



ECU

COLLEGE OF HEALTH & HUMAN PERFORMANCE

RESILIENT PIRATE NATION

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RACIAL TRAUMA & IMPACT OF SYSTEMIC RACISM

[Systemic Racism Explained \(video\)](#)

[Understanding Racial Trauma \(news video\)](#)



Therapists of Color in the Community

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Race-based traumatic stress (RBTS; also referred to as **racial trauma**) results from the persistent and pervasive stress experienced by Black, Indigenous People of Color (BIPOC) in response to ethnic and racial discrimination and **systemic racism**. For example, dangerous or threatening events, humiliating or shaming events, microaggressions, witnessing discrimination towards other BIPOC, and disparities in healthcare, education, and other systems.

The physical and mental injuries resulting from RBTS can have a detrimental impact on the physical, social, and mental well-being of BIPOC. RBTS can increase risk for negative mood and depression, hypertension, and heart disease, among other health conditions. Racism and RBTS occurs interpersonally, institutionally, and culturally, which shapes the environment in which we live and work. We all have a role we can play to end the pattern of discrimination and racism that is the daily experience of BIPOC.

The links provided in this newsletter provide additional information about racial trauma, resources for those experiencing or working with racial trauma, and opportunities for taking action against racism and racial trauma.

“Eliminating racism and racial trauma will require interventions at all levels, from individuals to the family, community and nation.”

-Resler, 2019

1 Comas-Díaz, L., Hall, G. N., & Neville, H. A. (2019). Racial trauma: Theory, research, and healing: Introduction to the special issue. *American Psychologist*, 74(1), 1-5. <http://dx.doi.org/10.1037/amp0000442>
2 Mental Health America. (n.d.). Racial trauma. <https://www.mhanational.org/racial-trauma>
3 Resler, M. (2019). Systems of trauma: Racial trauma. Family & Children's Trust Fund of Virginia. <https://www.fact.virginia.gov/wp-content/uploads/2019/05/Racial-Trauma-Issue-Brief.pdf>

CURRENT PROJECTS BEING DONE

[Deborah J. Sheppard "I wish you knew" PSA](#)

[NC CIVIL | Greenville, NC](#)

[Sister Circle | The Confess Project Connects Barbershop Culture with Mental Health](#)

[Racial Equity Tools | Home](#)

[Racial Trauma Reading List](#)

[International Society for Traumatic Stress Studies | Clinical Research Sheet](#)

[Culturally Competent Resources | National Alliance on Mental Illness \(NAMI\) Wake County](#)

[POC Online Classroom Resources](#)

[Partners in Healing Resources](#)

[Therapy for Black Girls Podcast](#)

A special thank you to D'Nise Williams-Braswell & Michael Daniels for their contributions to this resource guide.



TO LEARN MORE...

[Project Ready: Reimagining Equity & Access for Diverse Youth Online Resources — Racial Equity Institute](#)

[PESI Continuing Education — Online Courses on Racial Trauma](#)

[The Trauma of Systemic Racism is Killing Black Women](#)

[The Trauma of Being Black in Foster Care](#)

[How Racism Makes Us Sick](#)

UPCOMING EVENTS

BRACE Book Club Meetings

Join us in our discussions of the following topics...

January 25th, 8:30-10:00am:	Importance of Early Attachment
February 22nd, 8:30-10:00am:	The Brain Science of Trauma
March 22nd, 8:30-10:00am:	Epigenetics
April 26th, 8:30-10:00am:	Post-traumatic Wisdom

Chew and Chat No Shame Book Clubs Dates:

- 1/28/22 12-1pm
- 2/25/22 12-1pm
- 3/25/22 12-1pm
- 4/29/22 12-1pm

WHAT HAPPENED TO YOU?
CONVERSATIONS ON TRAUMA, RESILIENCE AND HEALING

Link to register for all events:
<https://tinyurl.com/bd4buzmb>

or you can scan the QR code below with your phone's camera.



Resilience Trainings

Community Resilience Model (CRM)

Brief Intro - Feb 16th 2-3pm

[Register Here](#)

Deeper Dive - Apr 12th 1-4pm

[Register Here](#)

Resources for Resilience Reconnect

Full 2-day Training - March 24 & 25th

<https://tinyurl.com/38v4n76d>