

# HOW DO WE NAVIGATE EXPERIENCES OF RACISM?



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**“One of the ways you begin to address that multigenerational trauma is to work with the people directly impacted... I think the first order of business is to have a conversation and the other is to educate the larger society. You have to stop the assault. So this is not purely a clinical thing, this requires social justice and change. That’s where part of the healing is, not in a clinical setting or a pill. It’s in fairness, justice, safety and equity. We have to work with some of those clinical things, with panic and anxiety, and we also have to deal with the fact that you have a system that is set up to oppress you.”**

**“PostTraumatic Slave Syndrome. How is it Different From PTSD?” by Dr. Joy DeGruy**



[wellness.siu.edu/anti-racism](https://wellness.siu.edu/anti-racism)