Trauma in Black Community
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Overview

- Definition of Trauma
- Historical Perspective of Trauma
- Trauma and effects of disparities
- Psychological Impact of Trauma
- Healing from Trauma
Definition of Trauma

Deeply disturbing or distressing experience
Historical Perspective

Transatlantic Slave Trade

History of African American slavery began in the United States in late August 1619 when the first cargo of “20 and odd” Africans aboard an English ship called the White Lion landed in Jamestown, Virginia.

Slave trade in the New World(America) was already a full century old by the time it began in the United States in 1619, a year after the Mayflower.
- Angolans (slaves) were in several regions: Angola, Portugal, Spain, Holland, England, Mexico, Jamaica, British Colony of Virginia, and Duke Savory.

- African slaves experienced enslavement primarily in the Dutch, Portuguese, Spanish, and French languages, since they were deposited mainly in European colonies, Caribbean Islands, and through the continent of South America.

- Transatlantic slave trade was an extended multicultural, multinational, multi-linguistic series of exchanges and encounter.
Historical Perspective

-Slaves were considered human chattel-property. Property of owners, and were frequently: physically, emotionally, sexually abused and without consequence.

Slavery was abolished in the United States in 1865, via the 13th amendment of the United States Constitution. However the Fugitive Slave Law of 1850, caused divide in the nation, and eventually the Civil War due to the different viewpoints of slavery between the North and South.
Historical Perspective

- The psychological effects of slavery continue to manifest in the African American community, and it is impossible to talk about trauma in the African American community without identifying root cause.

- Prisons have been termed the New Jim Crow, due to distinct parallels to slavery and slave plantations.
Disparity- Is a noticeable and often unfair difference between people or things. Disparity in itself is a traumatic experience. Per/the definition provided earlier trauma is a deeply disturbing or distressing experience. When someone continually encounters inequality in multiple areas as the ones listed above it causes emotional distress, and is traumatic.
Psychological Impacts of Trauma

- Depression
- Anxiety
- Low Self Esteem
- Substance Abuse
- Attachment Disorders
- Inability to trust maintain healthy relationships
- Emotional Numbing
- Shame
- Anger
Healing From Trauma

Definition of healing- the process of becoming sound or healthy again- “The gift of healing”.

- Healing is a process, a process takes time
- Rebuild trust in safe circles/spaces
- Form relationships/build alliances with people who are healthy or people who are actively engaged in personal healing process
- Participate in support groups
- Engage in therapy
- Engage in EMDR therapy (trauma focused therapy)
- Build healthy communication with family, close friends
- Break the silence, tell your story in circles/spaces that are emotionally safe.
Healing From Trauma

Empowerment through community engagement and building family systems

- Join PTA at local school
- Volunteer at child’s or extended family members school
- Have regular touch points with child teachers, and intentional communication touch points with child
- Engage in Activism organizations- NAACP, and Urban League,
- Attend Neighborhood Association meeting(s)
- Engage at local Community Centers
- Attend School Board Meetings
- Engagement, Involvement, Getting connected provides feelings of empowerment and promotes healing from systemic trauma