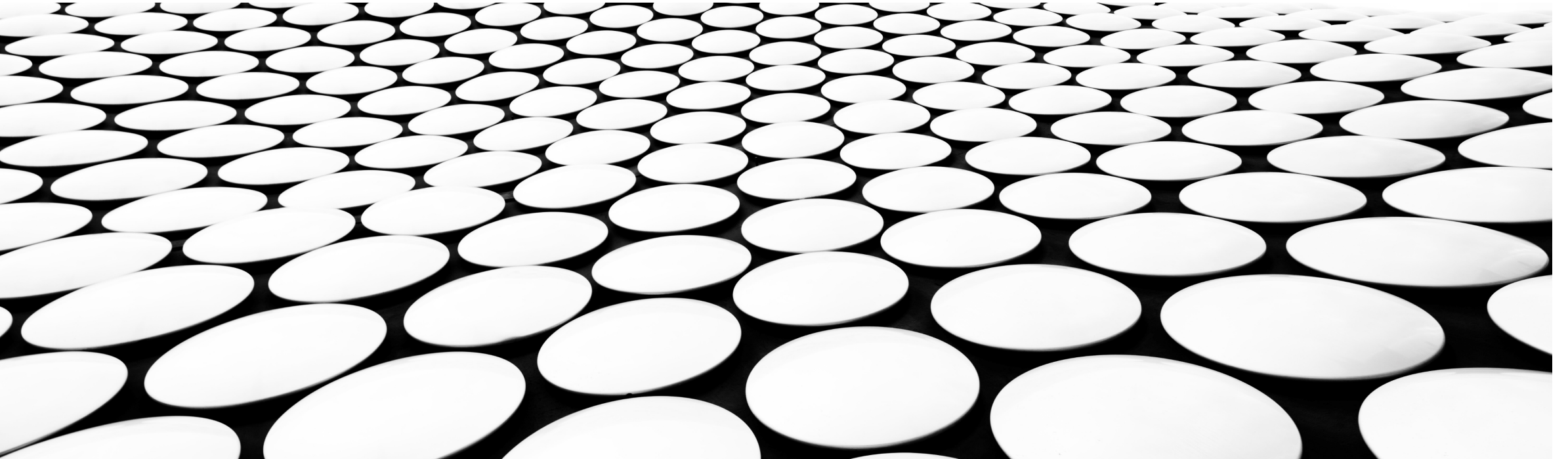# WWW.IMPLICIT.HARVARD.EDU

ACES, RACE & HISTORICAL TRAUMA

INGRID L. COCKHREN, M.ED

KEY TERMS & CONCEPTS

Definitions & Key Terms

Anti-Defamation League Glossary

Race:

Refers to the categories into which society places individuals on the basis of physical characteristics (such as skin color, hair type, facial form and eye shape). Though many believe that race is determined by biology, it is now widely accepted that this classification system was in fact created for social and political reasons. There are actually more genetic and biological differences within the racial groups defined by society than between different groups.

CRITICAL RACE THEORY

White supremacy is deeply embedded within American society. White supremacy is permanent.
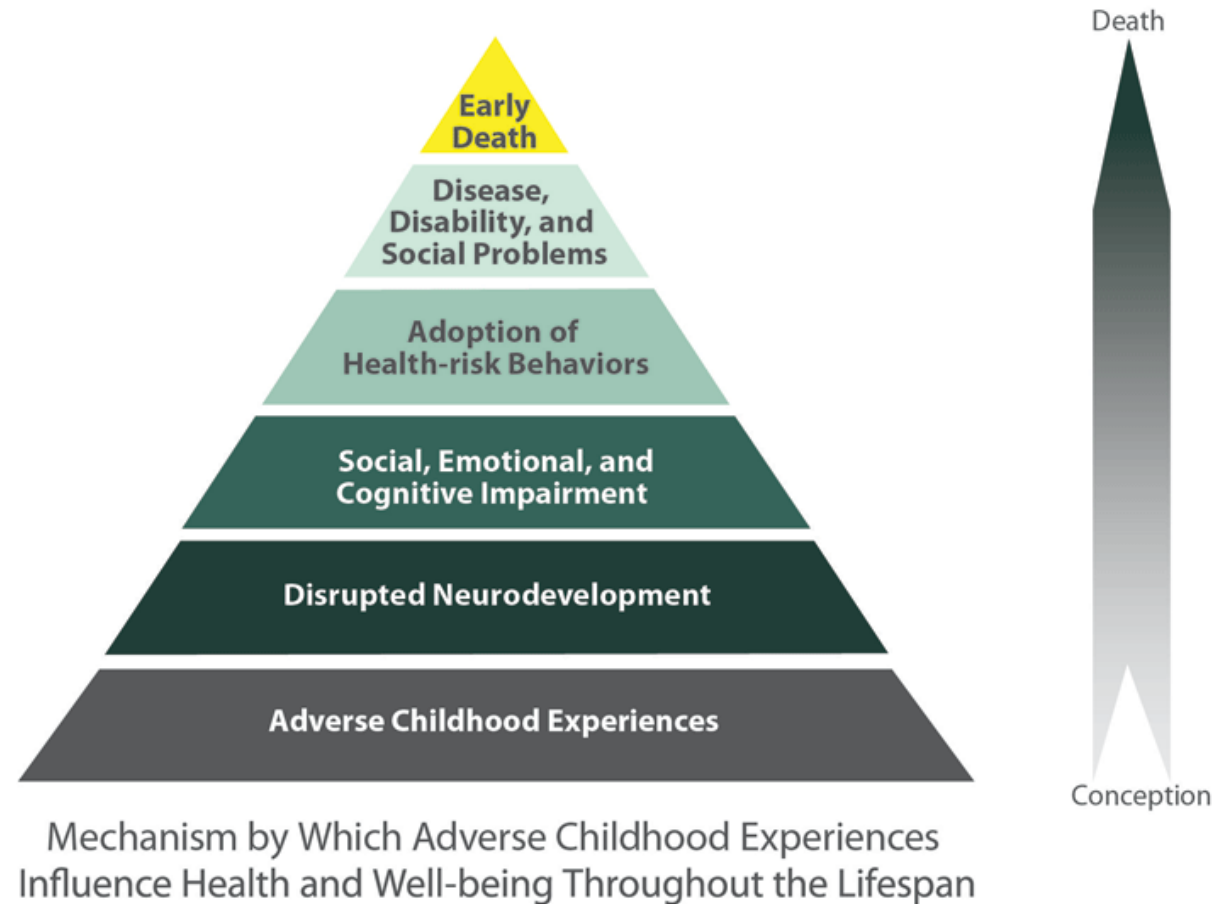
Racism is institutional, not individual.

America's power structure was built to marginalize people of color.

Race is a social construct, a tool to stratify power.

ADVERSE CHILDHOOD EXPERIENCES

■According to the CDC, Adverse Childhood Experiences, or ACEs, are experiences that occur during childhood and account for a wide range of health and social consequences.

■ACEs have been categorized into 10 types with each type reflecting either child abuse, child neglect or household challenges that negatively impact brain development, social-emotional growth and overall health and wellbeing.

Early Death

Disease, Disability, and Social Problems

Adoption of Health-risk Behaviors

Social, Emotional, and Cognitive Impairment

Disrupted Neurodevelopment

Adverse Childhood Experiences

Death

Conception

Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

ADVERSE CHILDHOOD EXPERIENCES

ABUSE

Physical

Emotional

Sexual

NEGLECT

Physical

Emotional

HOUSEHOLD DYSFUNCTION

Mental Illness

Incarcerated Relative

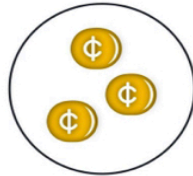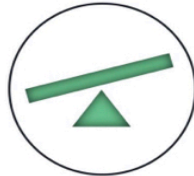Mother treated violently

Substance Abuse

Divorce

ADDITIONAL ADVERSE CHILDHOOD EXPERIENCES
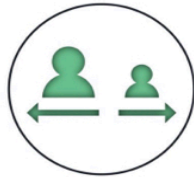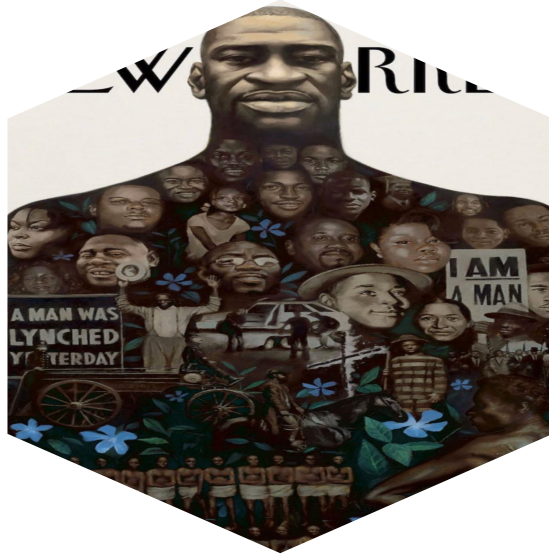
Definitions & Key Terms
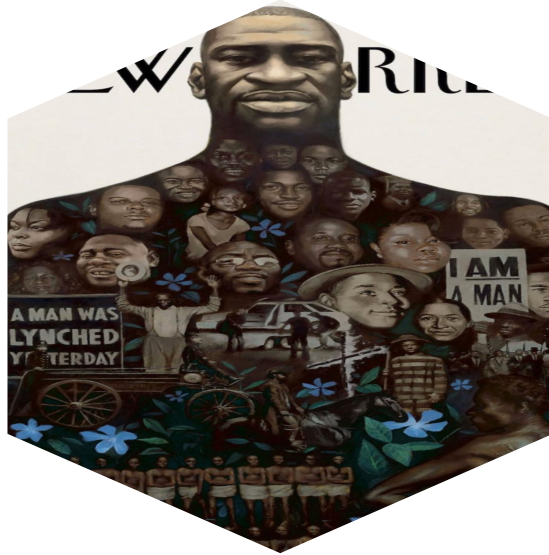
Mental Health America
www.mhanational.org

Racial Trauma:

Refers to the mental and emotional injury caused by encounters with racial bias and ethnic discrimination, racism, and hate crimes. In the U.S., Black, Indigenous People of Color (BIPOC) are most vulnerable due to living under a system of white supremacy. Also referred to as rase-based traumatic stress.

Experiences of race-based discrimination can have detrimental psychological impacts on individuals and their wider communities. In some individuals, prolonged incidents of racism can lead to symptoms like those experienced with post-traumatic stress disorder. This can look like depression, anger, recurring thoughts of the event, physical reactions (e.g. headaches, chest pains, insomnia), hypervigilance, low-self-esteem, and mentally distancing from the traumatic events.

Race-based traumatic stress is a mental injury that can occur as the result of living within a racist system or experiencing events of racism.

Definitions & Key Terms

Mental Health America

www.mhanational.org

Racial Trauma: Direct Traumatic Stressors

Direct traumatic stressors include all direct traumatic impacts of living within a society of structural racism or being on the receiving end of individual racist attacks.

A person experiencing a direct traumatic stressor may be heavily policed, or they may face barriers to home ownership due to inequitable policies.

Additionally, a person experiencing a direct traumatic stressor may be the victim of individual physical and verbal attacks or may face other microaggressions.
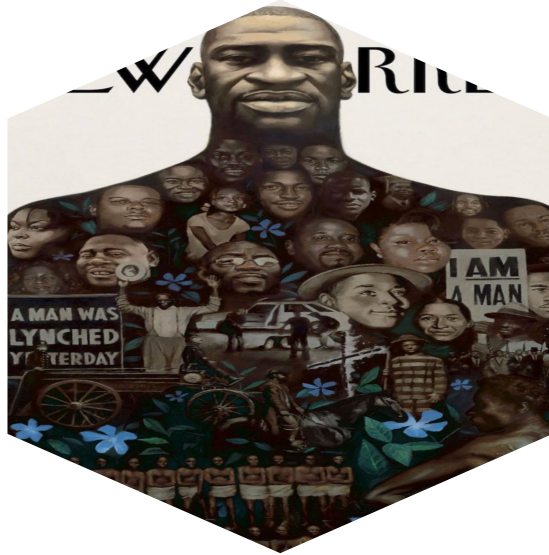
Definitions & Key Terms

Mental Health America
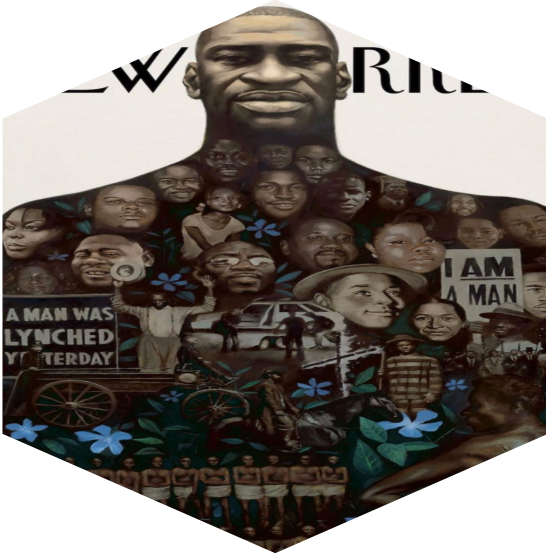
www.mhanational.org

Racial Trauma: Vicarious Traumatic Stressors

Vicarious traumatic stressors are the indirect traumatic impacts of living with systemic racism and individual racist actions.

Vicarious traumatic stressors can have an equally detrimental impact on BIPOC's mental health as direct traumatic stressors. For example, viewing videos of brutal police killings of Black people, such as the video associated with the murder of George Floyd, can cause traumatic stress reactions in the people who view them - especially in Black people.

Of Latinx youth that immigrate to the U.S., two-thirds report experiencing one traumatic event with the most common traumatic event reported during and post migration being witnessing a violent event or physical assault.

Many Native American children are vicariously traumatized by the high rates of societal homicide, suicide, and unintentional injury experienced in these communities.

Definitions & Key Terms

Mental Health America
www.mhanational.org

Racial Trauma: Transmitted Stressors

Transmitted traumatic stressors refer to the traumatic stressors that are transferred from one generation to the next. These stressors can come from historically racist sources or may be personal traumas passed down through families and communities.

The chattel enslavement of Africans in the U.S. and other countries continues to serve as a source of traumatic stress for black people today. In fact, this sustained collective trauma makes Black people highly vulnerable to developing mental health disorders.

Historical trauma shared by Native Americans including boarding schools, massacres and forced violent removal from their tribal lands represents a severe communal loss and source of traumatic stress. Native Americans today continue to experience symptoms of depression, substance dependence, diabetes, and unemployment due to the psychological impact of the trauma.

RACIAL IDENTITY

RACIAL SOCIALIZATION

- Developmental process of acquiring the attributes of a racial/ethnic group

- "Police"

- Erikson's Industry vs. Inferiority Stage

- Bronfenbrenner's Social-Ecological Model

DR. WILLIAM CROSS

PEOPLE OF COLOR RACIAL IDENTITY MODEL

- Pre-encounter
  - Dominant white culture
  - White is right, Black is wrong
  - Mostly unaware of the implications of race
- Encounter
  - Racialized experiences
  - Forces to identify as member of marginalized race
- Immersion/Emersion
  - Actively pursues/explores one's own history/culture
- Internalization
  - Secure in one's own racial identity
  - Less defensive, open to meaningful relationships with Whites
- Internalization/Commitment
  - Blackness as an action
  - Commitment to the concerns of the race

DR. JANET HELMS

WHITE RACIAL IDENTITY MODEL

- Contact
  - Colorblind
  - Discussion & acknowledgement of race is the problem
- Disintegration
  - Racialized experiences cause guilt and shame
- Reintegration
  - Blame the victim
  - Whites only have privileges because they deserve them
- Pseudo-Independence
  - Racism does exist but POC bear the responsibility of addressing racism
- Immersion/Emersion
  - Acceptance of White identity
  - Anti-racist
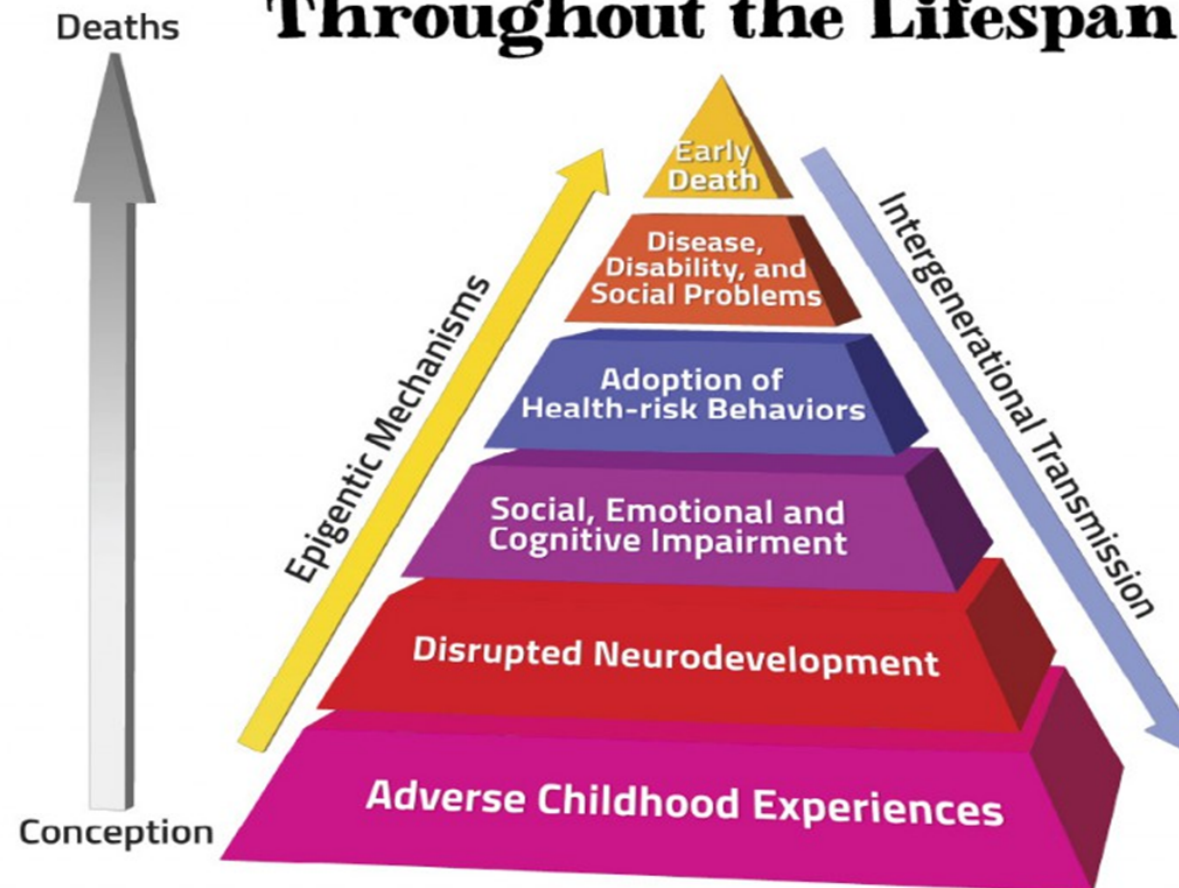- Autonomy
  - Pursuit of social justice

BREAKOUTS

Question 1 As a POC, please share your "encounter".

Question 2 As a White person, please share your "disintegration".
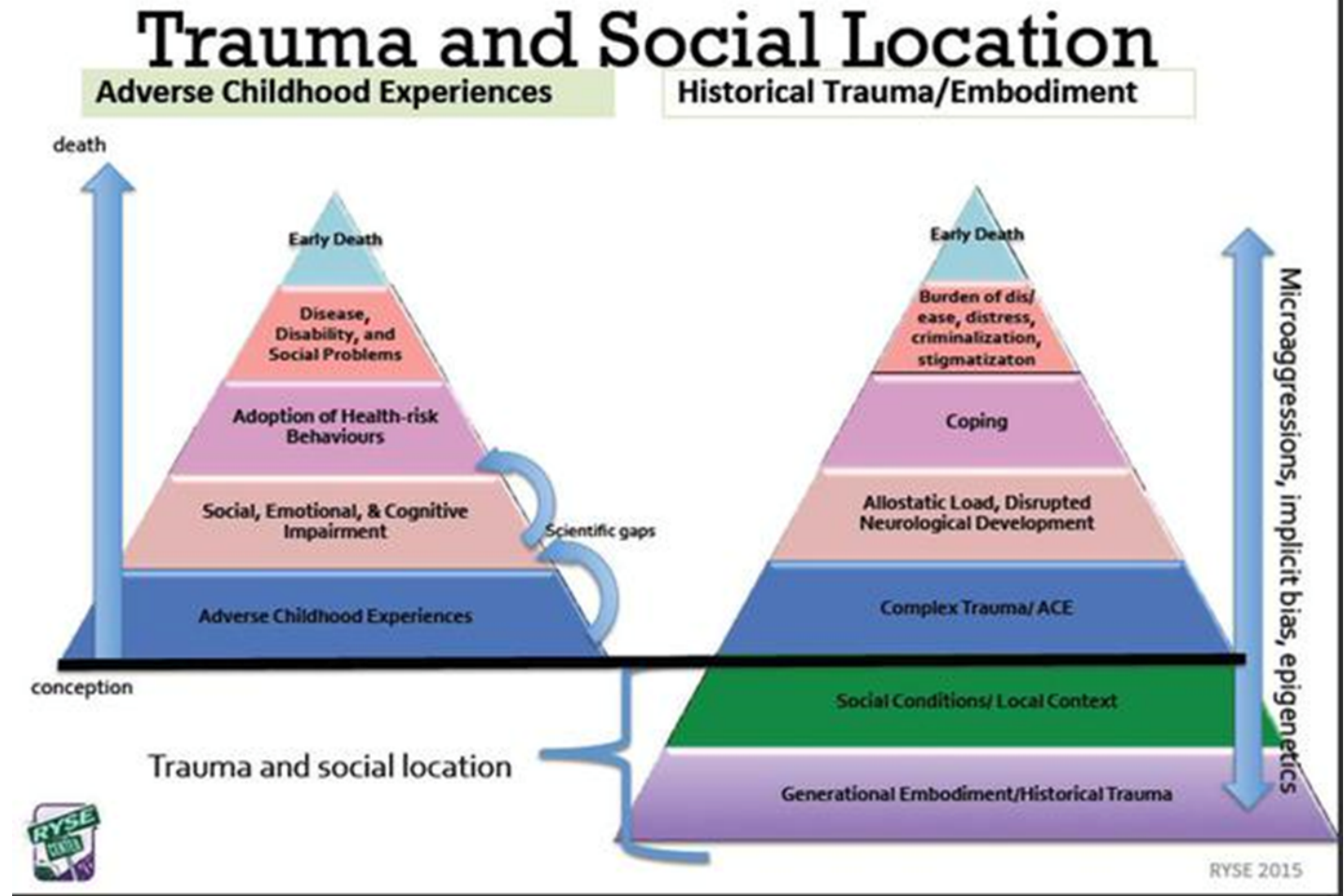
DR. ROBERT ANDA ACES PYRAMID

Mechanisms by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Slide Courtesy of Rob Anda, MD, MS

RYSE CENTER EXTENDED ACES PYRAMID

COLLECTIVE TRAUMA

COLLECTIVE TRAUMA IS A CATACLYSMIC EVENT THAT SHATTERS THE BASIC FABRIC OF SOCIETY. ASIDE FROM THE HORRIFIC LOSS OF LIFE, COLLECTIVE TRAUMA IS ALSO A CRISIS OF MEANING.

COLLECTIVE TRAUMA TRANSFORMS INTO A COLLECTIVE MEMORY AND CULMINATES IN A SYSTEM OF MEANING THAT ALLOWS GROUPS TO REDEFINE WHO THEY ARE AND WHERE THEY ARE GOING.

FOR VICTIMS, THE MEMORY OF TRAUMA MAY BE ADAPTIVE FOR GROUP SURVIVAL, BUT ALSO ELEVATES EXISTENTIAL THREAT, WHICH PROMPTS A SEARCH FOR MEANING, AND THE CONSTRUCTION OF A TRANS-GENERATIONAL COLLECTIVE SELF.

-GILAD HIRSCHBERGER

INTERGENERATIONAL TRANSMISSION

As defined by the International Encyclopedia of Marriage & Family, Intergenerational transmission refers to "movement, passage, or exchange" of beliefs, norms, values, attitudes, and behaviors specific to that family, or that reflect sociocultural, religious, and ethnically relevant practices and beliefs.

When it comes to Intergenerational Transmission, parenting practices are highly transferable. Or in other words, we parent the way we were parented.

Intergenerational Transmission of Parenting refers to the transfer of beliefs, norms, values, attitudes, and behaviors as they pertain to being a parent and parenting practices.

INTERGENERATIONAL TRANSMISSION OF TRAUMA VIA PARENTING

Maladaptive Coping Strategies

Survival-based Parenting Practices

Social Learning Theory

Genetics

HISTORICAL TRAUMA

■Another term for Intergenerational Transmission of Trauma is Historical Trauma.

■Historical trauma is defined as multigenerational trauma experienced by a specific cultural group.

Ross, n.d.

HISTORICAL TRAUMA

▪The term was first coined in the 1980's by Dr. Maria Yellow Horse Braveheart, a Native American social worker.

▪Dr. Braveheart defined Historical Trauma as "a cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma."

▪Dr. Braveheart also stated that historical Trauma was also accompanied by Historical Unresolved Grief.

HISTORICALLY TRAUMATIC EVENTS

- Genocide
- Chattel Slavery
- Mass Incarceration
- Forced Relocation/Displacement
- 9/11 & Other Terrorist Events
- Jim Crow
- Poverty
- Natural Disasters/Pandemics

- Racism & Its Resulting Microaggressions
- Large Scale Economic Downturns
- Police Brutality
- Stripping of Cultural Identity & Practices
- Community Violence
- War

GROUPS MOST IMPACTED BY HISTORICAL TRAUMA

Indigenous/Native Americans

African Americans

Individuals living in Poverty

LGBTQI

Refugees

Survivors of Natural Disasters & Other Widespread Traumatic Events

Children & Adolescents

War Veterans

Latino & Muslim Americans**

HISTORICAL TRAUMA SYMPTOMS

Vulnerability to PTSD & Other Stress Disorders	Higher Rates of Violence, to include Domestic Violence & Physical Child Abuse	Vulnerability to Depression & Suicide	Increased Use of Alcohol & Substances

Poverty	Lack of Educational Attainment	Higher Crime & Incarceration Rates

HISTORICAL TRAUMA SYMPTOMS CONT.

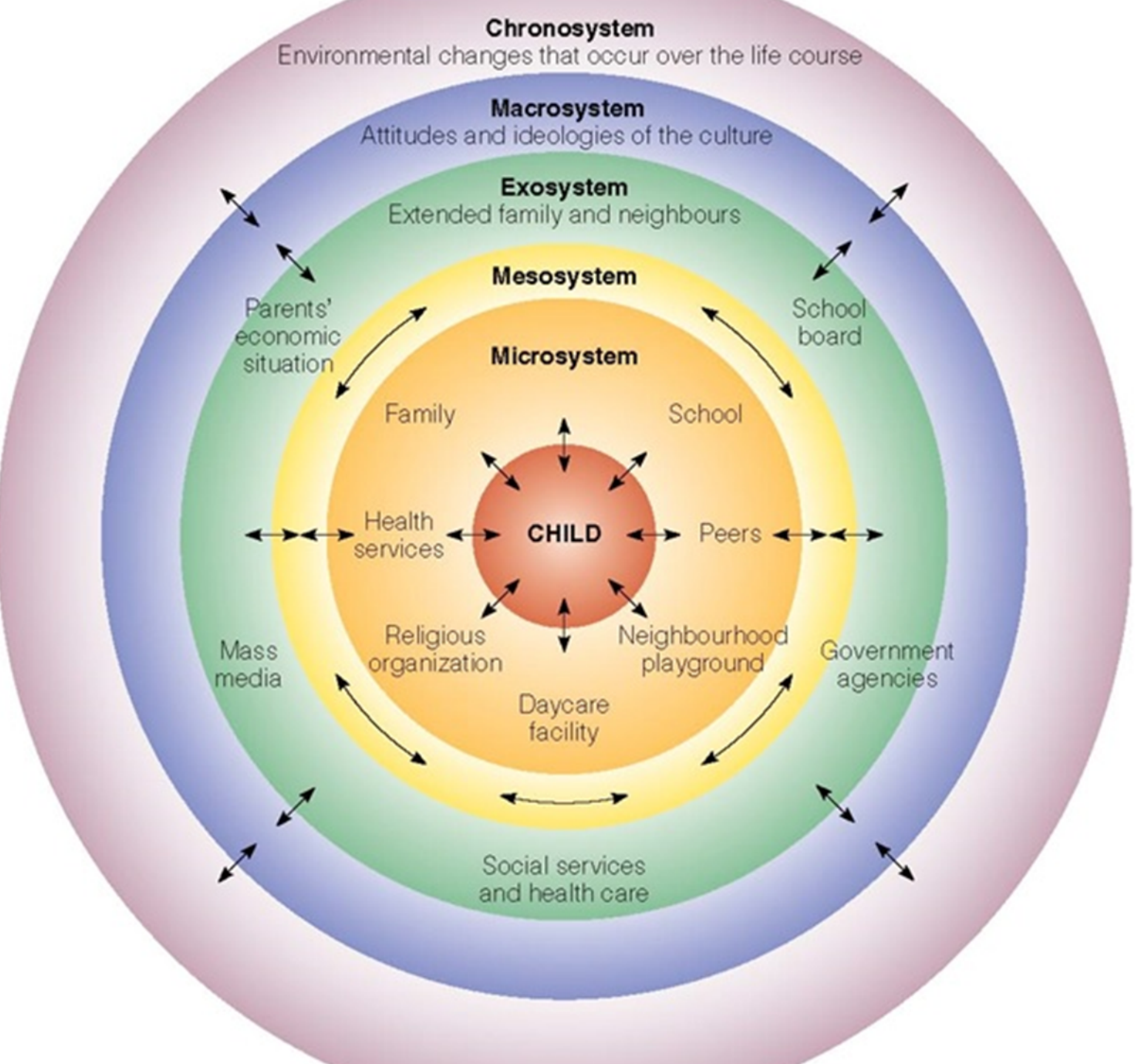|		
Higher Rates of Unemployment	Higher Mortality & Early Death Rates	Lower IQ
Higher Likelihood of Developmental Delays & Behavioral Problems in Childhood	Higher Risk of Child Sexual Abuse	Relationship Difficulties

#ECOLOGYMATTERS

SOCIAL ECOLOGICAL MODEL OF DEVELOPMENT

-URI BROFENBRENNER

WHAT WORKS?

Bethell et al., 2019

JAMA Pediactrics

www.jamanetwork.com/journals/jamapediatrics

Positive Childhood Experiences:

1. Able to talk with my family about my feelings.
2. Felt that my family stood by me during difficult times.
3. Enjoyed participating in community traditions.
4. Felt a sense of belonging in high school.
5. Felt supported by friends.
6. Had at least two non-parent adults who took a genuine interest in me.
7. Felt safe and protected by an adult in my home.

Interacting Layers of Trauma and Healing

Dehumanization and Distress

Liberation and Healing

Circle Layers (outermost to innermost)
- History, Legacy & Structure
- Systems & Institutions
- Community & Place
- Individual & Interpersonal

Dehumanization and Distress

Nation Building by Enslavement, Genocide, Colonization, Economic Exploitation, Displacement, Cultural Hegemony, White Supremacy

Systemic Subjugation of POC by Interacting Policies & Systems: War on Drugs, Mass Incarceration, Segregation (de jure and de facto), Anti-Immigrant Policies, Climate Violence, Media Assaults, Displacement & Redlining

Atmospheric Distress that includes Interpersonal, Family, Community Violence & Exposure; Sexual Exploitation, Lack of Safe Passage & Safe Spaces, Underinvestment, Oversurveillance

Embodiment and Expression of Distress through Personal Traumatic Experiences; Bullying, Family Systems Stressors, ACEs, Shame and Blame, Generational Transmission
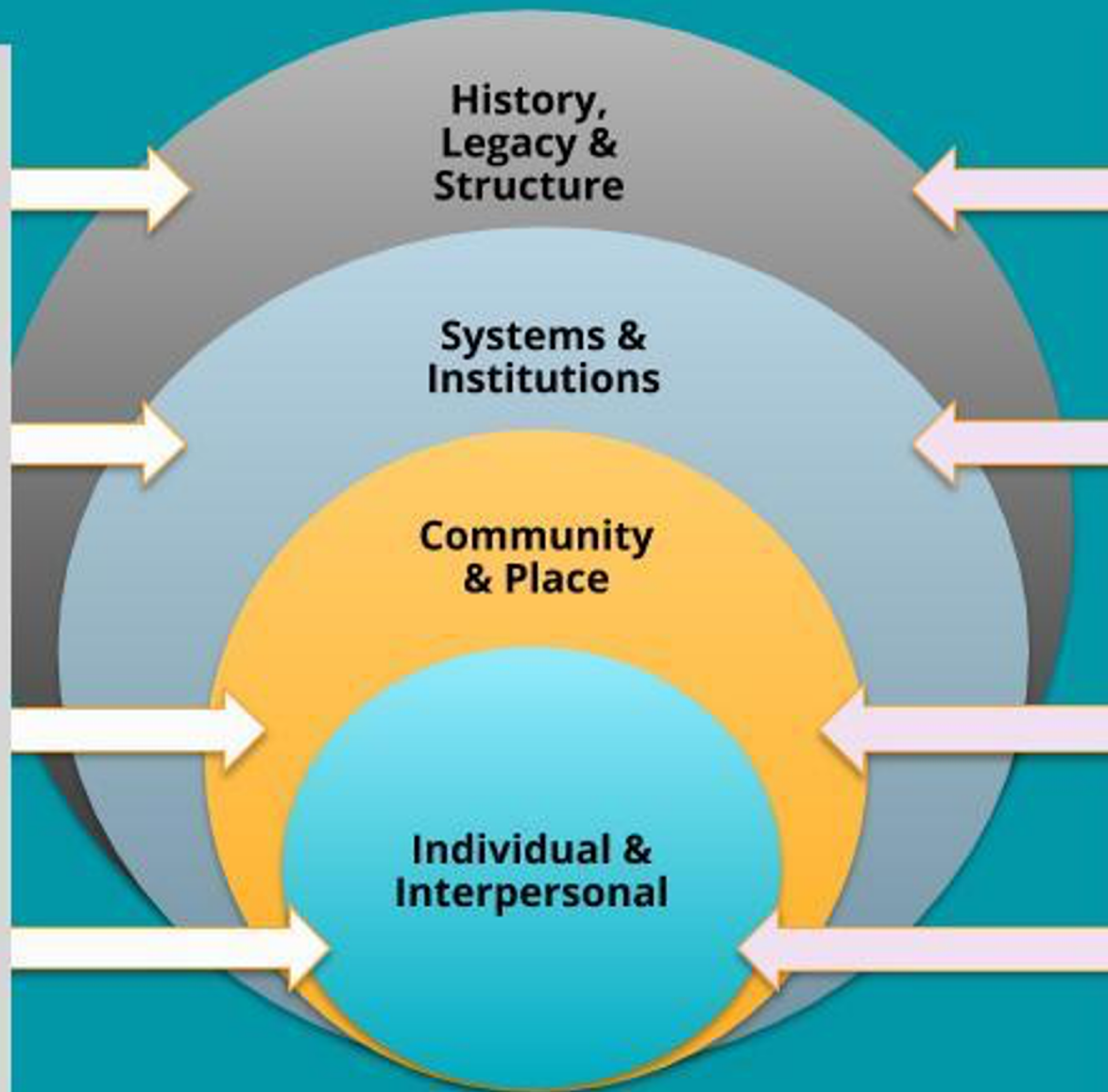
Liberation and Healing

Collective Liberation by Truth & Reconciliation, Reparations, Redistribution, Open Borders/No Borders, Multi-racial Solidarity, (Re)imagined Social Compact

Lead with Love and Justice by Healing-Centered & Restorative Practices, Listening Campaigns, Collective Care, Adaptive, Responsive, and Proximate, Power-sharing (Nothing about us without us)

Build Beloved Community by Radical Inquiry, Popular Education and Culture Building, Celebration and Affirmation; Healing Spaces, Arts & Expression, Base & Power-Building

Honor Resilience and Fortitude by Listening & Validating, Processing/Integrating Personal Traumatic Experiences, Family Healing, Tailored Supports & Opportunities, Loving Connections & Structure

RYSE CENTER

Capas interactivas de trauma y curación

- Legado histórico y estructura

- Sistemas e Instituciones

- Comunidad y lugar

- Individual e interpersonal

Deshumanización y angustia

Construcción de la nación por esclavitud, genocidio, colonización, explotación económica, desplazamiento, hegemonía cultural, supremacía blanca
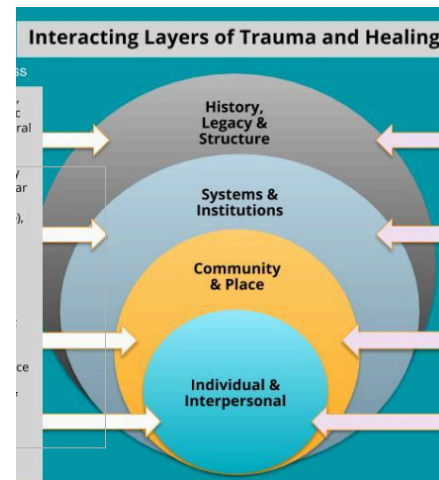
Subyugación sistémica de la POC por Políticas y sistemas interactivos: guerra contra las drogas, encarcelamiento masivo, segregación (de jure y de facto), políticas antiinmigrantes, violencia climática, agresiones mediáticas, desplazamiento y reestructuración

Angustia atmosférica que incluye violencia y exposición interpersonal, familiar y comunitaria; explotación sexual, falta de paso seguro y espacios seguros, inversión insuficiente, vigilancia excesiva

Encarnación y expresión de angustia a través de experiencias traumáticas personales; bullying, sistemas familiares estresantes, ACES, vergüenza y culpa, transmisión generacional

Interacting Layers of Trauma and Healing

History, Legacy & Structure

Systems & Institutions

Community & Place

Individual & Interpersonal

Liberación y sanación

Liberación colectiva por la verdad y la reconciliación, reparaciones, redistribución, fronteras abiertas / sin fronteras, solidaridad multirracial, pacto social (re) imaginado

Lidere con amor y justicia mediante prácticas restaurativas y centradas en la curación, campañas de escucha, cuidado colectivo, adaptativo, receptivo y cercano, con poder compartido (nada nos preocupa sin nosotros)

Construir una comunidad querida mediante la investigación radical, la educación popular y la construcción de cultura, celebración y afirmación; espacios curativos, artes y expresión, base y construcción de poder

Honre la resiliencia y la fortaleza escuchando y validando, procesando / integrando experiencias traumáticas personales, sanación familiar, apoyos y oportunidades personalizados, conexiones amorosas y estructura

THANK YOU!

INGRID L. COCKHREN, M.ED

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