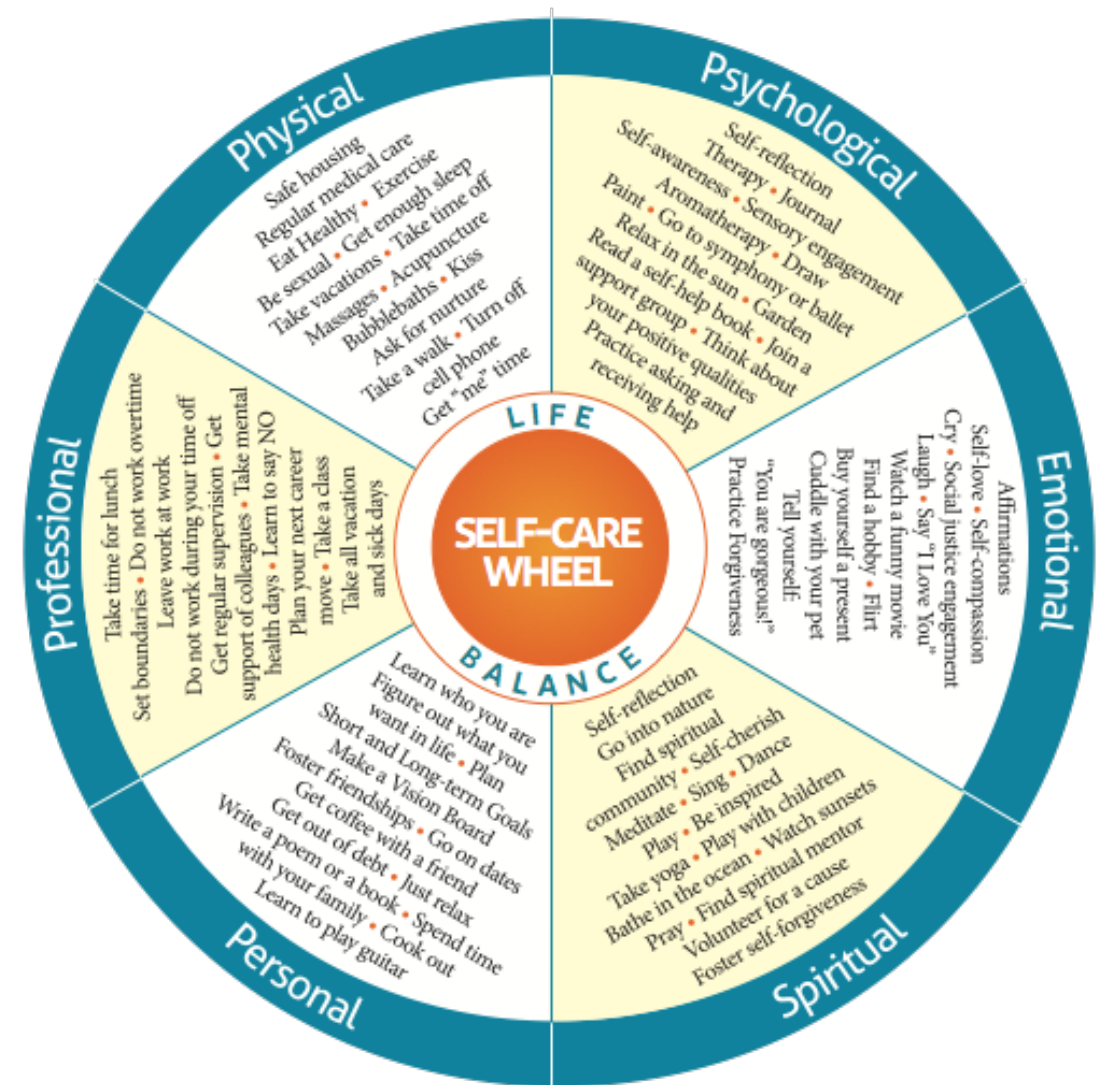


How ACEs influence health and well-being throughout life



WAYS TO HEAL

SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com



HOW TO & EMBODIMENT

- Rhythm and Repetition (movement music, swaying, singing)
- Orientation to the external environment through the senses (looking around, warm cup of tea, smelling a favorite scent)
- Connection to the ground (hands on the ground, actively feeling into contact with the ground)
- Awareness of and deepening of breath.



COLLECTIVE HEALING

- Now we shall engage in a collective exercise together....
- Place your screen in galley mode.



HOW TO BE AN ANTIRACIST

- Know your racial identity
- Learn about history
- Be open to dialogue
- Talk with family
- Address inconsistencies
- Seek new knowledge
- Understand the value of
- Community learning and communal healing

- [https://www.youtube.com/embed/ OXMgA0Fwsk](https://www.youtube.com/embed/OXMgA0Fwsk)



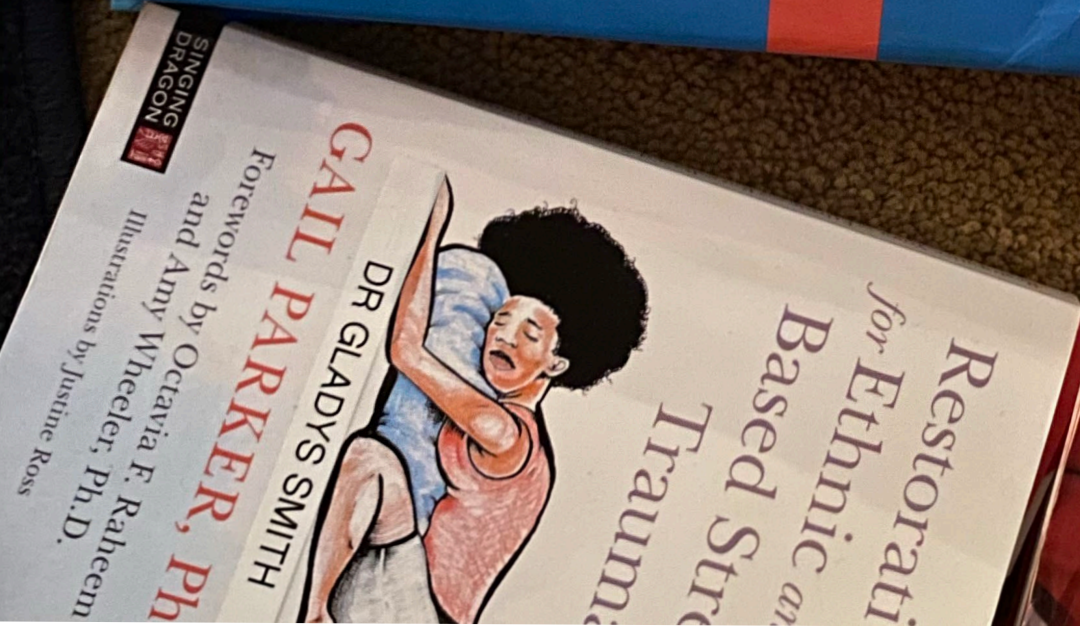
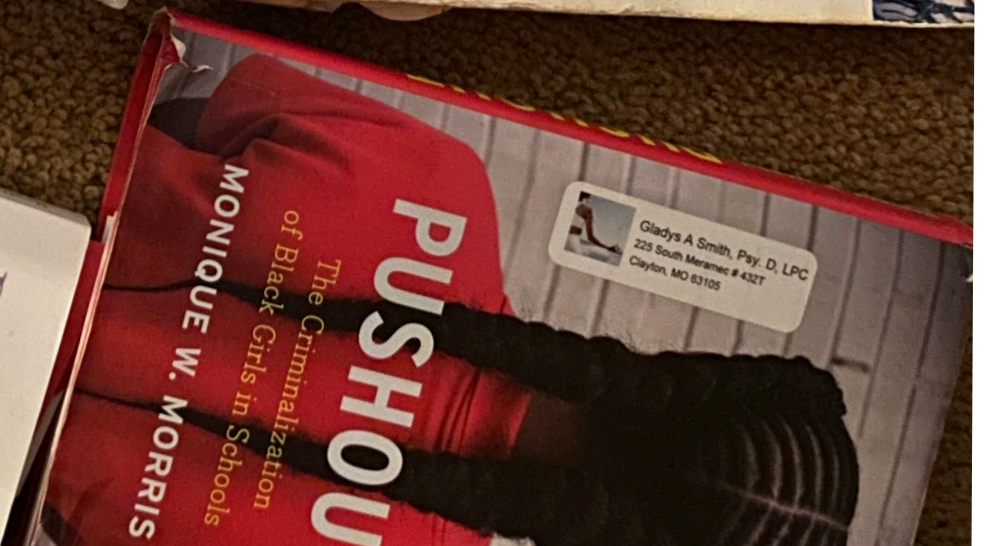
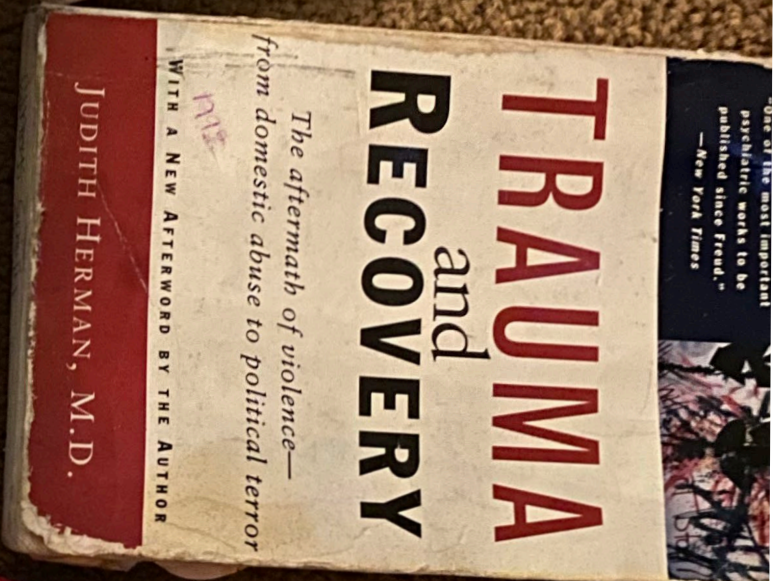
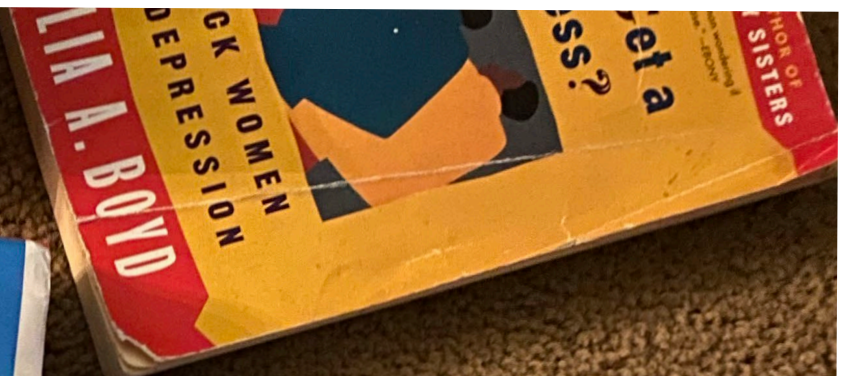
HOW TO TALK TO YOUR CHILDREN

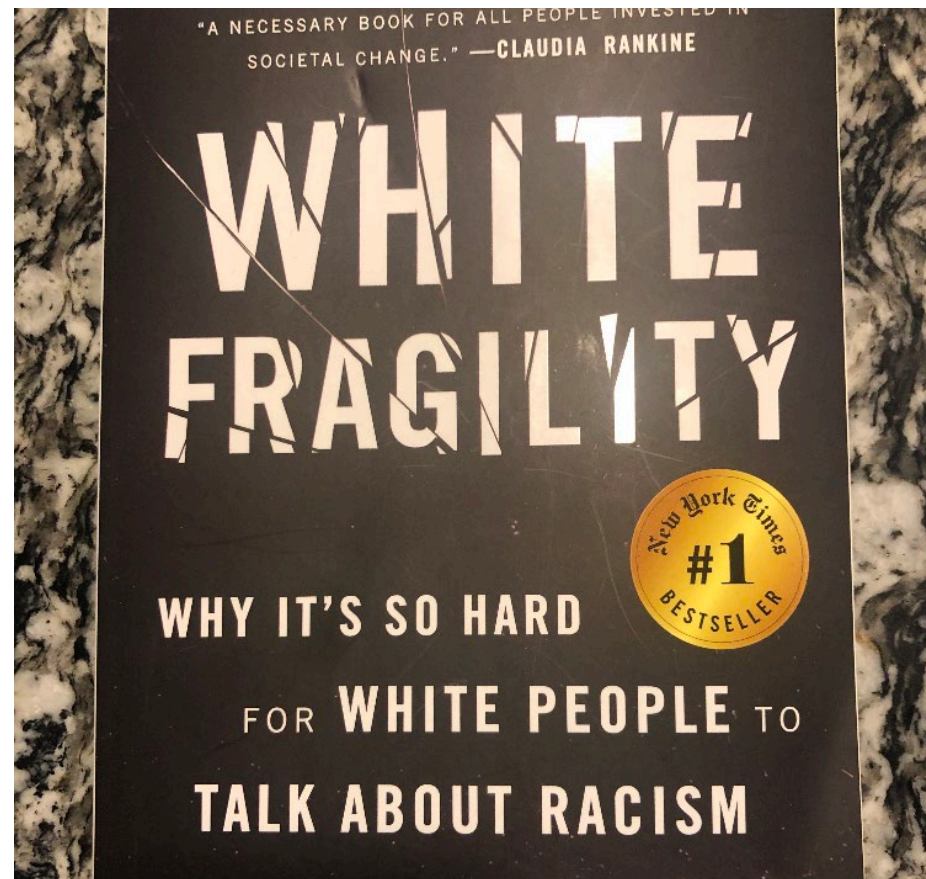
- What to say.....
- When to say it.....
- Suggested Resources
- Circles of Care
- Book Clubs
- Educators for Social Justice



RACIAL INJUSTICE

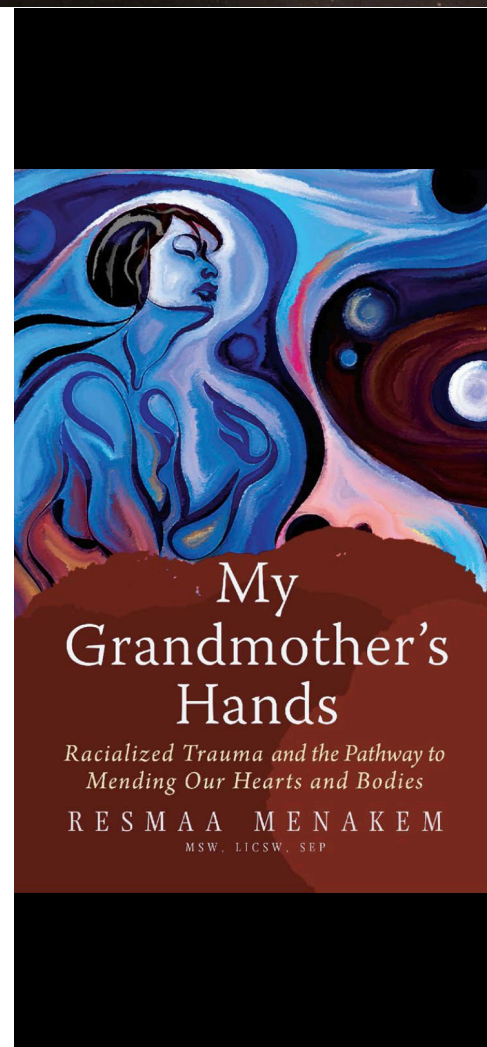
- Understanding the components
- Being honest about the past
- The ability to look forward
- Collective learning & Healing





WHITE FRAGILITY

- Understanding what you don't know
- Understanding privilege
- Understand how you are impacted by bias, racism, and injustice.
- Learning what collective healing is
- Robin De Angelo
- Resmaa Menakem



COLLECTIVE HEALING EXERCISE

<https://www.youtube.com/embed/3I6wffi4P-U>

TODAY -BEACH EDWARDS

OUR ENDING COMMITMENT IN CULTURAL HUMILITY

➤ Facilitator

➤ Today is ours.

➤ And love is strong.

➤ A song can help.

➤ - And peace is dear.

➤ The past is gone.

➤ Our work is here

➤ Facilitator- Our world is wrong

➤ The road is rough

➤ The future is vast

➤ Is faith a sleep?

➤ Today is ours

Group Response

Lets Live it.

Let's give it.

Let's Sing it.

Let's bring it.

Don't rue it.

Let's do it.

Let's right it.

Let's clear it.

Don't fear it.

Let's wake it.

Let's take it

GAIL PARKER

<https://www.youtube.com/embed/BLtty1STlZ0>

Restorative Yoga for Ethnic and Race Based Stress and Trauma

Yoga

Meditation

Dancing

Noticing the Body



QUESTIONS & COMMENTS

- Gladys Smith, PsyD, LPC
- 314-422-4651
- www.gsmiththerapy.com
- gsmith2222@aol.com
- smithgladysa@wustl.edu

Online Programs

Women's Trauma Healing Group

March 15 to May 3

Restorative Yoga for Stress Class

30 minute Meditation 8:30 Saturdays