



## READING, VIEWING & ACTION RESOURCES

**“Racism as an Historical, Collective and Epigenetic Trauma”**

Presented by Fran Kaplan, MSW, EdD, and Reggie Jackson

### PEOPLE OF COLOR AS TRAUMA SURVIVORS

**“How African Americans are victimized by both crime and the criminal justice system”** by Dara Linddara, 10/2015, <https://www.vox.com/2015/5/12/8587309/racism-black-crime>

**Video presentations on Post-Traumatic Slave Syndrome** by Dr. Joy DeGruy

Start with this video in which Dr. Joy DeGruy explains in 5 minutes the trauma-inducing lived experiences that led to this syndrome and its ongoing effects. In the same area, you’ll find longer talks on the subject. <https://www.youtube.com/watch?v=zHu6rKX4gRc>

**“Victims Speak: Better Understanding the Needs and Experiences of Crime Survivors”** by the Colorado Criminal Justice Reform Coalition, April 2018

[https://www.ccjrc.org/wp-content/uploads/2018/04/CCJRC\\_victims\\_speak33118-Final-2.pdf](https://www.ccjrc.org/wp-content/uploads/2018/04/CCJRC_victims_speak33118-Final-2.pdf)

The findings of an excellent survey of 500 crime victims from the Denver Metropolitan Area who self-reported being a victim of at least one crime in the last ten years. The survey intentionally oversampled victims of color (N=250) to gain explicit insight on their experience of victimization.

**“Junot Díaz reveals he was raped as a child in New Yorker essay”** by Allison Flood, 4/2018.

The Pulitzer prize-winning author of *The Brief Wondrous Life of Oscar Wao* addressed his essay to an unnamed reader who asked him at a signing if he had been sexually abused

<https://www.theguardian.com/books/2018/apr/10/junot-diaz-reveals-he-was-raped-as-a-child-in-new-yorker-essay>

**12 Years a Slave – A film by Director Steve McQueen and Screenwriter John Ridley, 2013**

This powerful film won 3 Academy Awards. It tells the true story of a free black man who was captured and sent into slavery, revealing the lived experiences of enslaved people. Some of its stars: Lupita Nyong’o, Brad Pitt, Chiwetel Ejiofor, Benedict Cumberbatch, Michael Fassbender. Available to rent on Amazon Prime Video.

***A Time of Terror: A Survivor’s Story*** by James Cameron, 3<sup>rd</sup> Ed. (2016)

Born in La Crosse WI and raised in Marion IN, Cameron was one of three black teens whose 1930 lynching was attended by 15,000 spectators. In his inspiring memoir, Cameron, an early civil rights pioneer, recounts his boyhood, miraculous survival, and decision to dedicate his life to making America a better place. This edition includes an Introduction: *Growing Up Under Jim Crow* by Dr. Fran Kaplan, 50 historic photos, and 150 annotations providing interesting tidbits to help readers understand the author’s slang and the context of his times. [www.atimeofterror.info](http://www.atimeofterror.info)

## **RACIAL DISPARITIES AND THEIR SEQUELAE**

**“Why America’s Black Mothers and Babies Are in a Life-or-Death Crisis”** by Linda Villarosa, April 11, 2017

The answer to the disparity in death rates has everything to do with the lived experience of being a black woman in America. Well-researched and written, a must-read report.

<https://www.nytimes.com/2018/04/11/magazine/black-mothers-babies-death-maternal-mortality.html>

**“Reflections on 10 Key Issues,’ Building Thriving Community: Beyond Segregation in Milwaukee”** by Reggie Jackson, Nurturing Diversity Partners, <https://tinyurl.com/10keyissues2014>

Easy to read summary of data in Milwaukee and Wisconsin re: key issues such as housing, jobs, education, incarceration, health, etc.

**“It’s Not Class, It’s Race: Why America Can’t Move Forward Until It Addresses the Racial Wealth Gap”** by Anne Branigin, TheRoot.com, October 2017

The statistics are overwhelming. For every \$100 in wealth a white family has, black families hold just \$5.04. The average white family is worth an astonishing \$600,000 more than the average black family. Black middle-class families may have zero wealth in less than 40 years.

<https://www.theroot.com/it-s-not-class-it-s-race-why-america-can-t-move-forwa-1819275543>

**“Affluent, Black and Still Trapped by Segregation”** by John Elijon, New York Times, August 2016

<https://www.nytimes.com/2016/08/21/us/milwaukee-segregation-wealthy-black-families.html>

Article featuring the stories of higher-earning Milwaukee families living in areas of concentrated poverty and the reasons for this – in MKE and other cities.

**“Commentary: What We Get Wrong About Closing the Racial Wealth Gap”** by Antonio Moore, Fortune Magazine, April 2018

For decades Americans have been told that hard work and greater effort on the part of black Americans, not systemic reform, are keys to closing the racial wealth gap. In a new report by William Darity (Duke University) and Darrick Hamilton (New School), data disprove that trying harder, mimicking “successful” ethnic groups, or other common myths, will correct the growing wealth disparity. Their findings systematically demonstrate that the narrative that places the onus of the racial wealth gap on black defectiveness is false in *all* of its permutations.

<http://fortune.com/2018/04/16/racial-inequality-wealth-gap-black-african-americans/>

For the full report, go to [https://socialequity.duke.edu/sites/socialequity.duke.edu/files/site-images/FINAL%20COMPLETE%20REPORT\\_.pdf](https://socialequity.duke.edu/sites/socialequity.duke.edu/files/site-images/FINAL%20COMPLETE%20REPORT_.pdf)

## **THERAPISTS OF COLOR HEALING COLLECTIVE, HISTORIC & CONTEMPORARY RACIAL TRAUMA**

**“Racism and Psychological and Emotional Injury: Recognizing and Understanding Race-based Trauma”** by Robert T. Carter, The Counseling Psychologist Journal, January 2007.

The purpose of this article is to discuss the psychological and emotional effects of racism on people of Color. Psychological models and research on racism, discrimination, stress, and trauma

will be integrated to promote a model to be used to understand, recognize, and assess race-based traumatic stress to aid counseling and psychological assessment, research, and training. A very useful, extensive bibliography is included on the web page.

<http://journals.sagepub.com/doi/abs/10.1177/0011000006292033>

**The Influence of Race and Racial Identity in Psychotherapy: Toward a Racially Inclusive Model** by Robert T. Carter (2007).

Psychologist Robert T. Carter changes the course of a century of psychological theory, practice, and education. He debunks the traditional belief that race has a marginal impact on personality development and, with compelling empirical evidence, demonstrates that race is the defining factor above other experiences of living in the United States and a crucial ingredient in the therapeutic process.

**Post-Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing (revised 2017)** by Dr. Joy DeGruy

Did the trauma and the effects of enslavement end with the abolition of slavery? What do repeated traumas, endured generation after generation by a people produce? What impact have these ordeals had on African Americans today? With over thirty years of practical experience as a mental health professional, Dr. DeGruy encourages African Americans to view their attitudes, assumptions, and behaviors through the lens of history and so gain a greater understanding of how centuries of slavery and oppression have impacted people of African descent in America.

**Healing Collective Trauma** is a website with articles, videos, etc. by and about survivors of collective and historical traumas, like the destruction of Native American peoples and cultures and the Nazi Holocaust.

<http://www.healingcollectivetrauma.com/>

**Monnica Williams, Ph.D.** is a board-certified, licensed clinical psychologist, specializing in cognitive-behavioral therapies. She is an Associate Professor in the Department of Psychological Sciences at the University of Connecticut, and Director of the Laboratory for Culture and Mental Health Disparities. She is also the Clinical Director of the Behavioral Wellness Clinic, LLC in Mansfield, Connecticut. Dr. Williams conducts trainings and lectures for medical residents, community organizations, and treatment providers nationally, on such subjects as Race-based Stress and Trauma and Issues Facing Ethnically and Racially Diverse Clients: What You Need to Know That Clients Might Not Tell You.

**WAYS TO DEEPEN YOUR UNDERSTANDING OF OUR HISTORY & WORK FOR RACIAL JUSTICE**

**Continue learning about the experiences of African Americans and about the White Racial Frame at:**

- **America's Black Holocaust virtual Museum** – 3200+ little-known stories critical to understanding over 400 years of African American history and culture as an integral part of US history ([abhmuseum.org](http://abhmuseum.org))

Check out some of these exhibits:

- **What is the Black Holocaust?** <https://abhmuseum.org/what-is-the-black-holocaust/>
- **Dr. James Cameron, Lynching Survivor** (includes a video with his testimony and that of 3 spectators) <https://abhmuseum.org/dr-james-cameron-museum-founder-and-lynching-survivor/>

- **Annotated Bibliography – Whiteness: Framed, De-framed and Counter-Framed** – About the concept and experience of being white by white and black authors; also black-authored autobiographies, novels, stories, articles, and videos about the black experience. ([abhmuseum.org/annotated-bibliography-whiteness-framed-de-framed-and-counter-framed/](http://abhmuseum.org/annotated-bibliography-whiteness-framed-de-framed-and-counter-framed/))

**READ: *The White Racial Frame: Centuries of Racial Framing and Counter-Framing*** by Dr. Joseph R. Feagin (2013)

Deeply imbedded in American minds and institutions, this frame has functioned as a broad worldview, essential to the routine maintenance of systemic racism in the United States. Feagin examines how and why this white racial frame emerged in the USA and evolved over time, which racial groups are framed within it, how it operated in the past and present for both white Americans and Americans of color, and how the latter have long responded with strategies of resistance that include enduring counter-frames.

***Work to dismantle racism on a systemic level by joining or supporting organizations that do:***

This list just scratches the surface of the many local, state and national groups taking action in a variety of ways: advocating for voting, economic justice, healthcare, criminal justice system reform, and other rights; and building intergroup relations through anti-bias education/awareness programs.

- **Citizen Action – Fair Elections Now** – end gerrymandering in WI, because unfair voting maps affect all issues, including family supporting jobs, safe neighborhoods, lead or sewage in our drinking water, funding for our schools and more. ([citizenactionwi.org/fair\\_elections\\_now](http://citizenactionwi.org/fair_elections_now))
- **Coming to the Table** – national organization of descendants of slaveholders and enslaved people, lynchers and lynching victims from around the country work together against racism and for reconciliation ([comingtothetable.org/](http://comingtothetable.org/))
- **Fight for 15** – for a living wage, union rights, respect on the job regardless of race ([fightfor15.org](http://fightfor15.org))
- **Movement for Black Lives** – collective of over 50 organizations representing Black people from across the country to articulate and work for a common vision and agenda ([policy.m4bl.org/about/](http://policy.m4bl.org/about/))
- **Race Forward** – advances racial justice nationally through awareness-building, media, research, and leadership development. ([raceforward.org](http://raceforward.org))
- **Rid Racism Milwaukee** – educates and empowers Greater Milwaukee communities to dismantle individual and systemic racism. ([ridracism-mke.org](http://ridracism-mke.org))
- **SURJ – Showing Up for Racial Justice** – undermines white support for white supremacy and helps build a racially just society as part of a national multi-racial, cross-class movement centering people of color leadership ([showingupforracialjustice.org/](http://showingupforracialjustice.org/))
- **Poor People’s Campaign: A National Call for Moral Revival** – renews work on Dr. King’s legacy by uniting tens of thousands across the country to challenge the evils of systemic racism, poverty, the war economy, ecological devastation and the nation’s distorted morality ([poorpeoplescampaign.org](http://poorpeoplescampaign.org))
- **WISDOM** – Wisconsin churches of many faith traditions working together on mass incarceration, immigrant rights, public transportation, economic justice, health care availability, etc. ([wisdomwisconsin.org](http://wisdomwisconsin.org))
- **500 Leading U.S. Progressive Organizations** – names, brief descriptions, and links to websites of national organizations – most with state or local chapters – grouped by categories describing the main focus of their work for progressive change. ([startguide.org/orgs/orgs00.html](http://startguide.org/orgs/orgs00.html))