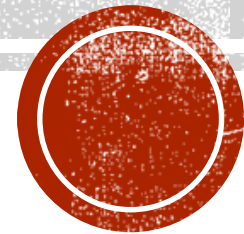


BLACK TRAUMA

A political-Economic construct, unpacking the problem & formalizing solutions ©





Abdur Razzaq Counseling & Social Architecture, PA

Our mission: we exists to **protect** inherent human dignity, to **promote** the highest level of personal wellness and to **support** the self-actualization of human potential.

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GUIDING QUESTIONS???

- WHAT IS TRAUMA?
- WHAT IS “BLACK” TRAUMA?
- WHAT IS HEALING?
- WHAT IS “BLACK” HEALING?
- IS THERE A DIFFERENCE?

“BLACK” AS AN IMPORTANT SPECIFIER

- MISDIAGNOSIS
- OVER DIAGNOSIS
- UNDER SERVED

TRAUMA IS...

- An experience we are not prepared to handle that is emotionally painful, distressful, or shocking, which can result in lasting emotional and physical effects and a feeling of helplessness.
- TRAUMA is a Power dynamic, an **inability to protect**, a sense of **Powerlessness....**

BLACK TRAUMA IS...

“MAAFA!”

- The term Maafa is a Kiswahili word for “**disaster**” that we are now using to to reclaim our right to **tell our own story**. Maafa refers to the **enslavement** of our people and to the sustained attempt to **dehumanize us**.
- Because the Maafa has disconnected us from our **cultural origins**, we have remained **vulnerable** in a social order that does not reflect our **cultural identity**. ~Dr. Marimba Ani

TAKING A “BLACK” LOOK AT ACE’S!!!

BLACK TRAUMA: A POLITICAL & ECONOMIC CONSTRUCT

ACE'S DEFINITIONS

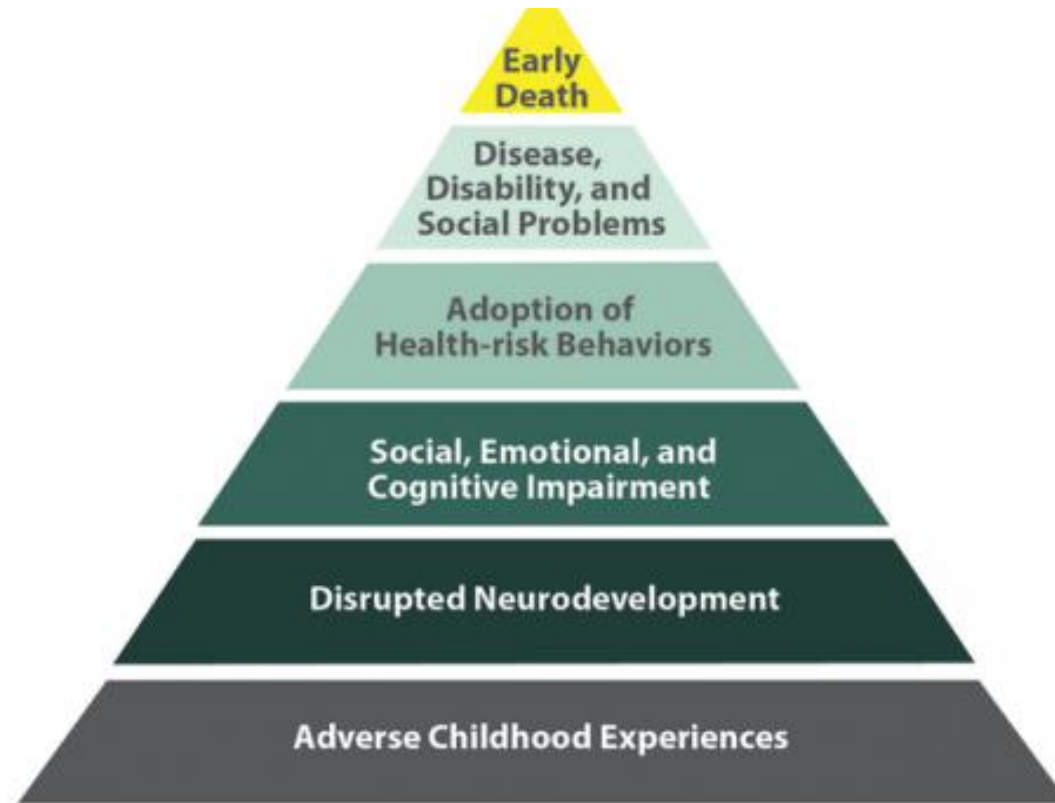
- **All ACE questions refer to the respondent's first 18 years of life.**
- **Abuse**
 - **Emotional abuse:** A parent, stepparent, or adult living in your home swore at you, insulted you, put you down, or acted in a way that made you afraid that you might be physically hurt.
 - **Physical abuse:** A parent, stepparent, or adult living in your home pushed, grabbed, slapped, threw something at you, or hit you so hard that you had marks or were injured.
 - **Sexual abuse:** An adult, relative, family friend, or stranger who was at least 5 years older than you ever touched or fondled your body in a sexual way, made you touch his/her body in a sexual way, attempted to have any type of sexual intercourse with you.
- **Household Challenges**
 - **Mother treated violently:** Your mother or stepmother was pushed, grabbed, slapped, had something thrown at her, kicked, bitten, hit with a fist, hit with something hard, repeatedly hit for over at least a few minutes, or ever threatened or hurt by a knife or gun by your father (or stepfather) or mother's boyfriend.
 - **Household substance abuse:** A household member was a problem drinker or alcoholic or a household member used street drugs.
 - **Mental illness in household:** A household member was depressed or mentally ill or a household member attempted suicide.
 - **Parental separation or divorce:** Your parents were ever separated or divorced.
 - **Criminal household member:** A household member went to prison.
- **Neglect¹**
 - **Emotional neglect:** Someone in your family helped you feel important or special, you felt loved, people in your family looked out for each other and felt close to each other, and your family was a source of strength and support.²
 - **Physical neglect:** There was someone to take care of you, protect you, and take you to the doctor if you needed it², you didn't have enough to eat, your parents were too drunk or too high to take care of you, and you had to wear dirty clothes.
-



ACE STUDY PARTICIPANTS

- Demographic information is from the entire ACE Study sample (n=17,337).
- **Demographic Information for CDC-Kaiser ACE Study Participants, Waves 1 and 2.**
- **Demographic Information Percent (N = 17,337)** Gender Female 54.0% Male 46.0% **Race/Ethnicity** White 74.8% Hispanic/Latino 11.2% Asian/Pacific Islander 7.2% African-American 4.5% Other 2.3% **Age (years)** 19-29 5.3% 30-39 9.8% 40-49 18.6% 50-59 19.9% 60 and over 46.4% **Education** Not High School Graduate 7.2% High School Graduate 17.6% Some College 35.9% College Graduate or Higher 39.3%

ACE'S PYRAMID



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



ACE'S MAJOR FINDINGS

- Adverse Childhood Experiences (ACEs) are common. Almost two-thirds of study participants reported at least one ACE, and more than one in five reported three or more ACEs.
- The ACE score, a total sum of the different categories of ACEs reported by participants, is used to assess cumulative childhood stress. Study findings repeatedly reveal a graded dose-response relationship between ACEs and negative health and well-being outcomes across the life course.
- **As the number of ACEs increases so does the risk for the following*:**
- Dose-response describes the change in an outcome (e.g., alcoholism) associated with differing levels of exposure (or doses) to a stressor (e.g. ACEs). A graded dose-response means that as the dose of the stressor increases the intensity of the outcome also increases.
- **Alcoholism and alcohol abuse**
- **Chronic obstructive pulmonary disease**
- **Depression**
- **Fetal death**
- **Health-related quality of life**
- **Illicit drug use**
- **Ischemic heart disease**

ACE'S MAJOR FINDINGS CONTD

- **Liver disease**
- **Poor work performance**
- **Financial stress**
- **Risk for intimate partner violence**
- **Multiple sexual partners**
- **Sexually transmitted diseases**
- **Smoking**
- **Suicide attempts**
- **Unintended pregnancies**
- **Early initiation of smoking**
- **Early initiation of sexual activity**
- **Adolescent pregnancy**
- **Risk for sexual violence**
- **Poor academic achievement**

WHAT DO YOU UNDERSTAND???

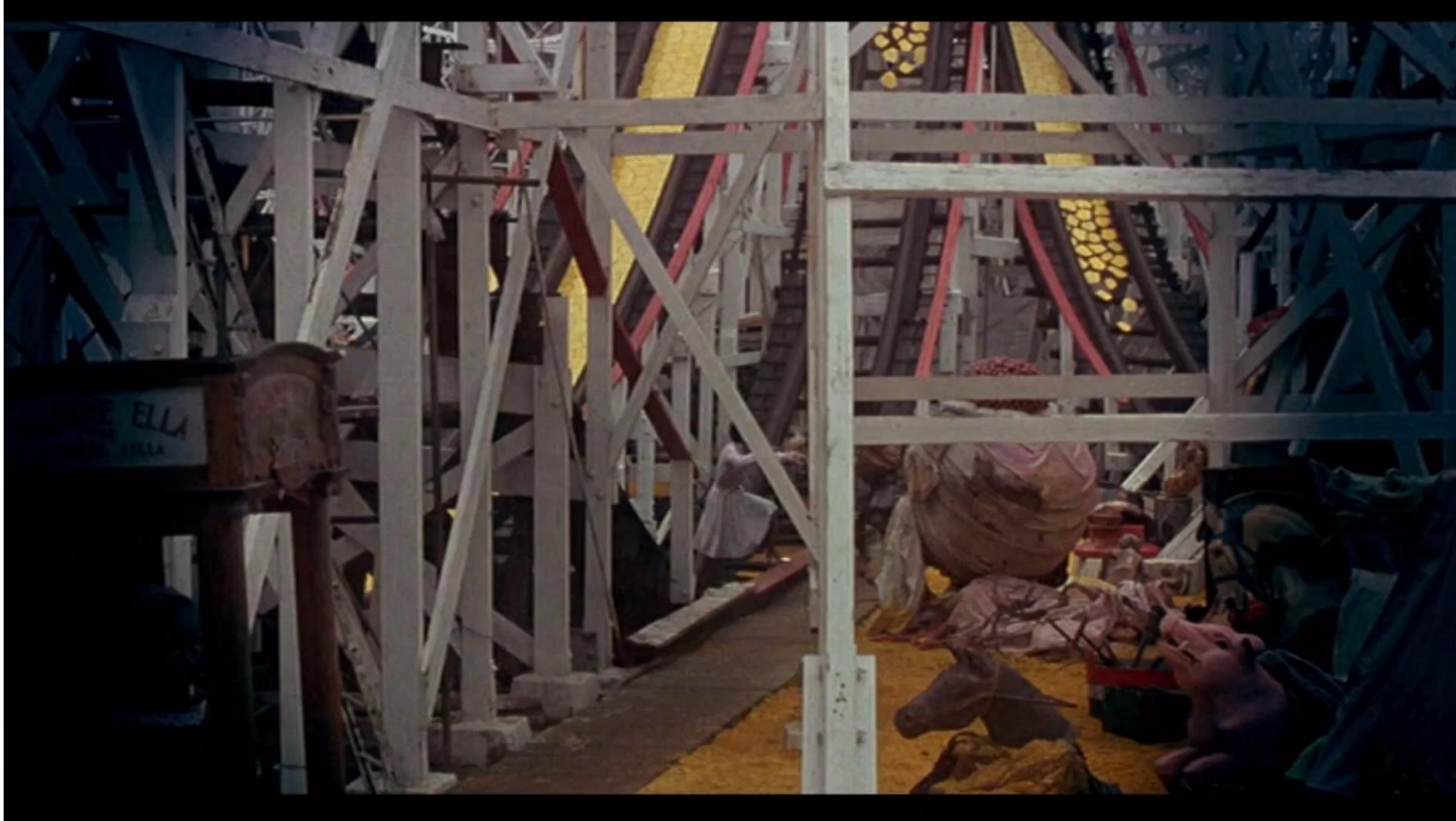
STAGE 1 Cultural Departure
Arrest critical thinking



STAGE 2 CULTURAL DEPARTURE
Assimilation



STAGE 3 Cultural departure
Emotional disconnection



Cultural Departure Excommunication



SOLUTIONS

HEALING & RESTORATIVE PRACTICES

- HEALING & ITS CONTEXT
- HEALING AS AN INTERNAL & INTRAPERSONAL PROCESS
- CONSCIOUS DISCOMFORT

CULTURAL RE-CENTERING

Political & Economic

- KNOWLEDGE OF SELF & SELF DEFINITION
- FAMILY BUILDING & COMMUNITY BUILDING
- INDUSTRY/BUSINESS BUILDING
- ABILITY TO PROTECT & SUSTAIN WHAT IS BUILT

STAGE 1 Cultural re-centering
Critical thinking & self definition



STAGE 2 Cultural Re-Centering
Family & Community Building



STAGE 4 Cultural Re-centering

Black Sovereignty

To heal is to experience Freedom. To heal completely is to experience complete Freedom.

