

Resources on Racial and Historical Trauma

This document contains useful links for providers, stakeholders, advocates, and laypersons alike who hope to learn more about racial and historical trauma impacting BIPOC. In addition to providing information to deepen knowledge and awareness around such topics, many links also contain tools help provide support to BIPOC populations through an anti-racist, anti-oppressive lens as well as offer strategies to address inequities with attention to cultural humility and trauma-informed care.

- **American Academy of Pediatrics** – *Talking to Children about Racism: The Time is Now*
<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-about-Racism.aspx>
- **American Psychologist** (open source academic article) – *Racial Trauma: Theory, Research, and Healing*
<https://psycnet.apa.org/fulltext/2019-01033-001.html>
- **Angela Jernigan, Medium.com** – *A Trauma-Informed Response to Racism: This Is Where We Might Begin*
<https://medium.com/@angelajernigan/a-trauma-informed-response-to-racism-this-is-where-we-might-begin-7769f1a861ab>
- **Association for Prevention Teaching and Research** – *Anti-Racism Toolkit*
<https://www.aptrweb.org/page/toolkitoverview>
- **Brightly** - Books and Resources to Help You Raise Anti-Racist Children
<https://www.readbrightly.com/anti-racist-resources-for-kids/>
- **Building Community Resilience** – *Fostering Equity: Creating Shared Understanding for Building Community Resilience*
<https://ccr.publichealth.gwu.edu/tools-resources/trauma-and-equity>
- **Business Insider** – *What It Really Means to be an Anti-Racist and Why It's Not the Same as Being an Ally*
<https://www.businessinsider.com/what-is-anti-racism-how-to-be-anti-racist-2020-6>
- **Community Action Partnership** – *Applying a Racial Equity Lens to Creating Trauma-Informed and Resiliency-Promoting Organizations*
<https://communityactionpartnership.com/wp-content/uploads/2019/10/Applying-Racial-Equity-Lens-to-Creating-Trauma-Informed-Org-Dr-Shervington.pdf>

- **Courier Journal** - *Systemic racism can leave black people suffering from symptoms similar to PTSD*
<https://www.courier-journal.com/story/opinion/2020/06/12/racial-trauma-can-leave-black-people-ptsd-symptoms/3160232001/>
- **CNBC** - *4 Ways to Cope with Racial Trauma Amid the Coronavirus Pandemic*
<https://www.cnbc.com/2020/06/10/4-ways-to-cope-with-racial-trauma-amid-the-coronavirus-pandemic.html>
- **CNN Health** – *How to be Anti-Racist: Speak Out in Your Own Circles*
<https://www.cnn.com/2020/06/04/health/how-to-be-an-anti-racist-wellness/index.html>
- **Family and Children’s Trust Fund of Virginia** – *Systems of Trauma: Racial Trauma*
<http://www.fact.virginia.gov/wp-content/uploads/2019/05/Racial-Trauma-Issue-Brief.pdf>
- **The Healing Place Podcast** – *A Conversation on Racial Trauma ft. Teri Wellbrock*
<https://www.acesconnection.com/blog/the-healing-place-podcast-ingrid-cockhren-joins-teri-wellbrock-live-for-a-special-edition-conversation-on-racial-trauma>
- **Indian Health Service – Jeanne Bereiter, MD and Maria Yellow Horse Brave Heart, PhD** – *Overview of Trauma-Informed Care and Historical Trauma-Informed Care*
https://www.ihs.gov/sites/telebehavioral/themes/responsive2017/display_objects/documents/slides/historicaltrauma/overviewtic0517.pdf
- **Light Up the Couch Podcast** – *Hey, White Therapist, Here’s Where We Start*
<https://podcasts.apple.com/us/podcast/free-ce-course-hey-white-therapist-heres-where-we-start-ep-92/id1437668161?i=1000476446597>
- **Monnica Williams, PhD** – *Racial Trauma and PTSD Reading List*
<http://www.monnicawilliams.com/racial-trauma-readings.php>
- **National Child Traumatic Stress Network** – *Addressing Race and Trauma in the Classroom: A Resource for Educators*
<https://www.nctsn.org/resources/addressing-race-and-trauma-classroom-resource-educators>
- **New Social Worker** – *Historical Trauma and Social Work: What You Need To Know*
<https://www.socialworker.com/feature-articles/practice/historical-trauma-and-social-work-what-you-need-to-know/>
- **New York Institute of Technology** – *Anti-Oppression LibGuide: Anti-Racist Resources*
<https://libguides.nyit.edu/c.php?g=666045&p=4761364>
- **New York Institute of Technology** – *Anti-Oppression LibGuide: Anti-Oppression Resources*
<https://libguides.nyit.edu/c.php?g=666045&p=4683686>

- **Psychology Today** - Racial Trauma Is a Public Health Emergency
<https://www.psychologytoday.com/us/blog/take-care-black-women/202006/racial-trauma-is-public-health-emergency>
- **Quartz at Work** – *How To Build An Actively Anti-Racist Company*
<https://qz.com/work/1864529/how-to-build-an-actively-anti-racist-workplace/>
- **Racial Equity Tools** – *COVID-19: Racial Equity & Social Justice Resources*
<https://www.racialequitytools.org/fundamentals/resource-lists/resources-addressing-covid-19-with-racial-equity-lens>
- **Racial Equity Tools** – *Racial Equity Tipsheets*
<https://www.racialequitytools.org/fundamentals/resource-lists/tip-sheets>
- **Smithsonian National Museum of African American History and Culture** – *Being Antiracist*
<https://nmaahc.si.edu/learn/talking-about-race/topics/being-antiracist>
- **Simmons University** – *Anti-Oppression: Anti-Racism*
<https://simmons.libguides.com/anti-oppression/anti-racism>
- **Social Work Today** - *Understanding Racial Trauma-Informed Interventions*
https://www.socialworktoday.com/news/pp_020619.shtml
- **Substance Abuse and Mental Health Services Administration** – *Trauma-Informed Care in Behavioral Health Services: Historical Account of Trauma*
<https://www.ncbi.nlm.nih.gov/books/NBK207202/>
- **Substance Abuse and Mental Health Services Administration** - *Understanding Historical Trauma When Responding to an Event in Indian Country*
<https://store.samhsa.gov/product/Understanding-Historical-Trauma-When-Responding-to-an-Event-in-Indian-Country/SMA14-4866>
- **Trauma Transformed** – *Racial Justice and Community-Led Healing*
<http://traumatransformed.org/communities-of-practice/community-led-healing/>
- **USA Today** – *George Floyd video adds to trauma: 'When is the last time you saw a white person killed online?'*
<https://www.usatoday.com/story/news/nation/2020/05/28/george-floyd-ahmaud-arbery-covid-emotional-toll-hits-black-families/5270216002/>
- **Washington Post** – *Nine Things Parents Should Consider When Searching for Anti-Racist Media For Their Kids*
<https://www.washingtonpost.com/lifestyle/2020/06/12/9-things-parents-should-consider-when-searching-anti-racist-media-their-kids/>