California School-Based Health Alliance hosts...

Tap Root Wisdom

Understanding Racial Trauma and Promoting Resilency

www.radiclerootcollective.com
Participants will...

1. **Identify** and **describe** racial trauma.
2. **Explore** symptoms associated with racial trauma at the **individual** and **community** level.
3. **Experience embodiment** exercises that they can use to **foster healing** and **promote resiliency** within themselves and those they serve.
Grounding Questions

What is racial trauma and how does it impact me in the skin I live in?

What can I do to contribute to our collective healing?
**Agenda Flow**

**Opening**
- Welcome and Intentions
- Facilitator Introductions
- Grounding

**Rooting and Growing**
- Overview of Trauma
- What is Racial Trauma?
  - Causes of Racial Trauma
- Individual and Collective Racial Healing

**Q & A**

**Closing**
What is "EMBODIMENT" and why does it matter?
Embodiment Exercise

Mindful Movements, In Counts of 8’s

Mind Full, or Mindful?
When something happens in the body that is too much, too fast, or too soon, it overwhelms the body.

Trauma is not a flaw or weakness. It is a highly effective tool of safety and survival. It is the body's protective response to an event - or series of events - that it perceives as potentially dangerous.

This perception may be accurate, inaccurate, or entirely imaginary.

(Resmaa Menakem, My Grandmother’s Hands)
Trauma is...

**Discrete**

Singular (Capital T) traumatic events such as an assault, near death experience, or witnessing a death.

**Complex**

Experiencing multiple significant traumas, including ongoing, chronic traumatic exposure or multiple relational traumas can lead to Complex PTSD.
Kinds of Trauma

Historical

Historical conditions of our ancestors' lives, experiences within our families and the lineage of our people's survival - live on in our bodies.

Systemic

Systemic inequalities result in chronic, traumatic impact, particularly for marginalized people.

Developmental

Our relationships with caregivers, peers and communities can cause interruptions in our developmental paths as we age.

These interruptions regarding racial identity can lead to experiences of racial trauma.
What do we mean when we say “White Supremacy”?

Our “Heart” Definition of White Supremacy

White supremacy is both an ideology and a historical and current system of trauma that shapes our perception of what is “real”. It moves through our individual and collective bodies as an energy intent on maintaining unequal power relationships.
Racial trauma is our **body’s response** to being exposed to **race-based stress, violence, erasure and gaslighting** that is endemic to living on the land now called the United States - a nation founded on settler colonialism and White supremacy.
Institutional Trauma and Cultural Betrayal

- Our lives come into contact with many **systems**, here today we are highlighting the **medical and school systems**
- **Institutional trauma and cultural betrayal trauma** (Gomez, 2020) are more specifically how we can understand our experiences of harm when interacting with institutions.
Institutional Trauma and Cultural Betrayal

- Being harmed by our doctor, women of color’s pain being invalidated or minimized, and seeking out care from people in our community who align themselves with institutional agendas and not the community’s needs are examples of institutional betrayal trauma.
- Institutionally and culturally we may feel betrayed and we may culturally experience feeling invisibilized by our own people.
Thinking Through the Medical System

How can some medical services harm and traumatize BIPOC communities?

Where in the community do we see this now?
Institutional Trauma and Cultural Betrayal Example

School trauma / School-to-prison pipeline
1 minute reflection
RRC’s Definition of Racial Healing

Racial healing is an intensely personal AND collective practice involving the recovery of a sense of wholeness and belonging that has been stolen, obscured or co-opted by the system of White supremacy.
1 minute reflection
The word “Xinachtli” means “Germinating Seed”. As we dive deep into our own healing journeys it is important to think of ourselves as a part of the earth and relate to every aspect. When we think of ourselves as germinating or growing seeds, we also must think of the plant that blooms from this seed. We can relate to this concept with our trauma/healing.
How we are at the small scale is how we are at the large scale. The patterns of the universe repeat at scale.

(adrienne marie brown)
Our body is constantly moving toward healing.
Can be in relationships and found through personal process

Respite for nervous system
- Slowing down
- Complex, ongoing and constant
Advocacy as a form of healing
EMBODIMENT AND REGULATION PRACTICE
Questions and Answers Segment

*Use Chat Feature or Q&A box.
Limited space available for those interested in exploring content more in racial affinity. Registration will occur through CSHA. Stay tuned for more information about how to register!

Next Steps: Save the Date!

**Multiracial/ Mixed Race Identified - 3/29 @ 11-1pm PST**
- Facilitated by Amelia Ortega

**BIPOC identified - 3/21 @ 9:30-11:30am PST**
- Facilitated by Taquelia Washington, Andrea Gutierrez, and Nydia Hernandez

**White identified - 3/22 @ 3-5pm PST**
- Facilitated by Jo Brownson
THANK YOU FOR JOINING US!

