



RACE RELATED TRAUMA & PATHWAYS TO HEALING

Zee Ogarro, MSW

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LAND ACKNOWLEDGEMENT



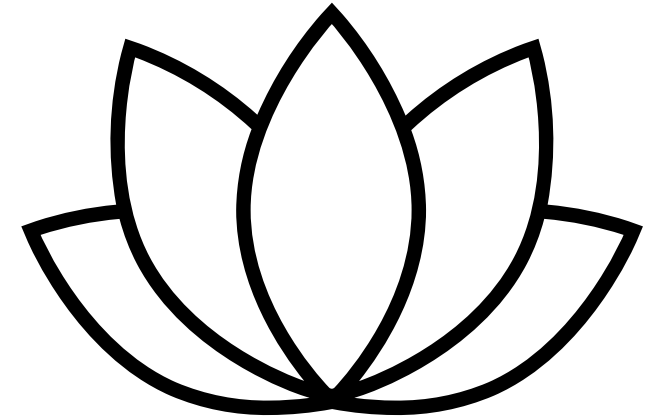
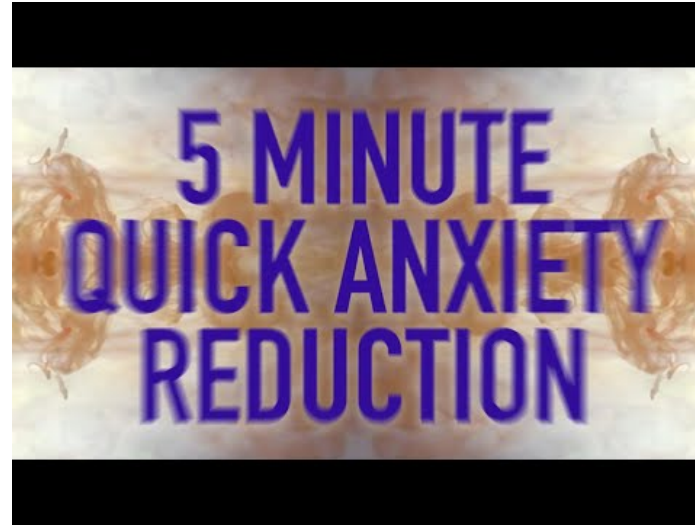
MEET YOUR FACILITATOR





GROUP AGREEMENTS

- We will honor all voices
- We will honor all identities
- We will prioritize self-care
- We will practice self-regulation
- We will honor confidentiality in this space



CENTERING ACTIVITY



CAPACITY CHECK

WHAT IS TRAUMA?



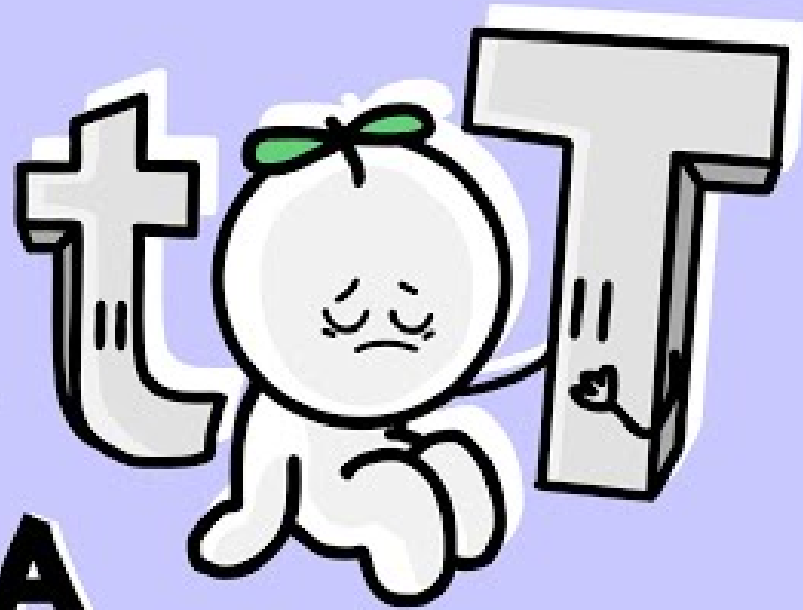
CTRI | CRISIS & TRAUMA
RESOURCE INSTITUTE

TRAUMA
DEFINED



POST-VIDEO REFLECTIONS

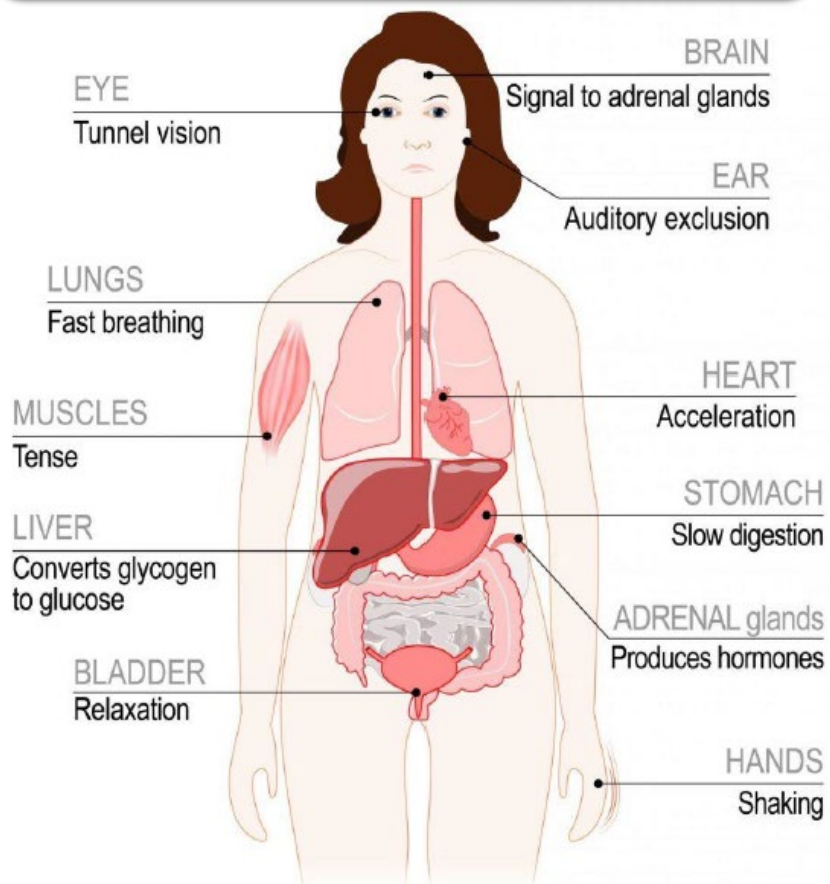
5 TYPES OF TRAUMA





REFLECTIONS

WHERE THE TRAUMA RESIDES



"My heart was beating so fast"

"My mouth went dry"

"I've had a headache for 2 days"

"I had such a hard time getting out of bed this morning."



Dr. Joy DeGruy
Post Traumatic Slave Syndrome

A photograph of two hands, one above the other, gently cupping a bright red, glossy heart. The background is a soft, out-of-focus grey. The image is overlaid with a semi-transparent dark grey layer, and a solid orange-red horizontal bar is at the bottom.

WHERE THE HEALING RESIDES

Micro-Mezzo-Macro

ACTIVITY

1	2
3	4
5	6

TOOLS:

- Piece of blank paper
- Something to write with
- Joy centered heart

ACTIVE HEALING STRATEGIES



INVITE JOY!!



Move your body- Listen to music that promotes joy and healing. BONUS- dance

Relaxation Techniques- ensure downtime by practicing activities that restore peace and promote emotional regulation

Contact with nature- Go outside, go for a walk, hike, or spend time listening to soothing nature sounds

Creative expression- engage in arts that heal- cooking, journaling, using your hands to create art that promotes joy

Engage in boundary setting- "No" is a complete sentence. It's ok to disconnect to protect your peace

Prioritize Self Care- Everyday. Treat it like a daily hygiene need

Time management- set priorities and remain productive and effective

Plan for coping- know your triggers and have a plan for soothing yourself THROUGH the episode.

SECONDARY TRAUMA

-Know the Signs-



- Repeated exposure to trauma survivors and their stories
- Empathic engagement with traumatized individuals
- Risk increases when traumatic exposures are unexpected, or among those without adequate preparation
- Systemic stressors
- Organizational stressors
- Primary trauma exposure
- Personal history of trauma (Survivor lead disclosure)
- Personal stressors

ORGANIZATIONAL SUPPORT LOOKS LIKE...



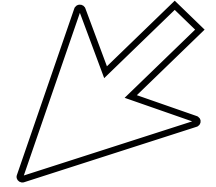
When something traumatic happens, I know my organization cares because _____



WORKPLACE ASSESSMENT

SUPPORTING STAFF DURING SUSTAINED TRAUMA

-
1. Acknowledge
 2. Know the signs
 3. Validate
 4. Create Space



RACISM RECOVERY PLAN

RESOURCES

REFLECTIONS



JustZee.Msw@gmail.com

Thank you for your time. Be Well. Be Safe. Center Joy.