



Healing Race-Based Stress and Trauma

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Learning Objectives

- Define racism, race-based stress and trauma
- Identify strategies that school based providers can use to address race-based trauma and promote racial healing in schools
- Identify strategies for caregiver to address impact of racism on children and adolescents
- Identify resources for children and adolescents to address impact of racism

Dr. Joy DeGruy

- “Although slavery has long been a part of human history, American chattel slavery represents a case of human trauma incomparable in scope, duration and consequence to any other incidence of human enslavement.”
- — Joy Degruy, [Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing](#)



Racism is a Public Health Issue

- *Racism* is a system of biased beliefs and discriminatory practices and policies, based on ethnic group or phenotype, that operate to advantage those with historical power, that is, White people in the United States and disadvantage people of color
- Structural, Systemic, Institutional, Interpersonal and Internalized

Race based Traumatic Stress

- Race (Racism) Based Traumatic Stress
- Racial Trauma
- Racial trauma, a form of race-based stress, refers to People of Color and Indigenous individuals' reactions to dangerous events and real or perceived experiences of racial discrimination. Such experiences may include threats of harm and injury, humiliating and shaming events, and witnessing racial discrimination toward other POCI. Although similar to posttraumatic stress disorder, racial trauma is unique in that it involves **ongoing individual and collective injuries** due to **exposure and reexposure to race-based stress**

Screening tools

- **The Racial Trauma Scale**
- **UnREST - UConn Racial/Ethnic Stress and Trauma Survey**
- **Race Based Traumatic Stress Symptom Scale**

Williams MT, Osman M, Gallo J, et al. A clinical scale for the assessment of racial trauma. *Practice Innovations*. 2022;7(3):223-240. <https://www.proquest.com/scholarly-journals/clinical-scale-assessment-racial-trauma/docview/2689241788/se-2>. doi: <https://doi.org/10.1037/pri0000178>.

Williams, M. T., Osman, M., Gallo, J., Pereira, D. P., Gran-Ruaz, S., Strauss, D., Lester, L., George, J. R., Edelman, J., & Litman, L. (2022). A clinical scale for the assessment of racial trauma. *Practice Innovations*, 7(3), 223–240. <https://doi.org/10.1037/pri0000178>

Racial Trauma Scale

Instructions: Think about all the times when you have heard about, seen, or experienced racial discrimination. As a result of this, how bothered have you been by the following:

	Not at all	Slightly	Very Much	Extremely
1. Inability to stop moving.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Having difficulties connecting with other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Feeling society is unfair to people like me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Reacting angrily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Avoiding certain situations or speaking to certain people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Feeling like I am not as good as others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Feeling like I cannot succeed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Finding it difficult to cope without (food/alcohol/drugs).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Worrying about my safety.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

HEART: Healing Ethno-Racial Trauma

- **Establish Sanctuary Spaces**
- Acknowledge and reprocess
- Copings skills
- **Strengthen connection to family and communities**
- **Connect to survival strategies and cultural traditions that heal**
- Liberation and Resistance

Chavez-Dueñas, Nayeli Y et al. “Healing Ethno-Racial Trauma in Latinx Immigrant Communities: Cultivating Hope, Resistance, and Action.” *The American psychologist* 74.1 (2019): 49–62. Web.

Strategies for school-based clinicians addressing racism-based stress and trauma

Acknowledge Trauma of Racism

Listen, Recognize and validate students experience of race based trauma

Consider cultural expression of trauma and cultural systems of care



Strategies for school-based clinicians addressing racism-based stress and trauma

- **Grieving and mourning**
- **Acknowledge and rehumanize loss**



Strategies for school-based clinicians addressing racism-based stress and trauma

- Amplify social supports and connection to community and culture
- Promote relational connectedness



Strategies for school-based clinicians addressing racism-based stress and trauma

Integrate resistance strategies, social action and liberation psychology



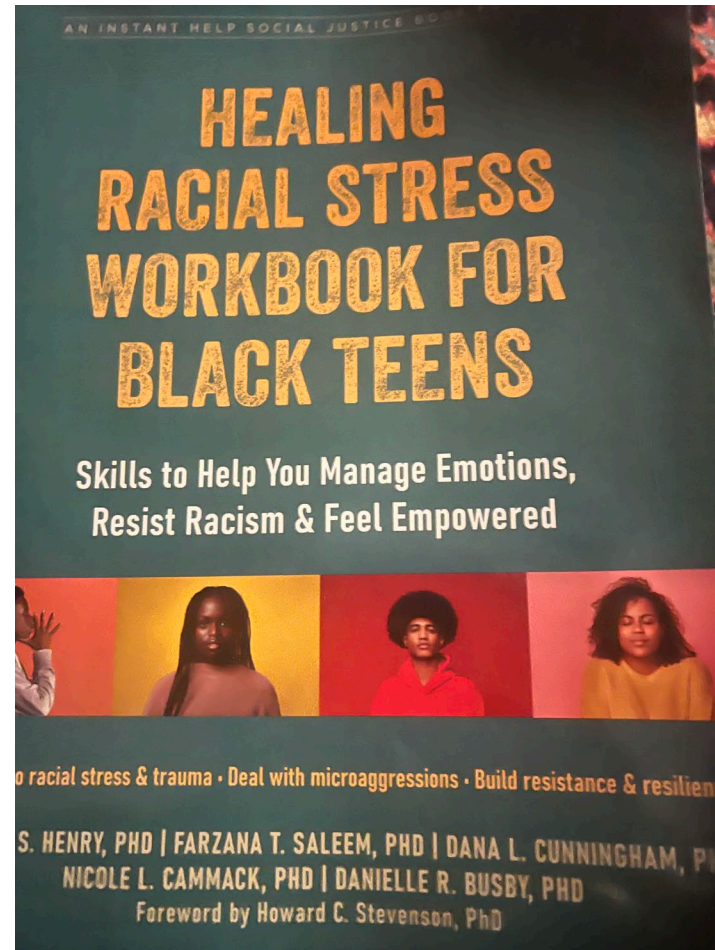
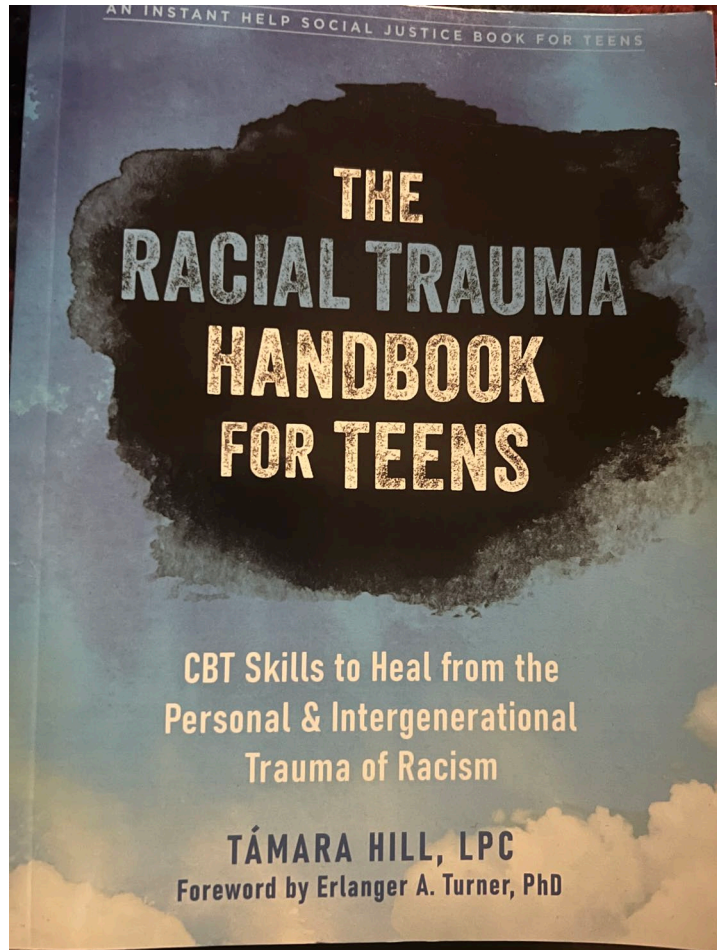
Strategies for caregivers

- **Build a support network**
- Incorporate and share cultural comforts - food, music, memories, traditions, history
- Acknowledge the harm of racism and it's emotional, physical and relational impact
- Have open and honest conversations about racism, oppression and discrimination
- Be proactive about celebrating cultural diversity
- Practice and prepare your child to speak out and report acts of micro-aggression and racism

-*Child Mind Institute*



Resources for youth



- Build your cultural and spiritual strengths
- Relax before responding/reacting
- Community engagement and Activities
- Celebrate Joy and Cultural Pride

*We only cry when we have something to cry for and about. For People of Color, there is lots to cry about. Our tears honor the spirits of our loved ones, including ancestors and all the intangible losses that shape our lives: the loss of dignity, the loss of being seen and valued; the loss of freedom to be; and a host of other losses. **We must let our tears fall free to honor, to remember, to never forget, but most importantly, to heal.***

Racial Trauma: Clinical Strategies and Techniques for Healing Invisible Wounds Kenneth V. Hardy, PhD

References and resources

- Healing Racial Stress Workbook for Black Teens: Skills to Help You Manage Emotions, Resist & Feel Empowered by Jessica S Henry, PhD, Farzana T Saleem, PhD, Dana L Cunningham, PhD, Nicole L Cammack, PhD, Danielle R Bugby, PhD
- The Racial Trauma Handbook for Teens: CBT Skills to Heal from the Personal & Intergenerational Trauma of Racism by Tamara Hill, LPC
- Racial Trauma: Clinical Strategies and Techniques for Healing Invisible Wounds by Kenneth V. Hardy PhD
- Clinical Sensitive Supervision and Training Keneth V. Hardy, PhD
- Decolonizing Therapy: Oppression, Historical Trauma and Politicizing Your Practice Jennifer Mullan, PsyD