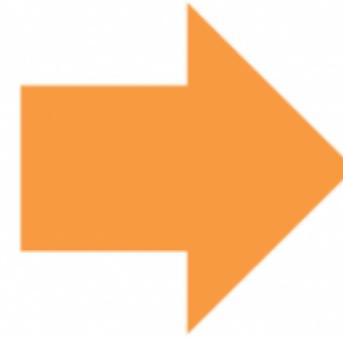
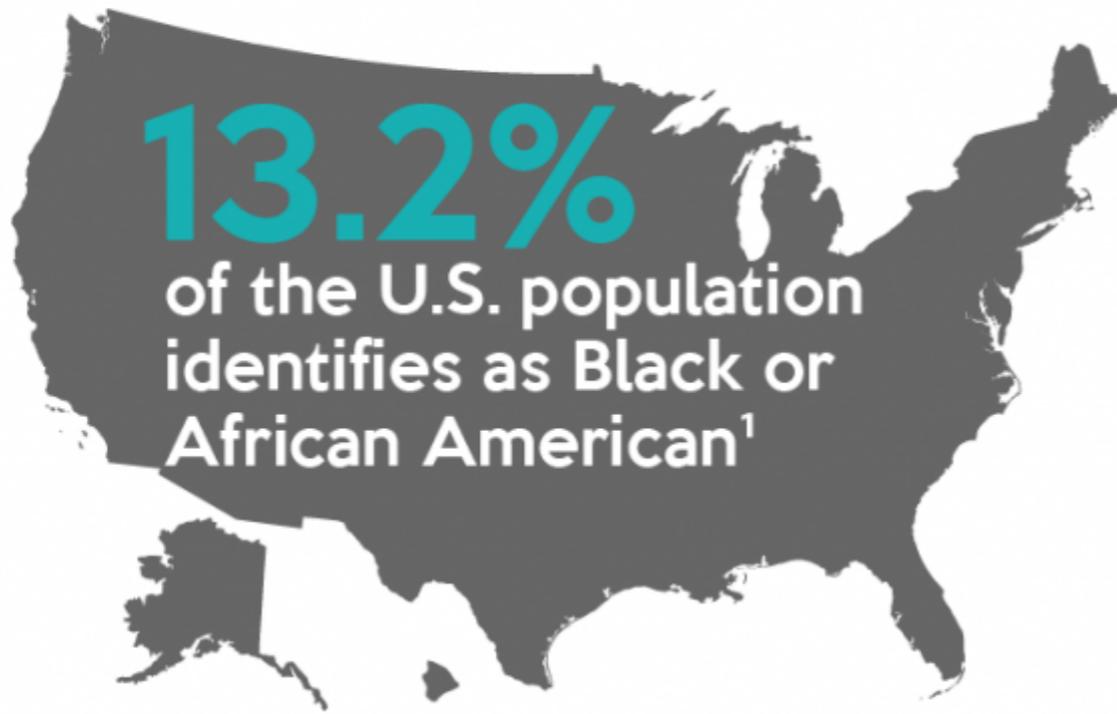


We Gon' Be Alright: Prioritizing Black Male Mental Health

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Licensed Psychologist
Licensed Professional Counselor

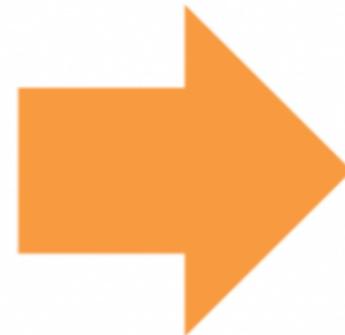
9th Annual Community Empowerment Through Black Men's Healing Conference
Minneapolis, MN
June 16, 2017



Of those, over
16%
had a diagnosable
mental illness in the
past year²



That is over
6.8
million
people



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



COMBINED³

SOURCES

¹United States Census Bureau. (2014). American fact finder. Retrieved from <http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=bkmk>

²Substance Abuse and Mental Health Services Administration. (2014). Racial and ethnic minority populations. Retrieved from <http://www.samhsa.gov/specific-populations/racial-ethnic-minority>

³United States Census Bureau. (2015). American fact finder. Retrieved from <http://factfinder2.census.gov/bkmk/table/1.0/en/PEP/2014/PE-PANNRSIP.US12A>

Dearest Black Man,

We love you.
We need you.

And, *we need* you to take better care of
yourself.

Signed,

The Black Community

Food
Insecurity

Neglect

Prison

Physical
Abuse

Bullying

Traumatic Grief

Gangs

Poverty

Terrorism

Abandonment

Community
Violence

Domestic
Violence

War

Murder

Racism

Foreclosure

Sexual
Abuse

Divorce

Rape

Chronic/
Terminal
illness

Death

Abortion

TRAUMA

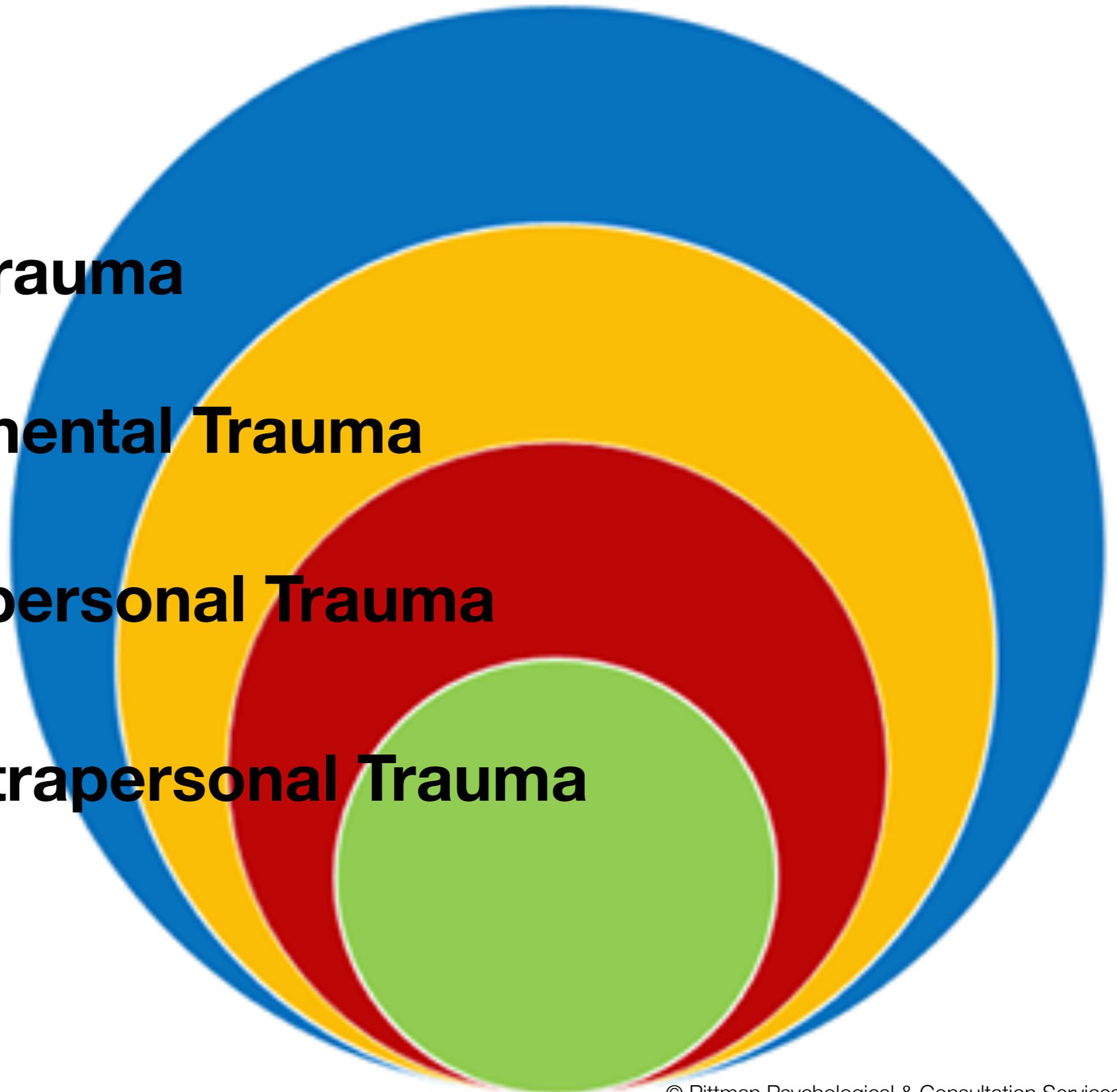
Circles of Trauma

Historical Trauma

Environmental Trauma

Interpersonal Trauma

Intrapersonal Trauma



**You don't get to
wound somebody and
then have a preference
on how they heal.**

@SPIRITUALWORD - INSTAGRAM

My Brothers and Sisters in Arms

1. If you identify as White and aren't actively working to be anti-racist, you are likely (and maybe even unintentionally) racist
2. To not situate your clients, especially people of color, presenting concerns in a culturally congruent context is unethical and damaging. We are called to do no harm; this is harmful.
3. Let's stop describing clients as 'resistant'
4. PTSD is not the only, or even best way, to identify trauma and its impact.
5. DO YOUR WORK

Are you coping or are you healing?

Coping versus Healing

What is *coping*?

- Coping is the ‘in the meantime and in between time’ solution to adversity
- It is not intended to be long-term
- Because coping is not intended to be long-term, our coping strategies can become maladaptive.

Coping is appealing if you don't have a vision of healing.

Coping versus Healing cont.

What does it mean to *heal*?

- Heal (v): (1) to become healthy or well again; (2) to make (someone or something) healthy or well again.
- Many people cope. Few people heal.
 - Healing is the place where we (re)gain the capacity to (re)build relationships with ourselves and others.

Time does not heal wounds. It is what you do with that time that makes the difference.

Are you coping or are you healing?

Self-Inflicted Trauma

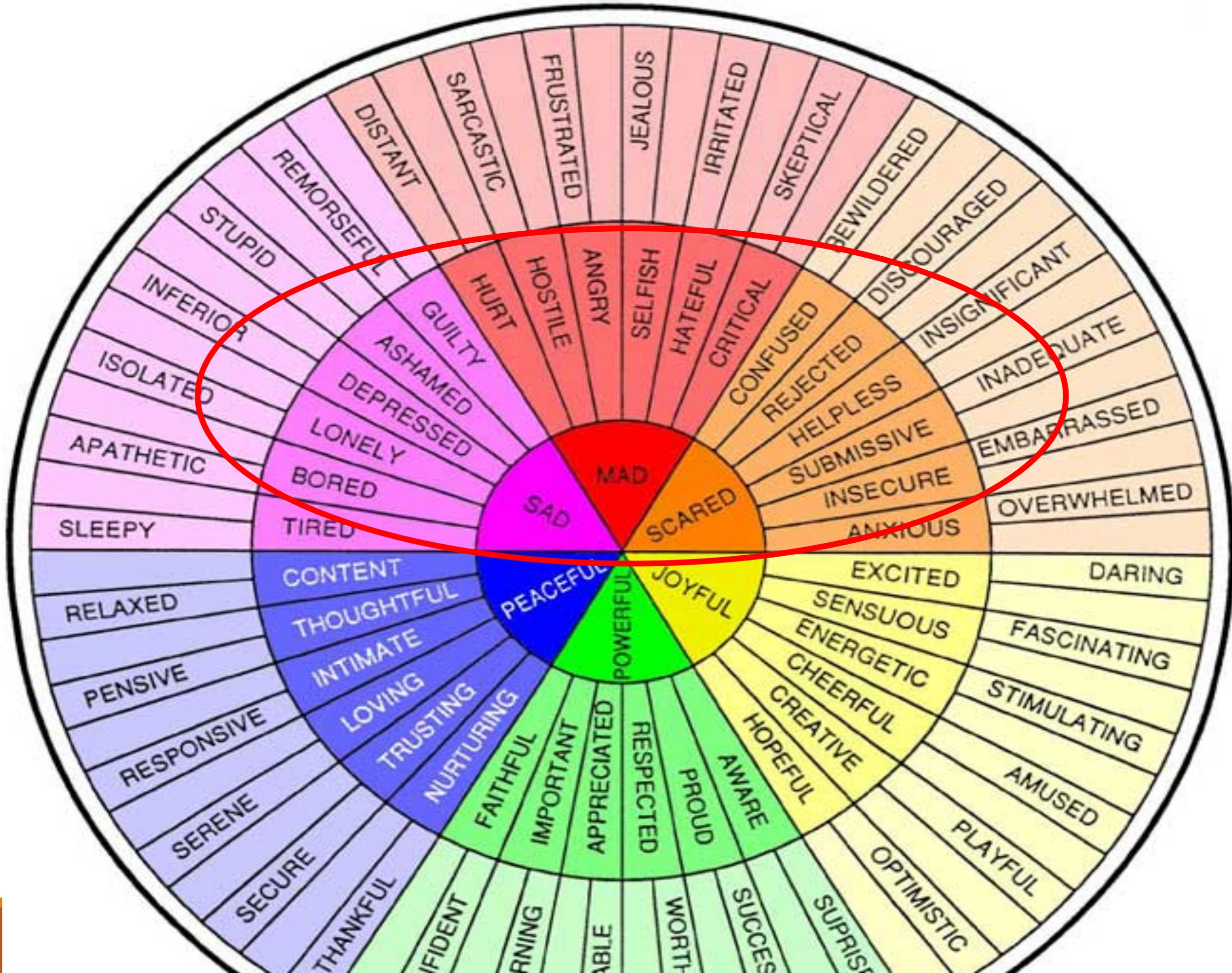
Hurting people, hurt people.

- Negative Self-Narratives
 - We've all had moments where we were less than kind to ourselves.
 - Much of this behavior is learned
 - We've adopted and incorporated this information into the schemes of who we are based on how our parents talked to us, how are teachers treated us, how our peers judged us.
- Shame scripts
 - I am bad versus I've done something bad
- Grace and kindness

Interpersonal Trauma

Interpersonal traumas are the traumas we experience at the hands of others

- Most acknowledged forms of trauma
 - Beneficial in that acknowledges the violation, the impact of trauma, and creates room for the perpetrator to be accountable
 - Problematic as it can minimize the impact of other forms of traumatic experience
- The subjective nature of trauma is such that *Interpersonal Trauma* can take on many forms
- Trauma alters the way our brains [and bodies] process information
 - Impairs our ability to trust
 - our ability to build relationships
 - Increasing the likelihood that we will experience another trauma
- Adopt coping behaviors that ultimately don't serve us well and get in the way of us living the life we truly desire.



I Accept...

... Change is inevitable. Growth is optional. I choose growth.

... In my brokenness, I've attracted brokenness

... In my pain, I've inflicted pain

... In the pursuit of my healing, old pain may be made new and I open to it

... Healing is going to be HARD, it may hurt, and I'm worth it.

... I have to show up

... Dr. P is NOT going to work harder than me

... Dr. P's got me

Key understandings in moving toward healing

Key Understandings

Owning and Accepting

Reliving vs Revisiting

Moving on vs Moving Through

Forgiving vs Forgetting

Be Well.

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