How Do We Navigate Experiences of Racism?
How Do We Navigate Experiences of Racism?

“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