

WEBVTT

NOTE duration:"00:59:16.6490000"

NOTE language:en-us

NOTE Confidence: 0.84896797

00:00:02.280 --> 00:00:05.248 So I want to welcome everyone and

NOTE Confidence: 0.84896797

00:00:05.248 --> 00:00:07.996 it's just very, very good to have

NOTE Confidence: 0.84896797

00:00:07.996 --> 00:00:10.210 everyone here for the 13th annual

NOTE Confidence: 0.84896797

00:00:10.285 --> 00:00:13.453 Samuel an Lucille Ripoll lecture and

NOTE Confidence: 0.84896797

00:00:13.453 --> 00:00:15.565 child and adolescent psychoanalysis.

NOTE Confidence: 0.84896797

00:00:15.570 --> 00:00:18.180 And before I tell you a little bit about

NOTE Confidence: 0.84896797

00:00:18.180 --> 00:00:20.580 the lectureship and Salmon Lucille,

NOTE Confidence: 0.84896797

00:00:20.580 --> 00:00:23.268 I just want to note that we're doing

NOTE Confidence: 0.84896797

00:00:23.268 --> 00:00:25.588 this virtually because of the pandemic.

NOTE Confidence: 0.84896797

00:00:25.590 --> 00:00:27.378 I know everyone knows that,

NOTE Confidence: 0.84896797

00:00:27.380 --> 00:00:30.521 but that actually it is very nice to have

NOTE Confidence: 0.84896797

00:00:30.521 --> 00:00:33.234 people from all over the country and be

NOTE Confidence: 0.84896797

00:00:33.234 --> 00:00:36.328 able to join us by this virtual modality.

NOTE Confidence: 0.84896797

00:00:36.330 --> 00:00:39.300 So we'll need to think as we look ahead

NOTE Confidence: 0.84896797

00:00:39.300 --> 00:00:42.776 to the future how we can have both worlds.

NOTE Confidence: 0.84896797

00:00:42.780 --> 00:00:45.524 But it is remarkable that this is the

NOTE Confidence: 0.84896797

00:00:45.524 --> 00:00:47.550 13th lectureship established in 2007.

NOTE Confidence: 0.84896797

00:00:47.550 --> 00:00:50.774 By the rightful family to honor Samrit fo.

NOTE Confidence: 0.84896797

00:00:50.780 --> 00:00:52.668 A psychoanalyst and professor

NOTE Confidence: 0.84896797

00:00:52.668 --> 00:00:55.028 at the Child Study Center.

NOTE Confidence: 0.84896797

00:00:55.030 --> 00:00:58.774 From 1950 to 2008 and his wife Lucille Ritvo,

NOTE Confidence: 0.84896797

00:00:58.780 --> 00:01:01.288 who was a historian of medicine,

NOTE Confidence: 0.84896797

00:01:01.290 --> 00:01:03.930 specializing in the history

NOTE Confidence: 0.84896797

00:01:03.930 --> 00:01:05.250 of psychoanalysis.

NOTE Confidence: 0.84896797

00:01:05.250 --> 00:01:06.870 Look very special about us.

NOTE Confidence: 0.84896797

00:01:06.870 --> 00:01:09.006 For all of us about this lectureship is

NOTE Confidence: 0.84896797

00:01:09.006 --> 00:01:11.413 it is a collaboration between the CHILD

NOTE Confidence: 0.84896797

00:01:11.413 --> 00:01:13.999 Study Center in the Western New England.

NOTE Confidence: 0.84896797

00:01:14.000 --> 00:01:16.436 The two places that Sam and Lucille

NOTE Confidence: 0.84896797

00:01:16.436 --> 00:01:18.705 were so devoted to and gave so
NOTE Confidence: 0.84896797

00:01:18.705 --> 00:01:20.145 much of their life too.
NOTE Confidence: 0.84896797

00:01:20.150 --> 00:01:22.824 And the lectureships goal is to offer
NOTE Confidence: 0.84896797

00:01:22.824 --> 00:01:24.565 a psychoanalytic understanding of the
NOTE Confidence: 0.84896797

00:01:24.565 --> 00:01:26.448 inner life of children as a compliment
NOTE Confidence: 0.84896797

00:01:26.448 --> 00:01:28.016 to the many other perspectives
NOTE Confidence: 0.84896797

00:01:28.016 --> 00:01:30.313 that are in the child Study Center.
NOTE Confidence: 0.84896797

00:01:30.313 --> 00:01:31.199 From neuroscience,
NOTE Confidence: 0.84896797

00:01:31.199 --> 00:01:33.414 the neurogenetics and child development.
NOTE Confidence: 0.84896797

00:01:33.420 --> 00:01:35.596 It's also an opportunity for all of us
NOTE Confidence: 0.84896797

00:01:35.596 --> 00:01:37.854 to come together with our memories and
NOTE Confidence: 0.84896797

00:01:37.854 --> 00:01:40.174 our gratitude to both Sam and Lucille
NOTE Confidence: 0.84896797

00:01:40.174 --> 00:01:42.288 is our teachers for so many years.
NOTE Confidence: 0.84896797

00:01:42.290 --> 00:01:44.306 I wish for all of you who didn't
NOTE Confidence: 0.84896797

00:01:44.306 --> 00:01:46.580 get to know Sam and Lucille is that
NOTE Confidence: 0.84896797

00:01:46.580 --> 00:01:49.257 you get a sense of them through the

NOTE Confidence: 0.84896797

00:01:49.257 --> 00:01:51.465 generous spirit of these lectures and

NOTE Confidence: 0.84896797

00:01:51.470 --> 00:01:53.918 on the time to be with their family.

NOTE Confidence: 0.84896797

00:01:53.920 --> 00:01:54.604 I mean,

NOTE Confidence: 0.84896797

00:01:54.604 --> 00:01:56.998 this is most importantly what we would

NOTE Confidence: 0.84896797

00:01:56.998 --> 00:02:00.029 like to have come through in these lectures.

NOTE Confidence: 0.84896797

00:02:00.030 --> 00:02:02.166 And today we're especially honored to

NOTE Confidence: 0.84896797

00:02:02.166 --> 00:02:04.666 have our 13th annual Extra and Donna

NOTE Confidence: 0.84896797

00:02:04.666 --> 00:02:07.025 Harris an very pleased that Miss Harris

NOTE Confidence: 0.84896797

00:02:07.095 --> 00:02:09.855 has returned to the Child Study Center today,

NOTE Confidence: 0.84896797

00:02:09.860 --> 00:02:12.110 and I'm especially grateful to our

NOTE Confidence: 0.84896797

00:02:12.110 --> 00:02:14.327 social work fellows who introduced us

NOTE Confidence: 0.84896797

00:02:14.327 --> 00:02:16.911 to Donna and our choice to our Child

NOTE Confidence: 0.84896797

00:02:16.983 --> 00:02:19.248 Study Center community in December.

NOTE Confidence: 0.84896797

00:02:19.250 --> 00:02:21.410 For Sessions on working cross culturally,

NOTE Confidence: 0.84896797

00:02:21.410 --> 00:02:24.188 both among ourselves and in our

NOTE Confidence: 0.84896797

00:02:24.188 --> 00:02:25.114 clinical setting.
NOTE Confidence: 0.84896797

00:02:25.120 --> 00:02:26.504 Her workshops with us.
NOTE Confidence: 0.84896797

00:02:26.504 --> 00:02:27.888 We're so thankful that
NOTE Confidence: 0.84896797

00:02:27.888 --> 00:02:29.588 we wanted more and Donna.
NOTE Confidence: 0.84896797

00:02:29.590 --> 00:02:32.047 We're just so grateful that you can
NOTE Confidence: 0.84896797

00:02:32.047 --> 00:02:34.893 join us again and that you can join
NOTE Confidence: 0.84896797

00:02:34.893 --> 00:02:37.329 us again without having to travel and
NOTE Confidence: 0.84896797

00:02:37.329 --> 00:02:39.905 be with us through the week is one
NOTE Confidence: 0.84896797

00:02:39.910 --> 00:02:42.724 of the advantages of our otherwise
NOTE Confidence: 0.84896797

00:02:42.724 --> 00:02:45.150 way too prolonged virtual world.
NOTE Confidence: 0.84896797

00:02:45.150 --> 00:02:47.628 To tell you just a little bit
NOTE Confidence: 0.84896797

00:02:47.628 --> 00:02:48.690 about Miss Harris,
NOTE Confidence: 0.84896797

00:02:48.690 --> 00:02:50.915 she received her undergraduate education
NOTE Confidence: 0.84896797

00:02:50.915 --> 00:02:53.536 at Bennington College in Vermont and
NOTE Confidence: 0.84896797

00:02:53.536 --> 00:02:55.510 her Masters degree in psychology at
NOTE Confidence: 0.84896797

00:02:55.510 --> 00:02:57.659 the new school and then a Masters

NOTE Confidence: 0.84896797

00:02:57.659 --> 00:02:59.664 degree in social work at a Delphi

NOTE Confidence: 0.84896797

00:02:59.664 --> 00:03:01.434 Gator psychoanalytic training at the

NOTE Confidence: 0.84896797

00:03:01.434 --> 00:03:02.850 Manhattan Institute for Psychoanalysis,

NOTE Confidence: 0.84896797

00:03:02.850 --> 00:03:05.112 and she's been in private practice

NOTE Confidence: 0.84896797

00:03:05.112 --> 00:03:06.620 since completing her training

NOTE Confidence: 0.83946097

00:03:06.686 --> 00:03:08.870 in both New York and in Pennsylvania,

NOTE Confidence: 0.83946097

00:03:08.870 --> 00:03:11.537 and is also on the clinical faculty

NOTE Confidence: 0.83946097

00:03:11.537 --> 00:03:13.588 of Brenmar Graduate School of

NOTE Confidence: 0.83946097

00:03:13.588 --> 00:03:15.668 Social Work and Social Research.

NOTE Confidence: 0.83946097

00:03:15.670 --> 00:03:18.155 She teaches at her psychoanalytic

NOTE Confidence: 0.83946097

00:03:18.155 --> 00:03:21.982 institute and also in Division 39. In 2016,

NOTE Confidence: 0.83946097

00:03:21.982 --> 00:03:24.537 she founded the Intercultural Counseling,

NOTE Confidence: 0.83946097

00:03:24.540 --> 00:03:27.100 an organization to provide services

NOTE Confidence: 0.83946097

00:03:27.100 --> 00:03:30.116 to individuals, couples, and groups.

NOTE Confidence: 0.83946097

00:03:30.116 --> 00:03:32.764 Around issues of oppression.

NOTE Confidence: 0.83946097

00:03:32.770 --> 00:03:34.492 Social identity development.
NOTE Confidence: 0.83946097

00:03:34.492 --> 00:03:37.060 An concerns, especially that
NOTE Confidence: 0.83946097

00:03:37.060 --> 00:03:39.190 impact marginalized populations.
NOTE Confidence: 0.83946097

00:03:39.190 --> 00:03:40.980 But then two years later,
NOTE Confidence: 0.83946097

00:03:40.980 --> 00:03:43.122 Commissaris expanded her work in this area
NOTE Confidence: 0.83946097

00:03:43.122 --> 00:03:45.260 and founded the intercultural network.
NOTE Confidence: 0.83946097

00:03:45.260 --> 00:03:46.169 To address these,
NOTE Confidence: 0.83946097

00:03:46.169 --> 00:03:47.987 these same issues in the needs
NOTE Confidence: 0.83946097

00:03:47.987 --> 00:03:49.190 of organizations,
NOTE Confidence: 0.83946097

00:03:49.190 --> 00:03:52.774 which is how she came to us at
NOTE Confidence: 0.83946097

00:03:52.774 --> 00:03:54.470 the Charleston Center.
NOTE Confidence: 0.83946097

00:03:54.470 --> 00:03:56.058 Our intercultural network specializes
NOTE Confidence: 0.83946097

00:03:56.058 --> 00:03:58.440 in helping groups such as ours
NOTE Confidence: 0.83946097

00:03:58.505 --> 00:04:00.315 determine how they can become
NOTE Confidence: 0.83946097

00:04:00.315 --> 00:04:02.125 much more inclusive and diverse,
NOTE Confidence: 0.83946097

00:04:02.130 --> 00:04:04.858 as well as teaching skills to help people

NOTE Confidence: 0.83946097

00:04:04.858 --> 00:04:07.877 work much more effectively among each other,

NOTE Confidence: 0.83946097

00:04:07.880 --> 00:04:10.166 as well as with clinical populations.

NOTE Confidence: 0.83946097

00:04:10.170 --> 00:04:12.228 I know from our experience in

NOTE Confidence: 0.83946097

00:04:12.228 --> 00:04:14.769 December that she is a compassionate,

NOTE Confidence: 0.83946097

00:04:14.770 --> 00:04:16.438 patient, and accepting teacher.

NOTE Confidence: 0.83946097

00:04:16.438 --> 00:04:18.940 And then I can actually imagine.

NOTE Confidence: 0.83946097

00:04:18.940 --> 00:04:21.019 I know you didn't get a chance.

NOTE Confidence: 0.83946097

00:04:21.020 --> 00:04:23.106 I don't think to meet Doctor Info,

NOTE Confidence: 0.83946097

00:04:23.110 --> 00:04:25.182 but I can imagine some very warm

NOTE Confidence: 0.83946097

00:04:25.182 --> 00:04:26.712 and deep conversations between you

NOTE Confidence: 0.83946097

00:04:26.712 --> 00:04:28.458 and Sam that would have extended

NOTE Confidence: 0.83946097

00:04:28.458 --> 00:04:29.958 over many months to years.

NOTE Confidence: 0.83946097

00:04:29.960 --> 00:04:33.065 And on a day like today he would have

NOTE Confidence: 0.83946097

00:04:33.065 --> 00:04:36.250 wanted to walk with you and talk with you.

NOTE Confidence: 0.83946097

00:04:36.250 --> 00:04:38.254 So thank you for coming back

NOTE Confidence: 0.83946097

00:04:38.254 --> 00:04:40.010 virtually over these virtual waves,
NOTE Confidence: 0.83946097

00:04:40.010 --> 00:04:42.110 and once again I hope you'll feel
NOTE Confidence: 0.83946097

00:04:42.110 --> 00:04:43.859 very welcome to continue returning
NOTE Confidence: 0.83946097

00:04:43.859 --> 00:04:45.824 to our Child Study Center,
NOTE Confidence: 0.83946097

00:04:45.830 --> 00:04:47.540 an Western New England community,
NOTE Confidence: 0.83946097

00:04:47.540 --> 00:04:50.268 and let me turn it over to you.
NOTE Confidence: 0.83946097

00:04:50.270 --> 00:04:50.960 Thank you.
NOTE Confidence: 0.8772434

00:04:58.860 --> 00:05:01.298 Thank you so much for having me again.
NOTE Confidence: 0.8772434

00:05:01.300 --> 00:05:03.435 I just realized I was completely muted,
NOTE Confidence: 0.8772434

00:05:03.440 --> 00:05:06.408 which you know we were just talking
NOTE Confidence: 0.8772434

00:05:06.408 --> 00:05:08.910 about your muted being a thing.
NOTE Confidence: 0.8772434

00:05:08.910 --> 00:05:11.647 I'm very pleased to be here again and to
NOTE Confidence: 0.8772434

00:05:11.647 --> 00:05:14.247 continue to feel very welcome here at Yale.
NOTE Confidence: 0.8772434

00:05:14.250 --> 00:05:16.343 I wish actually that we weren't in
NOTE Confidence: 0.8772434

00:05:16.343 --> 00:05:18.735 the midst of a pandemic and that I
NOTE Confidence: 0.8772434

00:05:18.735 --> 00:05:20.919 could be there all week long because

NOTE Confidence: 0.8772434

00:05:20.919 --> 00:05:22.977 the problem with being virtual is

NOTE Confidence: 0.8772434

00:05:22.977 --> 00:05:25.098 that it lends itself to working

NOTE Confidence: 0.8772434

00:05:25.098 --> 00:05:26.883 constantly and putting clients and

NOTE Confidence: 0.8772434

00:05:26.883 --> 00:05:28.687 patients in the middle of your day.

NOTE Confidence: 0.8772434

00:05:28.690 --> 00:05:30.260 So it would be nice.

NOTE Confidence: 0.8772434

00:05:30.260 --> 00:05:32.652 It would have been nice to have a

NOTE Confidence: 0.8772434

00:05:32.652 --> 00:05:34.969 break in and be there in person,

NOTE Confidence: 0.8772434

00:05:34.970 --> 00:05:37.168 but I'm very glad that so many

NOTE Confidence: 0.8772434

00:05:37.168 --> 00:05:39.580 people can join us today.

NOTE Confidence: 0.8772434

00:05:39.580 --> 00:05:41.620 An just a technical issue,

NOTE Confidence: 0.8772434

00:05:41.620 --> 00:05:44.068 if you would all please mute,

NOTE Confidence: 0.8772434

00:05:44.070 --> 00:05:47.374 it would be very helpful for me and

NOTE Confidence: 0.8772434

00:05:47.374 --> 00:05:51.000 help me to cut down on echoes a bit.

NOTE Confidence: 0.8772434

00:05:51.000 --> 00:05:53.880 So today I'm going to be presenting a

NOTE Confidence: 0.8772434

00:05:53.880 --> 00:05:56.476 paper on healing from racial trauma

NOTE Confidence: 0.8772434

00:05:56.476 --> 00:06:00.352 and just by way of background, it is.
NOTE Confidence: 0.8772434

00:06:00.352 --> 00:06:04.524 Grounded in many different areas of thinking,
NOTE Confidence: 0.8772434

00:06:04.530 --> 00:06:06.180 social work, psychology,
NOTE Confidence: 0.8772434

00:06:06.180 --> 00:06:08.380 psychoanalysis and so forth,
NOTE Confidence: 0.8772434

00:06:08.380 --> 00:06:11.635 and in particular other people
NOTE Confidence: 0.8772434

00:06:11.635 --> 00:06:13.588 who have contributed.
NOTE Confidence: 0.8772434

00:06:13.590 --> 00:06:15.720 But who may be outside of
NOTE Confidence: 0.8772434

00:06:15.720 --> 00:06:17.140 the world of psychoanalysis?
NOTE Confidence: 0.8772434

00:06:17.140 --> 00:06:19.625 But as I was just saying in
NOTE Confidence: 0.8772434

00:06:19.625 --> 00:06:20.690 my previous meeting,
NOTE Confidence: 0.8772434

00:06:20.690 --> 00:06:24.490 the world of social analysis is broadening.
NOTE Confidence: 0.8772434

00:06:24.490 --> 00:06:27.340 And welcoming.
NOTE Confidence: 0.8772434

00:06:27.340 --> 00:06:27.770 More
NOTE Confidence: 0.89413553

00:06:27.770 --> 00:06:31.958 and more ideas. So I am
NOTE Confidence: 0.9077658

00:06:31.960 --> 00:06:34.662 going to share my screen so that
NOTE Confidence: 0.9077658

00:06:34.662 --> 00:06:37.358 we can get my PowerPoint up here.

NOTE Confidence: 0.9052834

00:06:47.790 --> 00:06:48.870 Alright.

NOTE Confidence: 0.88891

00:06:51.210 --> 00:06:54.577 So over the past decade or so,

NOTE Confidence: 0.88891

00:06:54.580 --> 00:06:56.364 researchers and clinicians have

NOTE Confidence: 0.88891

00:06:56.364 --> 00:06:59.040 expanded the scope of trauma to

NOTE Confidence: 0.88891

00:06:59.117 --> 00:07:01.073 include generational and historical

NOTE Confidence: 0.88891

00:07:01.073 --> 00:07:03.518 traumas as vital to consider

NOTE Confidence: 0.88891

00:07:03.518 --> 00:07:05.640 when working with patients.

NOTE Confidence: 0.8287056

00:07:11.240 --> 00:07:13.406 Having difficulty with my PowerPoint here,

NOTE Confidence: 0.8287056

00:07:13.410 --> 00:07:16.505 so bear with me for one second because what

NOTE Confidence: 0.8287056

00:07:16.505 --> 00:07:19.897 I didn't try to do was change slides haha.

NOTE Confidence: 0.90258557

00:07:22.670 --> 00:07:24.130 Apologize for that.

NOTE Confidence: 0.8828869

00:07:28.840 --> 00:07:31.120 Stop sharing and start over.

NOTE Confidence: 0.80419177

00:07:34.770 --> 00:07:36.470 The joys of technology.

NOTE Confidence: 0.87881714

00:07:48.330 --> 00:07:50.376 One second, unfortunately I haven't learned

NOTE Confidence: 0.87881714

00:07:50.376 --> 00:07:53.099 to talk and do this at the same time.

NOTE Confidence: 0.85651976

00:07:55.650 --> 00:07:57.928 OK, here we go alright.
NOTE Confidence: 0.85651976

00:07:57.928 --> 00:08:00.610 Apologies for that groups who have
NOTE Confidence: 0.85651976

00:08:00.701 --> 00:08:03.106 been fortunate enough to survive
NOTE Confidence: 0.85651976

00:08:03.106 --> 00:08:06.340 the atrocities of war and genocide,
NOTE Confidence: 0.85651976

00:08:06.340 --> 00:08:08.704 slavery and colonization are
NOTE Confidence: 0.85651976

00:08:08.704 --> 00:08:09.886 historically vulnerable.
NOTE Confidence: 0.85651976

00:08:09.890 --> 00:08:12.570 To experiencing prolonged grief,
NOTE Confidence: 0.85651976

00:08:12.570 --> 00:08:15.160 loss of spirituality. Paranoia,
NOTE Confidence: 0.85651976

00:08:15.160 --> 00:08:19.800 low self esteem low self worth self hatred.
NOTE Confidence: 0.85651976

00:08:19.800 --> 00:08:22.479 Anger and aggression.
NOTE Confidence: 0.85651976

00:08:22.480 --> 00:08:25.658 In addition, they are at elevated risk
NOTE Confidence: 0.85651976

00:08:25.658 --> 00:08:28.199 for substance abuse or dependence.
NOTE Confidence: 0.85651976

00:08:28.200 --> 00:08:31.208 Physical abuse, domestic violence.
NOTE Confidence: 0.85651976

00:08:31.208 --> 00:08:34.216 Sexual abuse and suicide.
NOTE Confidence: 0.85651976

00:08:34.220 --> 00:08:37.340 According to Braveheart and others.
NOTE Confidence: 0.85651976

00:08:37.340 --> 00:08:40.440 Children and grandchildren of historically

NOTE Confidence: 0.85651976

00:08:40.440 --> 00:08:42.920 traumatized populations continue to

NOTE Confidence: 0.85651976

00:08:42.995 --> 00:08:45.050 manifest symptoms an risk factors

NOTE Confidence: 0.85651976

00:08:45.050 --> 00:08:47.695 even when they have not themselves

NOTE Confidence: 0.85651976

00:08:47.695 --> 00:08:50.275 been directly exposed to trauma.

NOTE Confidence: 0.82789576

00:08:58.960 --> 00:09:01.845 Historically traumatized groups that

NOTE Confidence: 0.82789576

00:09:01.845 --> 00:09:04.785 I'm referencing include endangered

NOTE Confidence: 0.82789576

00:09:04.785 --> 00:09:06.990 indigenous Native Americans.

NOTE Confidence: 0.82789576

00:09:06.990 --> 00:09:13.268 Holocaust survivors people who survived.

NOTE Confidence: 0.82789576

00:09:13.270 --> 00:09:15.891 Domestic who survived domestic

NOTE Confidence: 0.82789576

00:09:15.891 --> 00:09:18.639 genocide and African Americans.

NOTE Confidence: 0.82789576

00:09:18.640 --> 00:09:19.800 And apologies again,

NOTE Confidence: 0.82789576

00:09:19.800 --> 00:09:22.600 I continue to have for some reason

NOTE Confidence: 0.82789576

00:09:22.600 --> 00:09:24.400 difficulties with this PowerPoint there

NOTE Confidence: 0.82789576

00:09:24.400 --> 00:09:26.830 we that's not where I want to be.

NOTE Confidence: 0.8057281

00:09:30.940 --> 00:09:31.930 There we go.

NOTE Confidence: 0.87419766

00:09:38.410 --> 00:09:41.166 African Americans are at risk due to
NOTE Confidence: 0.87419766

00:09:41.166 --> 00:09:43.642 their history of enslavement and the
NOTE Confidence: 0.87419766

00:09:43.642 --> 00:09:45.747 subsequent effects of white racism.
NOTE Confidence: 0.87419766

00:09:45.750 --> 00:09:47.181 Jim Crow laws.
NOTE Confidence: 0.87419766

00:09:47.181 --> 00:09:50.043 And other post civil war injustices.
NOTE Confidence: 0.87419766

00:09:50.050 --> 00:09:51.418 And as clinicians,
NOTE Confidence: 0.87419766

00:09:51.418 --> 00:09:55.199 it is our job to recognize and help
NOTE Confidence: 0.87419766

00:09:55.199 --> 00:09:59.167 them heal from the impact of racial trauma.
NOTE Confidence: 0.87419766

00:09:59.170 --> 00:10:01.265 Doctor Kenneth Hardy notes that
NOTE Confidence: 0.87419766

00:10:01.265 --> 00:10:03.360 the failure to consider powerful
NOTE Confidence: 0.87419766

00:10:03.430 --> 00:10:05.788 relationships between sociocultural,
NOTE Confidence: 0.87419766

00:10:05.790 --> 00:10:08.760 oppression and trauma has made it
NOTE Confidence: 0.87419766

00:10:08.760 --> 00:10:12.090 difficult at best for practitioners.
NOTE Confidence: 0.87419766

00:10:12.090 --> 00:10:15.156 To respond effectively to the complex,
NOTE Confidence: 0.87419766

00:10:15.160 --> 00:10:18.090 multifaceted needs of many clients
NOTE Confidence: 0.87419766

00:10:18.090 --> 00:10:19.848 from oppressed backgrounds.

NOTE Confidence: 0.87419766

00:10:19.850 --> 00:10:22.748 In fact, as many of you know,

NOTE Confidence: 0.87419766

00:10:22.750 --> 00:10:25.410 these clients are often misunderstood.

NOTE Confidence: 0.87419766

00:10:25.410 --> 00:10:28.770 Misdiagnosed and as a result,

NOTE Confidence: 0.87419766

00:10:28.770 --> 00:10:30.710 underserved.

NOTE Confidence: 0.87419766

00:10:30.710 --> 00:10:33.174 So I would like for you to do

NOTE Confidence: 0.87419766

00:10:33.174 --> 00:10:35.578 something now I'd like to do just

NOTE Confidence: 0.87419766

00:10:35.578 --> 00:10:37.660 a little brief exercise with you.

NOTE Confidence: 0.87419766

00:10:37.660 --> 00:10:42.799 I would like for you to mute your volume.

NOTE Confidence: 0.87419766

00:10:42.800 --> 00:10:43.920 Take a deep breath.

NOTE Confidence: 0.8337216

00:10:45.970 --> 00:10:47.795 And reflect on a small

NOTE Confidence: 0.8337216

00:10:47.795 --> 00:10:49.620 traumatic event in your life.

NOTE Confidence: 0.8337216

00:10:49.620 --> 00:10:53.730 We used to call these Maltese.

NOTE Confidence: 0.8337216

00:10:53.730 --> 00:10:55.851 This should be an event that you've

NOTE Confidence: 0.8337216

00:10:55.851 --> 00:10:57.434 already processed have no difficulty

NOTE Confidence: 0.8337216

00:10:57.434 --> 00:10:58.964 talking about and so forth.

NOTE Confidence: 0.8337216

00:10:58.970 --> 00:11:01.280 We're not looking to bring
NOTE Confidence: 0.8337216

00:11:01.280 --> 00:11:03.590 up major trauma here today.
NOTE Confidence: 0.8337216

00:11:03.590 --> 00:11:05.697 So for me, one of those events
NOTE Confidence: 0.8337216

00:11:05.697 --> 00:11:07.550 was an automobile accident many,
NOTE Confidence: 0.8337216

00:11:07.550 --> 00:11:09.572 many years ago on the entrance
NOTE Confidence: 0.8337216

00:11:09.572 --> 00:11:10.920 to the George Washington
NOTE Confidence: 0.8337216

00:11:10.988 --> 00:11:12.830 Bridge where it was rush hour.
NOTE Confidence: 0.8337216

00:11:12.830 --> 00:11:14.810 And instead of hitting the brake,
NOTE Confidence: 0.8337216

00:11:14.810 --> 00:11:19.320 I hit the gas and smacked right into a van.
NOTE Confidence: 0.8337216

00:11:19.320 --> 00:11:20.830 Nobody was hurt,
NOTE Confidence: 0.8337216

00:11:20.830 --> 00:11:24.230 but my car was totaled.
NOTE Confidence: 0.8337216

00:11:24.230 --> 00:11:26.778 So go ahead and think about something
NOTE Confidence: 0.8337216

00:11:26.778 --> 00:11:29.238 that impacted you in your life that
NOTE Confidence: 0.8337216

00:11:29.238 --> 00:11:31.182 you can bring up fairly easily.
NOTE Confidence: 0.8337216

00:11:31.190 --> 00:11:33.479 And I want you just to notice,
NOTE Confidence: 0.8337216

00:11:33.480 --> 00:11:36.280 as you think about this.

NOTE Confidence: 0.8337216

00:11:36.280 --> 00:11:39.820 What you feel in your body?

NOTE Confidence: 0.8337216

00:11:39.820 --> 00:11:41.458 Do you notice any tension,

NOTE Confidence: 0.8337216

00:11:41.458 --> 00:11:45.010 and if so, where do you notice it?

NOTE Confidence: 0.8337216

00:11:45.010 --> 00:11:48.666 Does it impact your life at all today?

NOTE Confidence: 0.8337216

00:11:48.670 --> 00:11:49.711 And if so,

NOTE Confidence: 0.8337216

00:11:49.711 --> 00:11:51.446 how does it impact you?

NOTE Confidence: 0.8356503

00:11:57.370 --> 00:11:58.958 And what is the residue?

NOTE Confidence: 0.86589116

00:12:01.390 --> 00:12:04.716 And what is the residue from that experience?

NOTE Confidence: 0.86589116

00:12:04.720 --> 00:12:08.014 Do you still experience any fears

NOTE Confidence: 0.86589116

00:12:08.014 --> 00:12:11.160 or irrational worries or thoughts?

NOTE Confidence: 0.86589116

00:12:11.160 --> 00:12:13.087 That you can trace back to that event.

NOTE Confidence: 0.8609752

00:12:15.850 --> 00:12:18.915 So for me this car accident

NOTE Confidence: 0.8609752

00:12:18.915 --> 00:12:21.590 occurred about 25 years ago.

NOTE Confidence: 0.8609752

00:12:21.590 --> 00:12:23.618 But it's only in the past.

NOTE Confidence: 0.8609752

00:12:23.620 --> 00:12:25.780 I'd say five or six years that I

NOTE Confidence: 0.8609752

00:12:25.780 --> 00:12:27.628 can actually comfortably ride in
NOTE Confidence: 0.8609752

00:12:27.628 --> 00:12:29.693 the passenger seat without wincing.
NOTE Confidence: 0.8609752

00:12:29.700 --> 00:12:31.335 When cars come too close
NOTE Confidence: 0.8609752

00:12:31.335 --> 00:12:33.420 or holding on to my seat.
NOTE Confidence: 0.8609752

00:12:33.420 --> 00:12:35.310 Or, you know, we used to
NOTE Confidence: 0.8609752

00:12:35.310 --> 00:12:37.479 have the strap by the window.
NOTE Confidence: 0.8986327

00:12:42.340 --> 00:12:44.790 And that was 25 years ago. Bless you.
NOTE Confidence: 0.90351

00:12:48.850 --> 00:12:51.748 So let's return to the issue of
NOTE Confidence: 0.90351

00:12:51.748 --> 00:12:56.220 racial trauma. And how this began?
NOTE Confidence: 0.90351

00:12:56.220 --> 00:12:59.005 Researchers estimate that between 3
NOTE Confidence: 0.90351

00:12:59.005 --> 00:13:02.435 to 4,000,000 people died aboard ships
NOTE Confidence: 0.90351

00:13:02.435 --> 00:13:05.210 during the triangular slave trade.
NOTE Confidence: 0.83118606

00:13:09.360 --> 00:13:11.900 During that Tresch Treacherous Three
NOTE Confidence: 0.83118606

00:13:11.900 --> 00:13:14.988 week journey from Europe to the
NOTE Confidence: 0.83118606

00:13:14.988 --> 00:13:17.778 Americas known as the Middle Passage.
NOTE Confidence: 0.83118606

00:13:17.780 --> 00:13:21.074 Africans died due to overcrowding

NOTE Confidence: 0.83118606

00:13:21.074 --> 00:13:24.278 and starvation. Which led to common

NOTE Confidence: 0.83118606

00:13:24.278 --> 00:13:26.774 diseases such as dysentery, scurvy,

NOTE Confidence: 0.83118606

00:13:26.774 --> 00:13:29.510 smallpox, syphilis and measles.

NOTE Confidence: 0.83118606

00:13:29.510 --> 00:13:32.038 Enslaved Africans who survived

NOTE Confidence: 0.83118606

00:13:32.038 --> 00:13:35.478 the passage experience rape. This.

NOTE Confidence: 0.83118606

00:13:35.478 --> 00:13:39.110 Psychological and physical abuse.

NOTE Confidence: 0.83118606

00:13:39.110 --> 00:13:41.960 As well as the selling of

NOTE Confidence: 0.83118606

00:13:41.960 --> 00:13:43.385 mothers from children.

NOTE Confidence: 0.83118606

00:13:43.390 --> 00:13:45.840 And ripping fathers from families,

NOTE Confidence: 0.83118606

00:13:45.840 --> 00:13:47.310 dividing siblings and

NOTE Confidence: 0.83118606

00:13:47.310 --> 00:13:49.270 selling them all separately.

NOTE Confidence: 0.84959704

00:13:54.200 --> 00:13:55.992 Enslaved people routinely dealt

NOTE Confidence: 0.84959704

00:13:55.992 --> 00:13:58.680 with the assault on their bodies.

NOTE Confidence: 0.84959704

00:13:58.680 --> 00:14:02.725 As well as daily assault on their psyches.

NOTE Confidence: 0.8038921

00:14:04.980 --> 00:14:07.992 There were daily attempts to break

NOTE Confidence: 0.8038921

00:14:07.992 --> 00:14:11.908 slaves as at to break slaves will.
NOTE Confidence: 0.8038921

00:14:11.910 --> 00:14:15.646 In her book on Post Traumatic Slave syndrome,
NOTE Confidence: 0.8038921

00:14:15.650 --> 00:14:20.458 Doctor Joy de Grue asks us to imagine.
NOTE Confidence: 0.8038921

00:14:20.460 --> 00:14:22.508 What it was like to be told that
NOTE Confidence: 0.8038921

00:14:22.508 --> 00:14:24.608 you're no different than livestock?
NOTE Confidence: 0.89689845

00:14:26.840 --> 00:14:29.960 What it would be like if
NOTE Confidence: 0.89689845

00:14:29.960 --> 00:14:32.040 you were severely beaten?
NOTE Confidence: 0.89689845

00:14:32.040 --> 00:14:34.552 If you try to protect your loved ones
NOTE Confidence: 0.89689845

00:14:34.552 --> 00:14:37.277 or even dare to try to learn to read,
NOTE Confidence: 0.89689845

00:14:37.280 --> 00:14:40.745 or if you are just too tired to work.
NOTE Confidence: 0.89689845

00:14:40.750 --> 00:14:43.720 Fast enough. On the plantation.
NOTE Confidence: 0.85757256

00:14:45.800 --> 00:14:48.458 The belief that blacks were inferior
NOTE Confidence: 0.85757256

00:14:48.458 --> 00:14:50.230 to whites preceded slavery,
NOTE Confidence: 0.85757256

00:14:50.230 --> 00:14:52.888 so that by the time European
NOTE Confidence: 0.85757256

00:14:52.888 --> 00:14:54.660 colonizers were in slaving,
NOTE Confidence: 0.85757256

00:14:54.660 --> 00:14:57.490 Africans, it somehow made sense.

NOTE Confidence: 0.85757256

00:14:57.490 --> 00:14:59.146 That they be sold as property.

NOTE Confidence: 0.83316714

00:15:01.490 --> 00:15:03.554 The fundamental principle of

NOTE Confidence: 0.83316714

00:15:03.554 --> 00:15:05.618 slavery according to Gump.

NOTE Confidence: 0.83316714

00:15:05.620 --> 00:15:09.169 Was that blacks are inferior to whites.

NOTE Confidence: 0.83316714

00:15:09.170 --> 00:15:12.329 Inadequate and effective.

NOTE Confidence: 0.83316714

00:15:12.330 --> 00:15:15.156 In other words, not quite human.

NOTE Confidence: 0.9062041

00:15:19.890 --> 00:15:21.908 And so the state of slavery in

NOTE Confidence: 0.9062041

00:15:21.908 --> 00:15:23.750 and of itself was traumatic.

NOTE Confidence: 0.8295658

00:15:27.080 --> 00:15:29.870 Atwood and Solar Rd described the

NOTE Confidence: 0.8295658

00:15:29.870 --> 00:15:33.403 notion of breaking a slave as referring

NOTE Confidence: 0.8295658

00:15:33.403 --> 00:15:36.128 to the success of subjugation.

NOTE Confidence: 0.8295658

00:15:36.130 --> 00:15:38.946 They further state that what was done to

NOTE Confidence: 0.8295658

00:15:38.946 --> 00:15:41.418 slaves impair their ability to function.

NOTE Confidence: 0.7966794

00:15:44.310 --> 00:15:46.928 They were demeaned and punished

NOTE Confidence: 0.7966794

00:15:46.928 --> 00:15:48.569 for their deficiencies.

NOTE Confidence: 0.7966794

00:15:48.570 --> 00:15:51.538 And so they ask, how could someone
NOTE Confidence: 0.7966794

00:15:51.538 --> 00:15:53.997 being held captive being forced
NOTE Confidence: 0.7966794

00:15:53.997 --> 00:15:56.757 to perform according to another's
NOTE Confidence: 0.7966794

00:15:56.757 --> 00:15:59.457 demands and controlled and almost
NOTE Confidence: 0.7966794

00:15:59.457 --> 00:16:01.857 every aspect of their existence
NOTE Confidence: 0.7966794

00:16:01.857 --> 00:16:04.280 possessed a sense of agency?
NOTE Confidence: 0.8268006

00:16:06.630 --> 00:16:09.340 In other words, slavery demanded the
NOTE Confidence: 0.8268006

00:16:09.340 --> 00:16:13.510 enslaved surrender. Their sense of self.
NOTE Confidence: 0.8268006

00:16:13.510 --> 00:16:16.507 And to give up wanting to give up hope.
NOTE Confidence: 0.85670274

00:16:18.680 --> 00:16:21.711 To me, slavery seems to have been
NOTE Confidence: 0.85670274

00:16:21.711 --> 00:16:23.840 pervasively traumatic in many ways.
NOTE Confidence: 0.903015

00:16:27.730 --> 00:16:29.940 There are individual differences in
NOTE Confidence: 0.903015

00:16:29.940 --> 00:16:33.360 terms of how people respond to trauma.
NOTE Confidence: 0.903015

00:16:33.360 --> 00:16:35.852 Earlier I asked you to imagine a
NOTE Confidence: 0.903015

00:16:35.852 --> 00:16:37.849 little trauma and its effects.
NOTE Confidence: 0.903015

00:16:37.850 --> 00:16:39.884 And to think of how it impacted your body.

NOTE Confidence: 0.89071953

00:16:44.100 --> 00:16:46.599 Think of the different ways people were

NOTE Confidence: 0.89071953

00:16:46.599 --> 00:16:48.980 impacted by the events which occur.

NOTE Confidence: 0.89071953

00:16:48.980 --> 00:16:51.598 Did, for instance on 9/11 in 2001.

NOTE Confidence: 0.79080534

00:17:06.360 --> 00:17:09.000 Donna, you're muted you become muted.

NOTE Confidence: 0.88325524

00:17:13.060 --> 00:17:14.348 Where did I leave off?

NOTE Confidence: 0.88068163

00:17:15.780 --> 00:17:17.510 After 2001, OK, that's not

NOTE Confidence: 0.88068163

00:17:17.510 --> 00:17:18.762 too much. Alright sorry,

NOTE Confidence: 0.88068163

00:17:18.762 --> 00:17:21.300 I have no idea how that happened.

NOTE Confidence: 0.88068163

00:17:21.300 --> 00:17:23.412 OK, some people were directly exposed

NOTE Confidence: 0.88068163

00:17:23.412 --> 00:17:26.130 to the events of 911 such as myself.

NOTE Confidence: 0.88068163

00:17:26.130 --> 00:17:28.980 I was just a mile away.

NOTE Confidence: 0.88068163

00:17:28.980 --> 00:17:31.700 Others saw repeated images of

NOTE Confidence: 0.88068163

00:17:31.700 --> 00:17:34.420 buildings collapsing on the news.

NOTE Confidence: 0.88068163

00:17:34.420 --> 00:17:36.750 Some people who were there?

NOTE Confidence: 0.88068163

00:17:36.750 --> 00:17:39.310 Experienced severe traumatic stress while

NOTE Confidence: 0.88068163

00:17:39.310 --> 00:17:42.700 whereas others who had secondhand experience,

NOTE Confidence: 0.88068163

00:17:42.700 --> 00:17:46.020 such as from the news.

NOTE Confidence: 0.88068163

00:17:46.020 --> 00:17:48.750 Develop PTSD.

NOTE Confidence: 0.88068163

00:17:48.750 --> 00:17:52.170 And then some others from both

NOTE Confidence: 0.88068163

00:17:52.170 --> 00:17:55.030 categories of experience were fine.

NOTE Confidence: 0.88068163

00:17:55.030 --> 00:17:57.837 There was no residual impact at all.

NOTE Confidence: 0.8833624

00:18:00.610 --> 00:18:03.445 The impact of generations of slavery

NOTE Confidence: 0.8833624

00:18:03.445 --> 00:18:05.860 and systemic oppression also varies.

NOTE Confidence: 0.8833624

00:18:05.860 --> 00:18:08.308 However, I feel pretty confident in

NOTE Confidence: 0.8833624

00:18:08.308 --> 00:18:10.412 suggesting that a significant number

NOTE Confidence: 0.8833624

00:18:10.412 --> 00:18:12.452 of African slaves experienced enough

NOTE Confidence: 0.8833624

00:18:12.452 --> 00:18:15.068 trauma to warrant the diagnosis of

NOTE Confidence: 0.8833624

00:18:15.068 --> 00:18:16.908 post traumatic stress disorder.

NOTE Confidence: 0.8058607

00:18:19.000 --> 00:18:22.312 Why then I ask myself, is racial

NOTE Confidence: 0.8058607

00:18:22.312 --> 00:18:25.528 trauma not included in any addition?

NOTE Confidence: 0.8058607

00:18:25.530 --> 00:18:28.386 And certainly not in the 5th edition of

NOTE Confidence: 0.8058607

00:18:28.386 --> 00:18:30.700 our Diagnostic and Statistical manual.

NOTE Confidence: 0.82585853

00:18:39.430 --> 00:18:42.688 Most people can identify some of the

NOTE Confidence: 0.82585853

00:18:42.688 --> 00:18:45.950 things involved in what we call trauma.

NOTE Confidence: 0.82585853

00:18:45.950 --> 00:18:48.746 This includes laypeople and so forth.

NOTE Confidence: 0.90017915

00:18:54.140 --> 00:18:55.190 Experiencing difficulties one

NOTE Confidence: 0.90017915

00:18:55.190 --> 00:18:57.670 more time with this, in case

NOTE Confidence: 0.90017915

00:18:57.670 --> 00:19:00.370 you're wondering what's going on.

NOTE Confidence: 0.90017915

00:19:00.370 --> 00:19:02.620 My slideshow here, so I'm going

NOTE Confidence: 0.90017915

00:19:02.620 --> 00:19:05.349 to keep trying to get back to it.

NOTE Confidence: 0.90486604

00:19:09.180 --> 00:19:11.350 This is never happened to me before,

NOTE Confidence: 0.90486604

00:19:11.350 --> 00:19:13.520 but of course it would happen today.

NOTE Confidence: 0.30764124

00:19:20.150 --> 00:19:20.590 Mika.

NOTE Confidence: 0.8822822

00:19:35.030 --> 00:19:39.206 Alright, so here we have a slide of.

NOTE Confidence: 0.8822822

00:19:39.210 --> 00:19:41.374 The criteria for PTSD.

NOTE Confidence: 0.8822822

00:19:41.374 --> 00:19:45.770 And most of you are familiar with this,

NOTE Confidence: 0.8822822

00:19:45.770 --> 00:19:48.434 and as you look at these
NOTE Confidence: 0.8822822

00:19:48.434 --> 00:19:49.766 these different aspects,
NOTE Confidence: 0.8822822

00:19:49.770 --> 00:19:51.099 these different criteria
NOTE Confidence: 0.8822822

00:19:51.099 --> 00:19:53.314 for the diagnosis of PTSD.
NOTE Confidence: 0.8822822

00:19:53.320 --> 00:19:56.524 I'm sure that you would probably
NOTE Confidence: 0.8822822

00:19:56.524 --> 00:20:00.450 agree with me that enslaved people.
NOTE Confidence: 0.8822822

00:20:00.450 --> 00:20:03.355 No doubt experience all or
NOTE Confidence: 0.8822822

00:20:03.355 --> 00:20:05.679 most of these symptoms.
NOTE Confidence: 0.8822822

00:20:05.680 --> 00:20:07.710 It's interesting to note that
NOTE Confidence: 0.8822822

00:20:07.710 --> 00:20:10.305 the DSM is careful to include
NOTE Confidence: 0.8822822

00:20:10.305 --> 00:20:12.217 people whose vocation exposes
NOTE Confidence: 0.8822822

00:20:12.217 --> 00:20:15.170 them to violence or to death,
NOTE Confidence: 0.8822822

00:20:15.170 --> 00:20:16.974 such as first responders,
NOTE Confidence: 0.8822822

00:20:16.974 --> 00:20:18.321 police officers, etc.
NOTE Confidence: 0.8822822

00:20:18.321 --> 00:20:20.967 They also include a section on
NOTE Confidence: 0.8822822

00:20:20.967 --> 00:20:22.860 culture related diagnostic issues,

NOTE Confidence: 0.8822822

00:20:22.860 --> 00:20:25.115 which attempts to address different

NOTE Confidence: 0.8822822

00:20:25.115 --> 00:20:26.919 types of traumatic exposures,

NOTE Confidence: 0.8822822

00:20:26.920 --> 00:20:28.363 such as genocide.

NOTE Confidence: 0.8822822

00:20:28.363 --> 00:20:30.768 And the inability to perform

NOTE Confidence: 0.8822822

00:20:30.768 --> 00:20:33.390 funerary rites after mass killings.

NOTE Confidence: 0.9044397

00:20:36.330 --> 00:20:39.025 But where do they discuss the impact

NOTE Confidence: 0.9044397

00:20:39.025 --> 00:20:40.958 of slavery, racism and oppression?

NOTE Confidence: 0.90469664

00:20:46.360 --> 00:20:48.136 I'll just let you think about that one.

NOTE Confidence: 0.91882825

00:20:52.070 --> 00:20:54.398 Alright, so here's what we know

NOTE Confidence: 0.91882825

00:20:54.398 --> 00:20:57.099 about the impact of racial trauma.

NOTE Confidence: 0.91882825

00:20:57.100 --> 00:21:00.275 Reacher research has shown that trauma

NOTE Confidence: 0.91882825

00:21:00.275 --> 00:21:03.010 can be transmitted over generations.

NOTE Confidence: 0.91882825

00:21:03.010 --> 00:21:04.730 Animal studies suggest that

NOTE Confidence: 0.91882825

00:21:04.730 --> 00:21:06.450 there is genetic memory.

NOTE Confidence: 0.91882825

00:21:06.450 --> 00:21:08.772 In other words, your DNA may

NOTE Confidence: 0.91882825

00:21:08.772 --> 00:21:10.890 contain biological memory of the
NOTE Confidence: 0.91882825

00:21:10.890 --> 00:21:12.898 stress your grandparents endured.
NOTE Confidence: 0.8821698

00:21:15.600 --> 00:21:17.204 In fact, scientists believe
NOTE Confidence: 0.8821698

00:21:17.204 --> 00:21:18.808 that Trump trim trauma,
NOTE Confidence: 0.8821698

00:21:18.810 --> 00:21:22.219 stress and even nightmares can be passed
NOTE Confidence: 0.8821698

00:21:22.219 --> 00:21:24.880 down from generation to generation.
NOTE Confidence: 0.8821698

00:21:24.880 --> 00:21:27.617 It doesn't matter that none of us,
NOTE Confidence: 0.8821698

00:21:27.620 --> 00:21:29.575 black or white have experienced
NOTE Confidence: 0.8821698

00:21:29.575 --> 00:21:31.530 slavery or currently slave owners.
NOTE Confidence: 0.8821698

00:21:31.530 --> 00:21:33.930 What does matter is that African
NOTE Confidence: 0.8821698

00:21:33.930 --> 00:21:36.995 Americans who we see as clients have
NOTE Confidence: 0.8821698

00:21:36.995 --> 00:21:39.305 experienced the legacy of trauma.
NOTE Confidence: 0.8821698

00:21:39.310 --> 00:21:42.270 Which must be considered in
NOTE Confidence: 0.8821698

00:21:42.270 --> 00:21:44.638 efforts to provide support.
NOTE Confidence: 0.8821698

00:21:44.640 --> 00:21:47.460 Doctor Joy degree.
NOTE Confidence: 0.8821698

00:21:47.460 --> 00:21:49.536 Gives a poignant example of the

NOTE Confidence: 0.8821698

00:21:49.536 --> 00:21:52.032 legacy of trauma on with regards to

NOTE Confidence: 0.8821698

00:21:52.032 --> 00:21:54.454 how we learn to raise our children.

NOTE Confidence: 0.80497295

00:21:56.790 --> 00:21:59.970 She asks us to ponder.

NOTE Confidence: 0.80497295

00:21:59.970 --> 00:22:02.609 What gets passed down to us and

NOTE Confidence: 0.80497295

00:22:02.609 --> 00:22:05.310 she notes that it was experience.

NOTE Confidence: 0.80497295

00:22:05.310 --> 00:22:08.418 What I'm sorry and she notes.

NOTE Confidence: 0.80497295

00:22:08.420 --> 00:22:09.848 That if it was.

NOTE Confidence: 0.8858546

00:22:11.920 --> 00:22:14.300 Abuse at the hands of slave masters,

NOTE Confidence: 0.8858546

00:22:14.300 --> 00:22:17.058 if that's what we experienced or fathers

NOTE Confidence: 0.8858546

00:22:17.058 --> 00:22:19.856 not being allowed the power and the

NOTE Confidence: 0.8858546

00:22:19.856 --> 00:22:22.178 authority to parent their own children.

NOTE Confidence: 0.8858546

00:22:22.180 --> 00:22:25.778 She wonders what might be the consequences.

NOTE Confidence: 0.8858546

00:22:25.780 --> 00:22:28.986 What would it be like if the

NOTE Confidence: 0.8858546

00:22:28.986 --> 00:22:31.516 primary skills mothers taught their

NOTE Confidence: 0.8858546

00:22:31.516 --> 00:22:34.166 children or associated with having

NOTE Confidence: 0.8858546

00:22:34.166 --> 00:22:37.467 to adapt to a life of torture?
NOTE Confidence: 0.8858546

00:22:37.470 --> 00:22:39.634 What training did children
NOTE Confidence: 0.8858546

00:22:39.634 --> 00:22:41.257 receive in *****?
NOTE Confidence: 0.909005409090909

00:22:43.970 --> 00:22:46.138 Certainly the messages were.
NOTE Confidence: 0.909005409090909

00:22:46.138 --> 00:22:50.160 That they exist to serve the master.
NOTE Confidence: 0.909005409090909

00:22:50.160 --> 00:22:52.380 They must accept exploitation
NOTE Confidence: 0.909005409090909

00:22:52.380 --> 00:22:55.155 and abuse and ignore the
NOTE Confidence: 0.909005409090909

00:22:55.155 --> 00:22:57.857 absence of dignity and respect.
NOTE Confidence: 0.909005409090909

00:22:57.860 --> 00:23:02.108 Just think of the not so implicit messages.
NOTE Confidence: 0.909005409090909

00:23:02.110 --> 00:23:06.220 Enslaved males internalised.
NOTE Confidence: 0.909005409090909

00:23:06.220 --> 00:23:08.860 They would have internalised that the
NOTE Confidence: 0.909005409090909

00:23:08.860 --> 00:23:12.238 dominant male in their lives was the master.
NOTE Confidence: 0.909005409090909

00:23:12.240 --> 00:23:14.712 And that he became the imprint
NOTE Confidence: 0.909005409090909

00:23:14.712 --> 00:23:16.820 for male behavior, right?
NOTE Confidence: 0.909005409090909

00:23:16.820 --> 00:23:20.708 And this imprint was considered.
NOTE Confidence: 0.909005409090909

00:23:20.710 --> 00:23:22.665 This imprint consisted of the

NOTE Confidence: 0.909005409090909
00:23:22.665 --> 00:23:24.620 need to control others through
NOTE Confidence: 0.909005409090909
00:23:24.686 --> 00:23:26.249 violence and aggression.
NOTE Confidence: 0.9102676
00:23:28.540 --> 00:23:30.228 We carry that legacy.
NOTE Confidence: 0.89075667
00:23:34.220 --> 00:23:36.420 Today's black community is made
NOTE Confidence: 0.89075667
00:23:36.420 --> 00:23:38.620 up of families who collectively
NOTE Confidence: 0.89075667
00:23:38.696 --> 00:23:41.336 share anxiety as well as adaptive
NOTE Confidence: 0.89075667
00:23:41.336 --> 00:23:43.638 survival behaviors which have been
NOTE Confidence: 0.89075667
00:23:43.638 --> 00:23:45.968 passed down from prior generations,
NOTE Confidence: 0.89075667
00:23:45.970 --> 00:23:50.938 many of whom most likely suffered from PTSD.
NOTE Confidence: 0.89075667
00:23:50.940 --> 00:23:54.030 The black community serves to reinforce
NOTE Confidence: 0.89075667
00:23:54.030 --> 00:23:56.782 both positive and negative behaviors
NOTE Confidence: 0.89075667
00:23:56.782 --> 00:23:59.837 through the process of socialization.
NOTE Confidence: 0.89075667
00:23:59.840 --> 00:24:01.950 For example, in the 1940s,
NOTE Confidence: 0.89075667
00:24:01.950 --> 00:24:04.596 African Americans had to suppress any sign
NOTE Confidence: 0.89075667
00:24:04.596 --> 00:24:07.839 of anger or aggression in their children,
NOTE Confidence: 0.89075667

00:24:07.840 --> 00:24:09.528 especially their male children.
NOTE Confidence: 0.89075667

00:24:09.528 --> 00:24:12.481 They taught their children to be docile
NOTE Confidence: 0.89075667

00:24:12.481 --> 00:24:14.924 to the extent of severely beating boys
NOTE Confidence: 0.89075667

00:24:14.924 --> 00:24:17.412 so that they would never make the
NOTE Confidence: 0.89075667

00:24:17.412 --> 00:24:19.800 mistake of trying to stand their ground.
NOTE Confidence: 0.8455108

00:24:22.380 --> 00:24:24.792 Doctor Decroo gives a vivid example
NOTE Confidence: 0.8455108

00:24:24.792 --> 00:24:27.718 of what this lesson looks like today.
NOTE Confidence: 0.8741465

00:24:32.240 --> 00:24:35.656 So in her book post Traumatic Slave syndrome,
NOTE Confidence: 0.8741465

00:24:35.660 --> 00:24:37.735 Doctor Degroote has a wonderful
NOTE Confidence: 0.8741465

00:24:37.735 --> 00:24:40.980 example and I think this is the very
NOTE Confidence: 0.8741465

00:24:40.980 --> 00:24:43.521 beginning of the book where she talks
NOTE Confidence: 0.8741465

00:24:43.602 --> 00:24:46.047 about parenting and how children
NOTE Confidence: 0.8741465

00:24:46.047 --> 00:24:48.492 are parented different by African
NOTE Confidence: 0.8741465

00:24:48.500 --> 00:24:51.068 American parents than by white parents,
NOTE Confidence: 0.8741465

00:24:51.070 --> 00:24:53.674 and she gives an example of standing
NOTE Confidence: 0.8741465

00:24:53.674 --> 00:24:56.799 in the bank and watching children play

NOTE Confidence: 0.8741465

00:24:56.799 --> 00:24:59.685 and she notices white children that

NOTE Confidence: 0.8741465

00:24:59.767 --> 00:25:02.329 are being very playful and there.

NOTE Confidence: 0.8741465

00:25:02.330 --> 00:25:05.186 Going around the bank and there kind of.

NOTE Confidence: 0.8741465

00:25:05.190 --> 00:25:07.182 Playing with different things and the

NOTE Confidence: 0.8741465

00:25:07.182 --> 00:25:09.609 mother says a couple of things to them,

NOTE Confidence: 0.8741465

00:25:09.610 --> 00:25:11.656 but by and large they're allowed

NOTE Confidence: 0.8741465

00:25:11.656 --> 00:25:14.314 to roam around and explore the room

NOTE Confidence: 0.8741465

00:25:14.314 --> 00:25:16.762 without getting into too much trouble.

NOTE Confidence: 0.8741465

00:25:16.770 --> 00:25:19.983 And then she notices two African American

NOTE Confidence: 0.8741465

00:25:19.983 --> 00:25:22.530 children watching the white children.

NOTE Confidence: 0.8741465

00:25:22.530 --> 00:25:25.716 And they too want to engage in this play,

NOTE Confidence: 0.8741465

00:25:25.720 --> 00:25:27.838 but their mother pulls them back

NOTE Confidence: 0.8741465

00:25:27.838 --> 00:25:30.710 very quickly, giving them a look.

NOTE Confidence: 0.8741465

00:25:30.710 --> 00:25:33.706 To communicate, stay, put,

NOTE Confidence: 0.8741465

00:25:33.706 --> 00:25:36.580 don't move, behave.

NOTE Confidence: 0.8741465

00:25:36.580 --> 00:25:38.866 Eventually, as the African American woman
NOTE Confidence: 0.8741465

00:25:38.866 --> 00:25:41.179 approaches the teller with her children,
NOTE Confidence: 0.8741465

00:25:41.180 --> 00:25:43.784 the children are kind of sliding underneath
NOTE Confidence: 0.8741465

00:25:43.784 --> 00:25:47.198 that that bar that you have there and another
NOTE Confidence: 0.8741465

00:25:47.198 --> 00:25:49.599 African American looks at the children,
NOTE Confidence: 0.8741465

00:25:49.600 --> 00:25:51.136 as if to say,
NOTE Confidence: 0.8741465

00:25:51.136 --> 00:25:52.190 stay, put,
NOTE Confidence: 0.8741465

00:25:52.190 --> 00:25:54.200 stay in place.
NOTE Confidence: 0.8741465

00:25:54.200 --> 00:25:56.636 And so there's a lot of discussion
NOTE Confidence: 0.8741465

00:25:56.636 --> 00:25:58.693 you know amongst African Americans
NOTE Confidence: 0.8741465

00:25:58.693 --> 00:26:01.048 about the differences in child
NOTE Confidence: 0.8741465

00:26:01.048 --> 00:26:03.420 rearing and theories and so forth.
NOTE Confidence: 0.8741465

00:26:03.420 --> 00:26:05.485 But Doctor Digroup basically states
NOTE Confidence: 0.8741465

00:26:05.485 --> 00:26:07.830 that it's her belief that we,
NOTE Confidence: 0.8741465

00:26:07.830 --> 00:26:09.336 that African Americans,
NOTE Confidence: 0.8741465

00:26:09.336 --> 00:26:12.348 and myself we've learned to teach

NOTE Confidence: 0.8741465

00:26:12.348 --> 00:26:14.707 our children to behave to stay

NOTE Confidence: 0.8741465

00:26:14.707 --> 00:26:17.879 put so as not to get into danger.

NOTE Confidence: 0.8741465

00:26:17.880 --> 00:26:19.930 Because it could be deadly.

NOTE Confidence: 0.8710292

00:26:22.430 --> 00:26:24.626 African American parents at times may

NOTE Confidence: 0.8710292

00:26:24.626 --> 00:26:26.753 seem hypervigilant and may be labeled

NOTE Confidence: 0.8710292

00:26:26.753 --> 00:26:28.839 as such in their efforts to prepare

NOTE Confidence: 0.8710292

00:26:28.839 --> 00:26:31.030 their children for what they perceive.

NOTE Confidence: 0.8710292

00:26:31.030 --> 00:26:33.438 An experience as a dangerous hostile world.

NOTE Confidence: 0.8710292

00:26:33.440 --> 00:26:35.848 This is illustrated by the talk right,

NOTE Confidence: 0.8710292

00:26:35.850 --> 00:26:37.505 which is something that some

NOTE Confidence: 0.8710292

00:26:37.505 --> 00:26:39.630 of you may have heard about.

NOTE Confidence: 0.8710292

00:26:39.630 --> 00:26:42.198 I, for instance, had the talk

NOTE Confidence: 0.8710292

00:26:42.198 --> 00:26:45.119 when I was about 8 years old.

NOTE Confidence: 0.8710292

00:26:45.120 --> 00:26:48.260 An 8 years old is a little too young to be

NOTE Confidence: 0.8710292

00:26:48.260 --> 00:26:50.969 worried about being stopped by the police,

NOTE Confidence: 0.8710292

00:26:50.970 --> 00:26:53.854 but nonetheless my father sat me down

NOTE Confidence: 0.8710292

00:26:53.854 --> 00:26:55.938 and carefully gave me instructions

NOTE Confidence: 0.8710292

00:26:55.938 --> 00:26:58.236 about how to behave should I

NOTE Confidence: 0.8710292

00:26:58.236 --> 00:27:00.698 ever be stopped by the police.

NOTE Confidence: 0.8710292

00:27:00.700 --> 00:27:03.316 I listened to him very carefully.

NOTE Confidence: 0.8710292

00:27:03.320 --> 00:27:06.290 And he gave me very specific,

NOTE Confidence: 0.8710292

00:27:06.290 --> 00:27:09.299 very clear instructions.

NOTE Confidence: 0.8710292

00:27:09.300 --> 00:27:11.280 Now, not long after that experience,

NOTE Confidence: 0.8710292

00:27:11.280 --> 00:27:15.208 which as a child I kind of dismissed.

NOTE Confidence: 0.8710292

00:27:15.210 --> 00:27:17.562 My father and I were driving

NOTE Confidence: 0.8710292

00:27:17.562 --> 00:27:20.622 and we were pulled over by the

NOTE Confidence: 0.8710292

00:27:20.622 --> 00:27:22.967 police for some minor infraction.

NOTE Confidence: 0.8710292

00:27:22.970 --> 00:27:26.120 And what I noticed was my father,

NOTE Confidence: 0.8710292

00:27:26.120 --> 00:27:28.370 who was a very large,

NOTE Confidence: 0.8710292

00:27:28.370 --> 00:27:32.555 proud black man who spoke in a deep, vibrant.

NOTE Confidence: 0.8710292

00:27:32.555 --> 00:27:35.480 Voice most of the time.

NOTE Confidence: 0.8710292
00:27:35.480 --> 00:27:39.320 Transform before my very eyes.
NOTE Confidence: 0.8710292
00:27:39.320 --> 00:27:42.248 He became meek.
NOTE Confidence: 0.8710292
00:27:42.248 --> 00:27:43.224 Docile,
NOTE Confidence: 0.8710292
00:27:43.224 --> 00:27:44.200 obedient,
NOTE Confidence: 0.8710292
00:27:44.200 --> 00:27:45.460 impassive.
NOTE Confidence: 0.9061451
00:27:47.840 --> 00:27:49.700 And basically was at the
NOTE Confidence: 0.9061451
00:27:49.700 --> 00:27:51.560 mercy of the police officer.
NOTE Confidence: 0.90843517
00:27:53.850 --> 00:27:55.150 And that's what I mean
NOTE Confidence: 0.90843517
00:27:55.150 --> 00:27:56.710 when I refer to the talk.
NOTE Confidence: 0.8072151
00:27:59.980 --> 00:28:02.068 Numerous scholars drawing on
NOTE Confidence: 0.8072151
00:28:02.068 --> 00:28:04.748 research and clinical evidence have
NOTE Confidence: 0.8072151
00:28:04.748 --> 00:28:07.340 have called for the inclusion.
NOTE Confidence: 0.8072151
00:28:07.340 --> 00:28:10.436 Of racial trauma as an equal
NOTE Confidence: 0.8072151
00:28:10.436 --> 00:28:13.268 as an etiological factor in
NOTE Confidence: 0.8072151
00:28:13.268 --> 00:28:15.920 post traumatic stress disorder.
NOTE Confidence: 0.8072151

00:28:15.920 --> 00:28:17.664 And in complex PTSD,
NOTE Confidence: 0.8072151

00:28:17.664 --> 00:28:20.280 but it continues to be excluded
NOTE Confidence: 0.8072151

00:28:20.365 --> 00:28:22.629 from our diagnostic system.
NOTE Confidence: 0.8698595

00:28:30.490 --> 00:28:34.242 So there are some people who have been
NOTE Confidence: 0.8698595

00:28:34.242 --> 00:28:37.450 acknowledging the history of oppression and.
NOTE Confidence: 0.8698595

00:28:37.450 --> 00:28:40.104 Here are a few of them friends final.
NOTE Confidence: 0.8698595

00:28:40.110 --> 00:28:42.768 For instance, who was an African.
NOTE Confidence: 0.8698595

00:28:42.770 --> 00:28:45.420 An Afro Caribbean psychiatrist raised
NOTE Confidence: 0.8698595

00:28:45.420 --> 00:28:48.070 in the MARTYNEC during colonization.
NOTE Confidence: 0.8698595

00:28:48.070 --> 00:28:50.720 Recognized that oppressed people are
NOTE Confidence: 0.8698595

00:28:50.720 --> 00:28:53.370 made to feel inferior systematically,
NOTE Confidence: 0.8698595

00:28:53.370 --> 00:28:56.600 and that thus they internalize
NOTE Confidence: 0.8698595

00:28:56.600 --> 00:28:59.184 negative images of themselves
NOTE Confidence: 0.8698595

00:28:59.184 --> 00:29:02.048 and their cultural group.
NOTE Confidence: 0.8698595

00:29:02.050 --> 00:29:03.166 Judith Herman.
NOTE Confidence: 0.8698595

00:29:03.166 --> 00:29:07.630 Noted that the diagnosis of PTSD did not

NOTE Confidence: 0.8698595

00:29:07.736 --> 00:29:12.242 capture racial trauma experienced by many

NOTE Confidence: 0.8698595

00:29:12.242 --> 00:29:16.570 marginal marginalized people she worked with.

NOTE Confidence: 0.8698595

00:29:16.570 --> 00:29:19.756 In the year 2000, Lillian Comas.

NOTE Confidence: 0.8698595

00:29:19.760 --> 00:29:21.764 Diaz identified post

NOTE Confidence: 0.8698595

00:29:21.764 --> 00:29:23.768 colonization stress disorder.

NOTE Confidence: 0.8698595

00:29:23.770 --> 00:29:26.440 Which locates pathology in the

NOTE Confidence: 0.8698595

00:29:26.440 --> 00:29:29.722 social structures as opposed to the

NOTE Confidence: 0.8698595

00:29:29.722 --> 00:29:32.307 individual or rather novel idea.

NOTE Confidence: 0.8698595

00:29:32.310 --> 00:29:34.428 And in 2004,

NOTE Confidence: 0.8698595

00:29:34.428 --> 00:29:37.252 Anderson Franklin used the

NOTE Confidence: 0.8698595

00:29:37.252 --> 00:29:39.370 term invisibility syndrome.

NOTE Confidence: 0.8698595

00:29:39.370 --> 00:29:42.244 To describe the reactions of African

NOTE Confidence: 0.8698595

00:29:42.244 --> 00:29:45.532 American men to pass an ongoing

NOTE Confidence: 0.8698595

00:29:45.532 --> 00:29:48.108 racial insults and microaggressions

NOTE Confidence: 0.867639085454545

00:29:50.790 --> 00:29:51.958 these reactions.

NOTE Confidence: 0.867639085454545

00:29:51.958 --> 00:29:54.878 To insult an ongoing microaggressions
NOTE Confidence: 0.867639085454545

00:29:54.878 --> 00:29:57.410 generally consist of feelings,
NOTE Confidence: 0.867639085454545

00:29:57.410 --> 00:30:00.315 thoughts, and behaviors that impede
NOTE Confidence: 0.867639085454545

00:30:00.315 --> 00:30:03.220 one's ability to achieve goals.
NOTE Confidence: 0.867639085454545

00:30:03.220 --> 00:30:06.290 To engage in fulfilling and
NOTE Confidence: 0.867639085454545

00:30:06.290 --> 00:30:08.132 fulfilling relationships and
NOTE Confidence: 0.867639085454545

00:30:08.132 --> 00:30:11.060 involve deep internal conflict.
NOTE Confidence: 0.867639085454545

00:30:11.060 --> 00:30:14.936 And stress as identity development emerges.
NOTE Confidence: 0.867639085454545

00:30:14.940 --> 00:30:16.440 In the context of racism,
NOTE Confidence: 0.867639085454545

00:30:16.440 --> 00:30:18.540 and we see this with our youth.
NOTE Confidence: 0.8139141

00:30:23.500 --> 00:30:26.382 Doctor Joy Degruy, who coined
NOTE Confidence: 0.8139141

00:30:26.382 --> 00:30:29.347 the term post traumatic slave
NOTE Confidence: 0.8139141

00:30:29.347 --> 00:30:32.086 syndrome or PTS S in her book,
NOTE Confidence: 0.8139141

00:30:32.090 --> 00:30:35.120 which was originally published in 2005.
NOTE Confidence: 0.8139141

00:30:35.120 --> 00:30:37.140 Ann revived in 2017.
NOTE Confidence: 0.8629338

00:30:40.990 --> 00:30:44.254 So PTS S is a theory that explains

NOTE Confidence: 0.8629338

00:30:44.254 --> 00:30:47.298 the etiology of many of the

NOTE Confidence: 0.8629338

00:30:47.298 --> 00:30:48.900 adaptive survival behaviors.

NOTE Confidence: 0.8629338

00:30:48.900 --> 00:30:51.336 Again, adaptive survival behaviors

NOTE Confidence: 0.8629338

00:30:51.336 --> 00:30:53.772 in African American communities

NOTE Confidence: 0.8629338

00:30:53.772 --> 00:30:55.905 throughout the United States

NOTE Confidence: 0.8629338

00:30:55.905 --> 00:30:58.000 and the and the diaspora.

NOTE Confidence: 0.8629338

00:30:58.000 --> 00:31:01.240 It's considered to be a condition.

NOTE Confidence: 0.8629338

00:31:01.240 --> 00:31:04.264 That exists as a consequence of

NOTE Confidence: 0.8629338

00:31:04.264 --> 00:31:06.280 multi generational oppression of

NOTE Confidence: 0.8629338

00:31:06.366 --> 00:31:08.714 Africans and their descendants

NOTE Confidence: 0.8629338

00:31:08.714 --> 00:31:11.649 resulting from centuries of slavery.

NOTE Confidence: 0.90640724

00:31:14.320 --> 00:31:16.895 This was then followed by

NOTE Confidence: 0.90640724

00:31:16.895 --> 00:31:17.925 institutionalized racism,

NOTE Confidence: 0.90640724

00:31:17.930 --> 00:31:19.902 which continues to perpetuate

NOTE Confidence: 0.90640724

00:31:19.902 --> 00:31:22.860 injury and is alive and well

NOTE Confidence: 0.90640724

00:31:22.948 --> 00:31:25.160 in our institutions today.
NOTE Confidence: 0.8828875

00:31:29.350 --> 00:31:31.458 Post traumatic slave syndrome.
NOTE Confidence: 0.8765877

00:31:36.050 --> 00:31:39.599 Is. Consists of what she
NOTE Confidence: 0.8765877

00:31:39.599 --> 00:31:41.914 refers to as map OMAP,
NOTE Confidence: 0.8546446

00:31:41.920 --> 00:31:46.470 right so it is multi generational trauma.
NOTE Confidence: 0.8546446

00:31:46.470 --> 00:31:48.834 Combined with continued oppression,
NOTE Confidence: 0.8546446

00:31:48.834 --> 00:31:51.198 so continued ongoing oppression,
NOTE Confidence: 0.8546446

00:31:51.200 --> 00:31:52.284 microaggressions, etc.
NOTE Confidence: 0.8546446

00:31:52.284 --> 00:31:56.078 The A stands for an absence of
NOTE Confidence: 0.8546446

00:31:56.078 --> 00:31:59.119 opportunity to heal or access the
NOTE Confidence: 0.8546446

00:31:59.119 --> 00:32:01.047 benefits available to society.
NOTE Confidence: 0.8546446

00:32:01.050 --> 00:32:02.990 Which then leads to post
NOTE Confidence: 0.8546446

00:32:02.990 --> 00:32:04.154 traumatic slave syndrome.
NOTE Confidence: 0.8546446

00:32:04.160 --> 00:32:07.264 So that's just how she breaks it down.
NOTE Confidence: 0.8546446

00:32:07.270 --> 00:32:08.863 Under such circumstances,
NOTE Confidence: 0.8546446

00:32:08.863 --> 00:32:11.518 these are some of the

NOTE Confidence: 0.8546446

00:32:11.518 --> 00:32:13.600 predictable patterns of behavior.

NOTE Confidence: 0.8546446

00:32:13.600 --> 00:32:16.925 So what we see are vacant listing.

NOTE Confidence: 0.68004185

00:32:19.150 --> 00:32:21.594 A marked propensity for

NOTE Confidence: 0.68004185

00:32:21.594 --> 00:32:23.980 anger and violence. Alright.

NOTE Confidence: 0.8519371

00:32:26.900 --> 00:32:32.318 Racist socialization or internalised racism?

NOTE Confidence: 0.8519371

00:32:32.320 --> 00:32:34.287 So let's take these one by one.

NOTE Confidence: 0.8519371

00:32:34.290 --> 00:32:35.988 So in terms of Vacantes scheme,

NOTE Confidence: 0.8519371

00:32:35.990 --> 00:32:38.920 what we're talking about is.

NOTE Confidence: 0.8519371

00:32:38.920 --> 00:32:41.455 Insufficient development of what doctor

NOTE Confidence: 0.8519371

00:32:41.455 --> 00:32:44.590 Degrood refers to as primary esteem.

NOTE Confidence: 0.8519371

00:32:44.590 --> 00:32:46.646 So she differentiates that,

NOTE Confidence: 0.8519371

00:32:46.646 --> 00:32:49.216 along with feelings of hopelessness,

NOTE Confidence: 0.8519371

00:32:49.220 --> 00:32:51.624 depression, and a general

NOTE Confidence: 0.8519371

00:32:51.624 --> 00:32:53.427 self destructive outlook.

NOTE Confidence: 0.8519371

00:32:53.430 --> 00:32:54.180 In other words,

NOTE Confidence: 0.8519371

00:32:54.180 --> 00:32:55.680 the belief that no at that
NOTE Confidence: 0.8519371

00:32:55.680 --> 00:32:57.238 one has little or no value.
NOTE Confidence: 0.8942511

00:33:02.340 --> 00:33:04.722 The mark propensity for anger and
NOTE Confidence: 0.8942511

00:33:04.722 --> 00:33:06.310 violence involves extreme feelings
NOTE Confidence: 0.8942511

00:33:06.377 --> 00:33:08.497 of suspicion and perceived negative
NOTE Confidence: 0.8942511

00:33:08.497 --> 00:33:10.183 motivations of others. Right?
NOTE Confidence: 0.8942511

00:33:10.183 --> 00:33:12.248 Again, this is not pathological.
NOTE Confidence: 0.8942511

00:33:12.250 --> 00:33:16.282 This is based on the reality that
NOTE Confidence: 0.8942511

00:33:16.282 --> 00:33:19.348 some people experience and live in.
NOTE Confidence: 0.8942511

00:33:19.350 --> 00:33:22.320 Violence against self property an others,
NOTE Confidence: 0.8942511

00:33:22.320 --> 00:33:26.280 including members of 1 on one's own group,
NOTE Confidence: 0.8942511

00:33:26.280 --> 00:33:28.156 relatives, friends and acquaintances.
NOTE Confidence: 0.8942511

00:33:28.156 --> 00:33:31.404 So this is where we see and
NOTE Confidence: 0.8942511

00:33:31.404 --> 00:33:33.127 we wonder you know, well,
NOTE Confidence: 0.8942511

00:33:33.127 --> 00:33:35.276 why is it that people are committing
NOTE Confidence: 0.8942511

00:33:35.276 --> 00:33:37.200 violence in their own communities?

NOTE Confidence: 0.8579055

00:33:41.040 --> 00:33:44.190 She also talks about in this might

NOTE Confidence: 0.8579055

00:33:44.190 --> 00:33:47.042 answer that question racial racist

NOTE Confidence: 0.8579055

00:33:47.042 --> 00:33:49.878 socialization and internalised racism.

NOTE Confidence: 0.8579055

00:33:49.880 --> 00:33:54.506 So this sense of learned helplessness.

NOTE Confidence: 0.8579055

00:33:54.510 --> 00:33:57.030 Living without hope.

NOTE Confidence: 0.8579055

00:33:57.030 --> 00:33:58.962 Also, literacy deprivation and

NOTE Confidence: 0.8579055

00:33:58.962 --> 00:34:01.377 distorted self concept or antipathy,

NOTE Confidence: 0.8579055

00:34:01.380 --> 00:34:03.790 which manifests in negative feelings.

NOTE Confidence: 0.8579055

00:34:03.790 --> 00:34:05.546 These negative feelings can

NOTE Confidence: 0.8579055

00:34:05.546 --> 00:34:08.180 be towards members of 1's own

NOTE Confidence: 0.8579055

00:34:08.263 --> 00:34:11.038 identified cultural or ethnic group.

NOTE Confidence: 0.8579055

00:34:11.040 --> 00:34:13.950 They could also be towards customs

NOTE Confidence: 0.8579055

00:34:13.950 --> 00:34:16.560 associated with only one's own

NOTE Confidence: 0.8579055

00:34:16.560 --> 00:34:19.475 identified cultural and ethnic heritage.

NOTE Confidence: 0.8579055

00:34:19.480 --> 00:34:21.970 Or towards the physical characteristics of

NOTE Confidence: 0.8579055

00:34:21.970 --> 00:34:24.639 1's own identified cultural or ethnic group.
NOTE Confidence: 0.8579055

00:34:24.640 --> 00:34:27.096 Because so we see this in terms of
NOTE Confidence: 0.8579055

00:34:27.096 --> 00:34:29.446 standards of beauty etc that that people
NOTE Confidence: 0.8579055

00:34:29.446 --> 00:34:32.256 aspire to have and they don't because
NOTE Confidence: 0.8579055

00:34:32.256 --> 00:34:34.936 they're different backgrounds or different
NOTE Confidence: 0.8579055

00:34:34.936 --> 00:34:38.840 ethnicities and different body types.
NOTE Confidence: 0.8579055

00:34:38.840 --> 00:34:40.815 But when people have internalized
NOTE Confidence: 0.8579055

00:34:40.815 --> 00:34:43.390 the values of the dominant culture,
NOTE Confidence: 0.8579055

00:34:43.390 --> 00:34:47.250 than these are the consequences.
NOTE Confidence: 0.8579055

00:34:47.250 --> 00:34:49.815 Today's African American family has
NOTE Confidence: 0.8579055

00:34:49.815 --> 00:34:52.925 continued to rear their offspring to
NOTE Confidence: 0.8579055

00:34:52.925 --> 00:34:55.275 survive a multitude of indignities,
NOTE Confidence: 0.8579055

00:34:55.280 --> 00:34:57.790 disrespectful behaviors and blocked goals.
NOTE Confidence: 0.8403947

00:35:02.150 --> 00:35:04.757 All right, so we have this myth out there
NOTE Confidence: 0.8403947

00:35:04.757 --> 00:35:07.800 that African Americans don't do therapy.
NOTE Confidence: 0.8403947

00:35:07.800 --> 00:35:11.715 Anne. All too frequently you know

NOTE Confidence: 0.8403947

00:35:11.715 --> 00:35:14.462 people say this that they that African

NOTE Confidence: 0.8403947

00:35:14.462 --> 00:35:17.382 Americans don't go to therapy and that

NOTE Confidence: 0.8403947

00:35:17.382 --> 00:35:19.437 they remain an underserved population

NOTE Confidence: 0.8403947

00:35:19.437 --> 00:35:22.283 and there are a lot of reasons for

NOTE Confidence: 0.8403947

00:35:22.283 --> 00:35:24.459 this for the reason that African

NOTE Confidence: 0.8403947

00:35:24.459 --> 00:35:27.831 Americans might not take advantage of

NOTE Confidence: 0.8403947

00:35:27.831 --> 00:35:29.517 psychotherapeutic services services.

NOTE Confidence: 0.8403947

00:35:29.520 --> 00:35:32.125 Sometimes it's attributed to cultural norms

NOTE Confidence: 0.8403947

00:35:32.125 --> 00:35:36.100 and you know there is some truth to that.

NOTE Confidence: 0.8403947

00:35:36.100 --> 00:35:38.684 And these norms might be rooted in beliefs

NOTE Confidence: 0.8403947

00:35:38.684 --> 00:35:41.430 that one should solve one's own problems.

NOTE Confidence: 0.8403947

00:35:41.430 --> 00:35:42.492 In other words,

NOTE Confidence: 0.8403947

00:35:42.492 --> 00:35:44.616 we don't air our dirty laundry.

NOTE Confidence: 0.89999825

00:35:47.020 --> 00:35:49.240 And that one must solve one's own

NOTE Confidence: 0.89999825

00:35:49.240 --> 00:35:50.800 problems either with family or

NOTE Confidence: 0.89999825

00:35:50.862 --> 00:35:52.902 friends or within the context of
NOTE Confidence: 0.89999825

00:35:52.902 --> 00:35:55.121 the church community, and so forth.
NOTE Confidence: 0.89999825

00:35:55.121 --> 00:35:57.503 So seeking help can be seen
NOTE Confidence: 0.89999825

00:35:57.503 --> 00:35:59.710 as a sign of weakness.
NOTE Confidence: 0.89999825

00:35:59.710 --> 00:36:01.550 And there's often mistrust for
NOTE Confidence: 0.89999825

00:36:01.550 --> 00:36:03.867 health care systems as well as
NOTE Confidence: 0.89999825

00:36:03.867 --> 00:36:05.927 providers of mental health services.
NOTE Confidence: 0.89999825

00:36:05.930 --> 00:36:06.618 So consequently,
NOTE Confidence: 0.89999825

00:36:06.618 --> 00:36:09.026 people of color are unlikely at times
NOTE Confidence: 0.89999825

00:36:09.026 --> 00:36:10.811 to seek professional help except
NOTE Confidence: 0.89999825

00:36:10.811 --> 00:36:13.484 for when they can no longer tolerate
NOTE Confidence: 0.89999825

00:36:13.484 --> 00:36:15.660 distress from overwhelming symptoms.
NOTE Confidence: 0.84881014

00:36:17.760 --> 00:36:21.088 We're seeing this now with a large number
NOTE Confidence: 0.84881014

00:36:21.088 --> 00:36:24.703 of people of African Americans not wanting
NOTE Confidence: 0.84881014

00:36:24.703 --> 00:36:27.646 to be vaccinated against COVID-19 and
NOTE Confidence: 0.84881014

00:36:27.646 --> 00:36:29.860 an awful lot of my clients who come to

NOTE Confidence: 0.84881014

00:36:29.928 --> 00:36:32.216 see me wait until the very last minute.

NOTE Confidence: 0.84881014

00:36:32.220 --> 00:36:34.032 At least my African American clients

NOTE Confidence: 0.84881014

00:36:34.032 --> 00:36:35.940 are where they're so overwhelmed.

NOTE Confidence: 0.84881014

00:36:35.940 --> 00:36:38.726 With stress and problems of living that

NOTE Confidence: 0.84881014

00:36:38.726 --> 00:36:41.540 I have to start in, crisis intervention,

NOTE Confidence: 0.84881014

00:36:41.540 --> 00:36:43.140 movie, a crisis management,

NOTE Confidence: 0.84881014

00:36:43.140 --> 00:36:45.828 I can't just you know they're not

NOTE Confidence: 0.84881014

00:36:45.828 --> 00:36:49.171 coming in to self actualize or explore

NOTE Confidence: 0.84881014

00:36:49.171 --> 00:36:52.327 things like some other clients might.

NOTE Confidence: 0.84881014

00:36:52.330 --> 00:36:55.630 In her New York Times bestselling

NOTE Confidence: 0.84881014

00:36:55.630 --> 00:36:58.491 book cast Isabel Wilkerson reminds

NOTE Confidence: 0.84881014

00:36:58.491 --> 00:37:01.899 us that African Americans were indeed

NOTE Confidence: 0.84881014

00:37:01.899 --> 00:37:04.930 used for medical experiments from

NOTE Confidence: 0.84881014

00:37:04.930 --> 00:37:08.005 slavery into the 20th century.

NOTE Confidence: 0.84881014

00:37:08.010 --> 00:37:10.350 So during this time they were

NOTE Confidence: 0.84881014

00:37:10.350 --> 00:37:11.520 injected with plutonium.
NOTE Confidence: 0.85747385

00:37:15.240 --> 00:37:17.300 Diseases like syphilis were
NOTE Confidence: 0.85747385

00:37:17.300 --> 00:37:20.390 allowed were gone were allowed to
NOTE Confidence: 0.85747385

00:37:20.479 --> 00:37:23.317 go untreated for the purpose of
NOTE Confidence: 0.85747385

00:37:23.317 --> 00:37:26.310 observing the effects of the disease.
NOTE Confidence: 0.85747385

00:37:26.310 --> 00:37:30.310 And vaccines were perfected.
NOTE Confidence: 0.85747385

00:37:30.310 --> 00:37:33.398 The vaccine for typhoid.
NOTE Confidence: 0.85747385

00:37:33.400 --> 00:37:36.070 Was developed based on observations.
NOTE Confidence: 0.85747385

00:37:36.070 --> 00:37:40.130 An experiments with black bodies.
NOTE Confidence: 0.85747385

00:37:40.130 --> 00:37:42.845 In addition, gynecological and other
NOTE Confidence: 0.85747385

00:37:42.845 --> 00:37:44.474 exploratory surgical procedures
NOTE Confidence: 0.85747385

00:37:44.474 --> 00:37:46.869 were performed without anesthesia.
NOTE Confidence: 0.85747385

00:37:46.870 --> 00:37:49.648 So given the atrocities and this
NOTE Confidence: 0.85747385

00:37:49.648 --> 00:37:51.500 country's history of systemic
NOTE Confidence: 0.85747385

00:37:51.579 --> 00:37:54.419 oppression and healthcare disparities.
NOTE Confidence: 0.85747385

00:37:54.420 --> 00:37:55.800 The lack of information,

NOTE Confidence: 0.85747385

00:37:55.800 --> 00:37:57.870 an inclusion as well as the

NOTE Confidence: 0.85747385

00:37:57.937 --> 00:37:59.529 impact of racial trauma,

NOTE Confidence: 0.85747385

00:37:59.530 --> 00:38:02.092 is it any wonder that black

NOTE Confidence: 0.85747385

00:38:02.092 --> 00:38:04.730 people often don't seek treatment?

NOTE Confidence: 0.85747385

00:38:04.730 --> 00:38:05.370 Would you?

NOTE Confidence: 0.88380617

00:38:07.870 --> 00:38:10.240 These factors, coupled with the fact

NOTE Confidence: 0.88380617

00:38:10.240 --> 00:38:11.820 that mental health professionals

NOTE Confidence: 0.88380617

00:38:11.884 --> 00:38:13.876 are not trained to deal with

NOTE Confidence: 0.88380617

00:38:13.876 --> 00:38:15.204 historical and racial trauma,

NOTE Confidence: 0.88380617

00:38:15.210 --> 00:38:17.556 suggests that African Americans are left

NOTE Confidence: 0.88380617

00:38:17.556 --> 00:38:20.629 to cope with the effects of untreated.

NOTE Confidence: 0.88380617

00:38:20.630 --> 00:38:25.398 Physical and psychological issues.

NOTE Confidence: 0.88380617

00:38:25.400 --> 00:38:28.532 Now we get to the reason that I'm here

NOTE Confidence: 0.88380617

00:38:28.532 --> 00:38:31.968 today healing from the legacy of historical.

NOTE Confidence: 0.88380617

00:38:31.970 --> 00:38:34.616 First, I really need to point

NOTE Confidence: 0.88380617

00:38:34.616 --> 00:38:36.940 out the UN obvious fact,
NOTE Confidence: 0.88380617

00:38:36.940 --> 00:38:40.060 or maybe not so obvious that people of
NOTE Confidence: 0.88380617

00:38:40.060 --> 00:38:42.484 African ancestry are extremely resilient
NOTE Confidence: 0.88380617

00:38:42.484 --> 00:38:45.104 despite historical trauma and ongoing
NOTE Confidence: 0.88380617

00:38:45.104 --> 00:38:47.719 personal and institutional racism.
NOTE Confidence: 0.88380617

00:38:47.720 --> 00:38:50.849 They are resilient.
NOTE Confidence: 0.88380617

00:38:50.850 --> 00:38:52.774 Therefore, engaging people of
NOTE Confidence: 0.88380617

00:38:52.774 --> 00:38:54.698 color must must absolutely,
NOTE Confidence: 0.88380617

00:38:54.700 --> 00:38:57.994 positively include an orientation to their
NOTE Confidence: 0.88380617

00:38:57.994 --> 00:39:01.290 strength as individuals and as community.
NOTE Confidence: 0.88380617

00:39:01.290 --> 00:39:04.106 Trauma is not the only thing that has
NOTE Confidence: 0.88380617

00:39:04.106 --> 00:39:06.690 been passed down through generations.
NOTE Confidence: 0.88380617

00:39:06.690 --> 00:39:10.044 The tradition of family and Clanship
NOTE Confidence: 0.88380617

00:39:10.044 --> 00:39:13.060 has helped African Americans survive.
NOTE Confidence: 0.88380617

00:39:13.060 --> 00:39:14.764 In today's world,
NOTE Confidence: 0.88380617

00:39:14.764 --> 00:39:18.172 the strengths of extended families and

NOTE Confidence: 0.88380617

00:39:18.172 --> 00:39:20.738 spirituality can constitute cultural

NOTE Confidence: 0.88380617

00:39:20.738 --> 00:39:23.928 resources which have been compensated.

NOTE Confidence: 0.88380617

00:39:23.930 --> 00:39:25.494 Which have often compensated

NOTE Confidence: 0.88380617

00:39:25.494 --> 00:39:27.840 for the lack of other resources.

NOTE Confidence: 0.819850936363636

00:39:30.380 --> 00:39:32.500 Who shot to molinara?

NOTE Confidence: 0.819850936363636

00:39:32.500 --> 00:39:34.620 Emphasizes that when mental

NOTE Confidence: 0.819850936363636

00:39:34.620 --> 00:39:37.190 health providers are unable to

NOTE Confidence: 0.819850936363636

00:39:37.190 --> 00:39:39.560 recognize and validate the clients

NOTE Confidence: 0.819850936363636

00:39:39.560 --> 00:39:42.039 history of social oppression,

NOTE Confidence: 0.819850936363636

00:39:42.040 --> 00:39:45.120 they create a therapeutic

NOTE Confidence: 0.819850936363636

00:39:45.120 --> 00:39:48.200 space that is potentially.

NOTE Confidence: 0.819850936363636

00:39:48.200 --> 00:39:50.219 That potentially can

NOTE Confidence: 0.819850936363636

00:39:50.219 --> 00:39:52.238 reproduce traumatic events.

NOTE Confidence: 0.819850936363636

00:39:52.240 --> 00:39:54.304 Somehow disavowing the oppression

NOTE Confidence: 0.819850936363636

00:39:54.304 --> 00:39:56.368 experienced by the client

NOTE Confidence: 0.819850936363636

00:39:56.368 --> 00:39:58.220 and perpetuating the status,
NOTE Confidence: 0.819850936363636

00:39:58.220 --> 00:40:01.225 the status quo of our
NOTE Confidence: 0.819850936363636

00:40:01.225 --> 00:40:03.028 socio political systems.
NOTE Confidence: 0.819850936363636

00:40:03.030 --> 00:40:04.077 In other words,
NOTE Confidence: 0.819850936363636

00:40:04.077 --> 00:40:06.171 we engage in a reenactment of
NOTE Confidence: 0.819850936363636

00:40:06.171 --> 00:40:08.105 black peoples experiences of
NOTE Confidence: 0.819850936363636

00:40:08.105 --> 00:40:10.630 oppression in our consultation room.
NOTE Confidence: 0.8612524

00:40:12.660 --> 00:40:15.475 Braveheart calls on clinicians to
NOTE Confidence: 0.8612524

00:40:15.475 --> 00:40:17.727 take responsibility in conversations
NOTE Confidence: 0.8612524

00:40:17.727 --> 00:40:20.710 about injustice by recognizing and
NOTE Confidence: 0.8612524

00:40:20.710 --> 00:40:23.050 acknowledging the clients experience
NOTE Confidence: 0.8612524

00:40:23.050 --> 00:40:25.340 of oppression and suffering.
NOTE Confidence: 0.8612524

00:40:25.340 --> 00:40:27.870 Boulanger suggests that we are
NOTE Confidence: 0.8612524

00:40:27.870 --> 00:40:30.400 morally obligated to bear witness
NOTE Confidence: 0.8612524

00:40:30.484 --> 00:40:32.854 to oppressive events that disrupt
NOTE Confidence: 0.8612524

00:40:32.854 --> 00:40:35.880 the client's sense of self and

NOTE Confidence: 0.8612524

00:40:35.880 --> 00:40:38.156 their relationships with others.

NOTE Confidence: 0.8612524

00:40:38.160 --> 00:40:41.331 As clinicians, we must be willing to

NOTE Confidence: 0.8612524

00:40:41.331 --> 00:40:43.905 engage with difference and similarities

NOTE Confidence: 0.8612524

00:40:43.905 --> 00:40:47.313 in privilege and marginalization with our

NOTE Confidence: 0.8612524

00:40:47.313 --> 00:40:50.450 patients across the intersection of race,

NOTE Confidence: 0.8612524

00:40:50.450 --> 00:40:51.986 ethnicity, gender identity,

NOTE Confidence: 0.8612524

00:40:51.986 --> 00:40:54.034 sexual orientation, social class,

NOTE Confidence: 0.8612524

00:40:54.034 --> 00:40:55.570 religion, ability, status,

NOTE Confidence: 0.8612524

00:40:55.570 --> 00:40:57.618 language, an immigration status.

NOTE Confidence: 0.83654827

00:41:00.770 --> 00:41:02.039 Doctor Megan Corredo,

NOTE Confidence: 0.83654827

00:41:02.039 --> 00:41:05.000 who's the founder of the narrative approach,

NOTE Confidence: 0.83654827

00:41:05.000 --> 00:41:07.525 called Stories that stories with

NOTE Confidence: 0.83654827

00:41:07.525 --> 00:41:11.797 spelled with a Z as to your eye easy.

NOTE Confidence: 0.83654827

00:41:11.800 --> 00:41:13.584 She stresses a collaborative

NOTE Confidence: 0.83654827

00:41:13.584 --> 00:41:15.814 approach to working with clients

NOTE Confidence: 0.83654827

00:41:15.814 --> 00:41:18.404 with an emphasis on the ability to
NOTE Confidence: 0.83654827

00:41:18.404 --> 00:41:20.530 work with the clients narrative.
NOTE Confidence: 0.83654827

00:41:20.530 --> 00:41:22.834 The stories approach helps
NOTE Confidence: 0.83654827

00:41:22.834 --> 00:41:25.138 people work through unresolved
NOTE Confidence: 0.83654827

00:41:25.138 --> 00:41:27.510 grief related to oppression,
NOTE Confidence: 0.83654827

00:41:27.510 --> 00:41:30.840 morning and losses and focuses on
NOTE Confidence: 0.83654827

00:41:30.840 --> 00:41:33.060 deconstructing experiences of social
NOTE Confidence: 0.83654827

00:41:33.145 --> 00:41:36.240 oppression related to traumatic stress.
NOTE Confidence: 0.9090121

00:41:42.450 --> 00:41:45.340 Black Rage is another piece
NOTE Confidence: 0.9090121

00:41:45.340 --> 00:41:47.740 that's really important here.
NOTE Confidence: 0.9090121

00:41:47.740 --> 00:41:52.479 It is considered to be a complex
NOTE Confidence: 0.9090121

00:41:52.479 --> 00:41:54.510 multi dimensional response.
NOTE Confidence: 0.9090121

00:41:54.510 --> 00:41:57.635 It's psychological displacement of grief
NOTE Confidence: 0.9090121

00:41:57.635 --> 00:42:01.480 and pain that masks emotional wounds.
NOTE Confidence: 0.9090121

00:42:01.480 --> 00:42:04.180 Doctor Kenneth Hardy discusses ways in
NOTE Confidence: 0.9090121

00:42:04.180 --> 00:42:07.917 which we can help clients deal heal from.

NOTE Confidence: 0.9090121

00:42:07.920 --> 00:42:11.130 The hidden wounds of racial trauma.

NOTE Confidence: 0.9090121

00:42:11.130 --> 00:42:14.602 Like others, he supports a narrative approach

NOTE Confidence: 0.9090121

00:42:14.602 --> 00:42:17.690 and recommends 8 interrelated steps.

NOTE Confidence: 0.890206

00:42:21.170 --> 00:42:23.618 And I'm going to go through each one of

NOTE Confidence: 0.890206

00:42:23.618 --> 00:42:25.320 these affirmation, an acknowledgement.

NOTE Confidence: 0.88390315

00:42:28.600 --> 00:42:31.352 By this he means a helper must convey

NOTE Confidence: 0.88390315

00:42:31.352 --> 00:42:34.240 a general understanding and acceptance.

NOTE Confidence: 0.88390315

00:42:34.240 --> 00:42:37.642 That race is indeed a critical

NOTE Confidence: 0.88390315

00:42:37.642 --> 00:42:40.800 organizing principle in our society.

NOTE Confidence: 0.88390315

00:42:40.800 --> 00:42:42.210 Matter what color you are,

NOTE Confidence: 0.88390315

00:42:42.210 --> 00:42:44.842 that is what is going on in

NOTE Confidence: 0.88390315

00:42:44.842 --> 00:42:46.979 the United States of America.

NOTE Confidence: 0.88390315

00:42:46.980 --> 00:42:49.020 And that creating a space

NOTE Confidence: 0.88390315

00:42:49.020 --> 00:42:50.652 for race is necessary.

NOTE Confidence: 0.88390315

00:42:50.660 --> 00:42:53.588 We must convey a sense of

NOTE Confidence: 0.88390315

00:42:53.588 --> 00:42:55.052 openness and curiosity.
NOTE Confidence: 0.88390315

00:42:55.060 --> 00:42:57.346 And take a proactive role in
NOTE Confidence: 0.88390315

00:42:57.346 --> 00:42:58.870 encouraging conversations about race.
NOTE Confidence: 0.88390315

00:42:58.870 --> 00:43:01.108 So that means that those of
NOTE Confidence: 0.88390315

00:43:01.108 --> 00:43:03.060 us who are clinicians must,
NOTE Confidence: 0.88390315

00:43:03.060 --> 00:43:06.108 because we hold the power in the room.
NOTE Confidence: 0.88390315

00:43:06.110 --> 00:43:08.534 We need to initiate these conversations
NOTE Confidence: 0.88390315

00:43:08.534 --> 00:43:11.268 and not just wait for the client
NOTE Confidence: 0.88390315

00:43:11.268 --> 00:43:13.350 or patients to bring them up.
NOTE Confidence: 0.9035786

00:43:15.520 --> 00:43:17.854 We must engage in racial storytelling
NOTE Confidence: 0.9035786

00:43:17.854 --> 00:43:20.390 by inviting clients to share their
NOTE Confidence: 0.9035786

00:43:20.390 --> 00:43:22.206 stories of racial experiences.
NOTE Confidence: 0.9035786

00:43:22.210 --> 00:43:24.802 This helps them develop their voice
NOTE Confidence: 0.9035786

00:43:24.802 --> 00:43:27.220 and critical thinking about the self.
NOTE Confidence: 0.83898044

00:43:30.280 --> 00:43:33.591 Validation is seen as a tool for
NOTE Confidence: 0.83898044

00:43:33.591 --> 00:43:35.010 counteracting the devaluation.

NOTE Confidence: 0.83898044

00:43:35.010 --> 00:43:38.180 An assaulted sense of self.

NOTE Confidence: 0.83898044

00:43:38.180 --> 00:43:40.524 Validation confirms the racialized

NOTE Confidence: 0.83898044

00:43:40.524 --> 00:43:43.454 experiences of people of color

NOTE Confidence: 0.83898044

00:43:43.454 --> 00:43:45.920 and validates resilience.

NOTE Confidence: 0.64797026

00:43:49.570 --> 00:43:53.876 Naming. One of the most debilitating

NOTE Confidence: 0.64797026

00:43:53.876 --> 00:43:55.846 aspects of racial oppression is

NOTE Confidence: 0.64797026

00:43:55.846 --> 00:43:58.046 that it is a nameless condition.

NOTE Confidence: 0.64797026

00:43:58.050 --> 00:44:02.236 It's difficult to describe and to quantify.

NOTE Confidence: 0.64797026

00:44:02.240 --> 00:44:05.165 A life of ongoing microaggressions

NOTE Confidence: 0.64797026

00:44:05.165 --> 00:44:07.505 leads to self doubt.

NOTE Confidence: 0.64797026

00:44:07.510 --> 00:44:08.944 And self denigration.

NOTE Confidence: 0.64797026

00:44:08.944 --> 00:44:13.052 This step is a process to connect words

NOTE Confidence: 0.64797026

00:44:13.052 --> 00:44:16.387 with reality based traumatic experience.

NOTE Confidence: 0.64797026

00:44:16.390 --> 00:44:18.580 Naming allows us to make the

NOTE Confidence: 0.64797026

00:44:18.580 --> 00:44:20.680 hidden wounds of racism visible.

NOTE Confidence: 0.84451694

00:44:23.180 --> 00:44:27.595 Externalising devaluation this helps heal
NOTE Confidence: 0.84451694

00:44:27.595 --> 00:44:32.010 the wounds of internalized evaluation.
NOTE Confidence: 0.84451694

00:44:32.010 --> 00:44:34.390 Clients learn to recognize that
NOTE Confidence: 0.84451694

00:44:34.390 --> 00:44:36.294 devaluation and disrespect are
NOTE Confidence: 0.84451694

00:44:36.294 --> 00:44:38.817 connected to race and racial oppression.
NOTE Confidence: 0.8448039

00:44:42.840 --> 00:44:46.270 Counteract evaluation.
NOTE Confidence: 0.8448039

00:44:46.270 --> 00:44:47.851 After Externalising d'evaluation,
NOTE Confidence: 0.8448039

00:44:47.851 --> 00:44:51.013 this step endeavors to provide the
NOTE Confidence: 0.8448039

00:44:51.013 --> 00:44:53.507 client with an array of resources.
NOTE Confidence: 0.8448039

00:44:53.510 --> 00:44:54.600 Emotional, psychological,
NOTE Confidence: 0.8448039

00:44:54.600 --> 00:44:57.870 and behavioral to help them build
NOTE Confidence: 0.8448039

00:44:57.870 --> 00:45:00.757 strengths and healthy ways of coping.
NOTE Confidence: 0.8448039

00:45:00.760 --> 00:45:04.220 Ana buffer against future assault.
NOTE Confidence: 0.8448039

00:45:04.220 --> 00:45:08.690 And finally re channeling rage.
NOTE Confidence: 0.8448039

00:45:08.690 --> 00:45:11.362 The pain of rage is seen as normal
NOTE Confidence: 0.8448039

00:45:11.362 --> 00:45:14.296 and a predictable response to

NOTE Confidence: 0.8448039

00:45:14.296 --> 00:45:17.204 perpetual experiences of degradation,

NOTE Confidence: 0.8448039

00:45:17.210 --> 00:45:18.722 devaluation and domination.

NOTE Confidence: 0.8448039

00:45:18.722 --> 00:45:21.746 It is a combination of emotions

NOTE Confidence: 0.8448039

00:45:21.746 --> 00:45:23.728 which have been blocked.

NOTE Confidence: 0.8448039

00:45:23.730 --> 00:45:25.342 There's a strong relationship

NOTE Confidence: 0.8448039

00:45:25.342 --> 00:45:26.148 between Voicelessness,

NOTE Confidence: 0.8448039

00:45:26.150 --> 00:45:28.898 an rage which needs to be

NOTE Confidence: 0.8448039

00:45:28.898 --> 00:45:31.305 properly channeled so that it

NOTE Confidence: 0.8448039

00:45:31.305 --> 00:45:33.725 does not become all consuming.

NOTE Confidence: 0.8448039

00:45:33.730 --> 00:45:35.716 The goal of treatment is not

NOTE Confidence: 0.8448039

00:45:35.716 --> 00:45:37.929 to rid people of their rage.

NOTE Confidence: 0.8448039

00:45:37.930 --> 00:45:40.972 But rather to help them be aware of it.

NOTE Confidence: 0.8448039

00:45:40.980 --> 00:45:43.670 Express it gain control over

NOTE Confidence: 0.8448039

00:45:43.670 --> 00:45:46.360 it and ultimately redirect or

NOTE Confidence: 0.8448039

00:45:46.456 --> 00:45:49.236 channel it in productive ways.

NOTE Confidence: 0.8448039

00:45:49.240 --> 00:45:51.120 These represent some of the
NOTE Confidence: 0.8448039

00:45:51.120 --> 00:45:53.000 positive ways which we can
NOTE Confidence: 0.8448039

00:45:53.076 --> 00:45:55.516 support our patients process of
NOTE Confidence: 0.8448039

00:45:55.516 --> 00:45:57.468 working through racial traumas.
NOTE Confidence: 0.8448039

00:45:57.470 --> 00:45:58.510 For clinicians,
NOTE Confidence: 0.8448039

00:45:58.510 --> 00:46:01.630 it's imperative to develop a support
NOTE Confidence: 0.8448039

00:46:01.630 --> 00:46:04.992 network for the work we do and
NOTE Confidence: 0.8448039

00:46:04.992 --> 00:46:07.227 identify ongoing self care practices
NOTE Confidence: 0.8448039

00:46:07.312 --> 00:46:09.667 to help sustain the emotional
NOTE Confidence: 0.8448039

00:46:09.667 --> 00:46:12.022 toll of working with trauma.
NOTE Confidence: 0.8448039

00:46:12.030 --> 00:46:14.718 This is especially true for clinicians
NOTE Confidence: 0.8448039

00:46:14.718 --> 00:46:17.270 who themselves have marginalized identities.
NOTE Confidence: 0.8448039

00:46:17.270 --> 00:46:19.944 We need to be fully present in
NOTE Confidence: 0.8448039

00:46:19.944 --> 00:46:22.658 order to help our clients deal.
NOTE Confidence: 0.8448039

00:46:22.660 --> 00:46:25.656 In order to help our clients heal
NOTE Confidence: 0.8448039

00:46:25.656 --> 00:46:28.660 in multiple ways at multiple levels.

NOTE Confidence: 0.8448039

00:46:28.660 --> 00:46:30.856 This work necessitates that

NOTE Confidence: 0.8448039

00:46:30.856 --> 00:46:33.052 practitioners and their patients

NOTE Confidence: 0.8448039

00:46:33.052 --> 00:46:35.830 begin by telling their story.

NOTE Confidence: 0.8448039

00:46:35.830 --> 00:46:39.295 We must return and claim our past

NOTE Confidence: 0.8448039

00:46:39.295 --> 00:46:43.317 in order to move forward and heal.

NOTE Confidence: 0.8448039

00:46:43.320 --> 00:46:47.406 This is the message of Sankofa.

NOTE Confidence: 0.8448039

00:46:47.410 --> 00:46:50.516 Which in that we language of Ghana means.

NOTE Confidence: 0.8448039

00:46:50.520 --> 00:46:53.640 Go back and seek.

NOTE Confidence: 0.8448039

00:46:53.640 --> 00:46:56.460 I'll go back and take it.

NOTE Confidence: 0.8448039

00:46:56.460 --> 00:46:57.351 And with that,

NOTE Confidence: 0.8448039

00:46:57.351 --> 00:46:59.430 I thank you for listening to this

NOTE Confidence: 0.8448039

00:46:59.499 --> 00:47:01.383 presentation today and putting

NOTE Confidence: 0.8448039

00:47:01.383 --> 00:47:03.738 up with the numerous technology

NOTE Confidence: 0.8448039

00:47:03.738 --> 00:47:05.390 technological difficulties iPad.

NOTE Confidence: 0.87384963

00:47:11.030 --> 00:47:11.828 Thank you very

NOTE Confidence: 0.87384963

00:47:11.830 --> 00:47:13.480 much, Donna. Would you be willing
NOTE Confidence: 0.87384963

00:47:13.480 --> 00:47:15.320 to have questions for me? I most
NOTE Confidence: 0.87384963

00:47:15.320 --> 00:47:16.585 certainly am. I was watching
NOTE Confidence: 0.87384963

00:47:16.585 --> 00:47:18.465 the time to at least allow for
NOTE Confidence: 0.87384963

00:47:18.465 --> 00:47:19.865 a few minutes for questions.
NOTE Confidence: 0.87384963

00:47:19.870 --> 00:47:22.690 I think we've got about 10 minutes. So
NOTE Confidence: 0.85660696

00:47:22.690 --> 00:47:25.488 as as we always do, please if you want
NOTE Confidence: 0.85660696

00:47:25.488 --> 00:47:27.730 to put your questions in the chat,
NOTE Confidence: 0.85660696

00:47:27.730 --> 00:47:29.928 I can moderate the chat or just
NOTE Confidence: 0.85660696

00:47:29.930 --> 00:47:31.510 shout them out either way.
NOTE Confidence: 0.79954076

00:47:43.220 --> 00:47:44.720 Hear someone starting to speak.
NOTE Confidence: 0.7572138

00:47:46.380 --> 00:47:47.650 They might be muted.
NOTE Confidence: 0.7572138

00:47:47.650 --> 00:47:50.854 OK up I have a hand here in a
NOTE Confidence: 0.7572138

00:47:50.854 --> 00:47:52.740 person who's move Andreas? Hi
NOTE Confidence: 0.845669

00:47:52.740 --> 00:47:53.889 Donna, thank you
NOTE Confidence: 0.845669

00:47:53.890 --> 00:47:56.970 so much and I'm sorry that I joined

NOTE Confidence: 0.845669

00:47:56.970 --> 00:47:59.668 a little bit late, but I'm so

NOTE Confidence: 0.845669

00:47:59.670 --> 00:48:00.819 glad that you're

NOTE Confidence: 0.845669

00:48:00.820 --> 00:48:02.750 reminding us about independent and

NOTE Confidence: 0.845669

00:48:02.750 --> 00:48:04.860 so costly thanks. Of

NOTE Confidence: 0.8616144

00:48:04.860 --> 00:48:05.944 racism is an independent

NOTE Confidence: 0.8616144

00:48:05.944 --> 00:48:07.030 traumas and ongoing trauma,

NOTE Confidence: 0.8616144

00:48:07.030 --> 00:48:08.924 and I think that we need to

NOTE Confidence: 0.8616144

00:48:08.924 --> 00:48:10.820 think about it and we need to

NOTE Confidence: 0.8616144

00:48:10.820 --> 00:48:12.991 talk about it and in that way I

NOTE Confidence: 0.8616144

00:48:12.991 --> 00:48:14.617 think that we often elide those

NOTE Confidence: 0.8616144

00:48:14.617 --> 00:48:15.970 conversations and I think you

NOTE Confidence: 0.8616144

00:48:15.970 --> 00:48:19.498 made a very compelling case for

NOTE Confidence: 0.8616144

00:48:17.600 --> 00:48:19.500 that, so I really thank you. Thank

NOTE Confidence: 0.8616144

00:48:19.500 --> 00:48:20.850 you for a wonderful talk.

NOTE Confidence: 0.862501071428571

00:48:22.080 --> 00:48:24.957 You're welcome. Thank you, I also see

NOTE Confidence: 0.8592915

00:48:24.960 --> 00:48:26.144 there's a question from
NOTE Confidence: 0.8592915

00:48:26.144 --> 00:48:27.624 Deborah Stevens in the chat.
NOTE Confidence: 0.8592915

00:48:27.630 --> 00:48:29.105 Does healing from racial from
NOTE Confidence: 0.8592915

00:48:29.105 --> 00:48:30.928 a help decrease the amount that
NOTE Confidence: 0.8592915

00:48:30.928 --> 00:48:32.378 is passed down to offspring?
NOTE Confidence: 0.8592915

00:48:32.380 --> 00:48:33.816 That's a wonderful question.
NOTE Confidence: 0.8592915

00:48:33.816 --> 00:48:36.580 I wish I knew the answer to that.
NOTE Confidence: 0.8592915

00:48:36.580 --> 00:48:38.477 I would suspect that if one is
NOTE Confidence: 0.8592915

00:48:38.477 --> 00:48:40.578 able as as with domestic violence
NOTE Confidence: 0.8592915

00:48:40.578 --> 00:48:42.603 and other forms of trauma,
NOTE Confidence: 0.8592915

00:48:42.610 --> 00:48:44.871 that we know that if we are
NOTE Confidence: 0.8592915

00:48:44.871 --> 00:48:46.630 able to interrupt the cycle,
NOTE Confidence: 0.8592915

00:48:46.630 --> 00:48:48.681 the cycle of trauma or the cycle
NOTE Confidence: 0.8592915

00:48:48.681 --> 00:48:50.357 of violence that that certainly
NOTE Confidence: 0.8592915

00:48:50.357 --> 00:48:52.182 does help with offspring because
NOTE Confidence: 0.8592915

00:48:52.182 --> 00:48:54.342 it's going to impact the way

NOTE Confidence: 0.8592915

00:48:54.342 --> 00:48:55.987 you raise your children, right?

NOTE Confidence: 0.8592915

00:48:55.987 --> 00:48:57.829 It's going to impact that that

NOTE Confidence: 0.8592915

00:48:57.829 --> 00:48:59.899 level of hyper vigilance and also

NOTE Confidence: 0.8592915

00:48:59.899 --> 00:49:01.709 what you what you communicate.

NOTE Confidence: 0.8592915

00:49:01.710 --> 00:49:03.380 I don't know, for instance,

NOTE Confidence: 0.8592915

00:49:03.380 --> 00:49:06.790 how long it takes to.

NOTE Confidence: 0.8592915

00:49:06.790 --> 00:49:10.212 To diminish the impact in one's DNA, that is.

NOTE Confidence: 0.8592915

00:49:10.212 --> 00:49:12.217 That's a really interesting question

NOTE Confidence: 0.8592915

00:49:12.217 --> 00:49:15.016 that I think we need to study more.

NOTE Confidence: 0.8111453

00:49:17.810 --> 00:49:19.846 Then there's another question in the chat.

NOTE Confidence: 0.8111453

00:49:19.850 --> 00:49:21.880 Can you see it or do you

NOTE Confidence: 0.8111453

00:49:21.880 --> 00:49:23.626 want me to read it out?

NOTE Confidence: 0.8111453

00:49:23.630 --> 00:49:25.780 I can see it for those of us who are

NOTE Confidence: 0.8111453

00:49:25.845 --> 00:49:28.000 not clinician basic researcher here.

NOTE Confidence: 0.8111453

00:49:28.000 --> 00:49:29.897 How can we best support our clinician

NOTE Confidence: 0.8111453

00:49:29.897 --> 00:49:33.200 colleagues in this important work, huh?

NOTE Confidence: 0.8111453

00:49:33.200 --> 00:49:34.860 Maybe by answering the question

NOTE Confidence: 0.8111453

00:49:34.860 --> 00:49:36.854 that was just asked, but no,

NOTE Confidence: 0.8111453

00:49:36.854 --> 00:49:39.510 I think really doing research in this area.

NOTE Confidence: 0.8111453

00:49:39.510 --> 00:49:41.170 You know really considering trauma,

NOTE Confidence: 0.8111453

00:49:41.170 --> 00:49:42.970 the effects of trauma an and

NOTE Confidence: 0.8111453

00:49:42.970 --> 00:49:44.170 doing more research around

NOTE Confidence: 0.8111453

00:49:44.234 --> 00:49:45.818 racial and historical trauma.

NOTE Confidence: 0.8111453

00:49:45.820 --> 00:49:47.614 We've done some research on it

NOTE Confidence: 0.8111453

00:49:47.614 --> 00:49:49.629 as it pertains to survivors of

NOTE Confidence: 0.8111453

00:49:49.629 --> 00:49:51.125 Holocaust and so forth,

NOTE Confidence: 0.8111453

00:49:51.130 --> 00:49:53.122 and I just think that that

NOTE Confidence: 0.8111453

00:49:53.122 --> 00:49:54.450 work needs to continue.

NOTE Confidence: 0.54065245

00:49:57.500 --> 00:49:58.210 Jose

NOTE Confidence: 0.8683156

00:50:00.070 --> 00:50:01.630 hello, thank you first of

NOTE Confidence: 0.8683156

00:50:01.630 --> 00:50:03.200 all for a wonderful talk.

NOTE Confidence: 0.8683156

00:50:03.200 --> 00:50:05.635 I had a question specifically to the

NOTE Confidence: 0.8683156

00:50:05.635 --> 00:50:08.254 comment or the the point you made to

NOTE Confidence: 0.8683156

00:50:08.254 --> 00:50:11.013 let us know that it was up to us to

NOTE Confidence: 0.8683156

00:50:11.013 --> 00:50:13.218 bring up race in a therapeutic setting.

NOTE Confidence: 0.8683156

00:50:13.220 --> 00:50:16.070 I couldn't agree with you more.

NOTE Confidence: 0.8683156

00:50:16.070 --> 00:50:18.130 But from the from my viewpoint,

NOTE Confidence: 0.8683156

00:50:18.130 --> 00:50:20.510 my question is particularly about what age

NOTE Confidence: 0.8683156

00:50:20.510 --> 00:50:22.604 when it comes to children, adolescents,

NOTE Confidence: 0.8683156

00:50:22.604 --> 00:50:24.668 we start asking them 'cause we,

NOTE Confidence: 0.8683156

00:50:24.670 --> 00:50:26.734 you know I'm a child and

NOTE Confidence: 0.8683156

00:50:26.734 --> 00:50:27.766 adolescent psychiatry trainee,

NOTE Confidence: 0.8683156

00:50:27.770 --> 00:50:29.142 so that's that's specifically

NOTE Confidence: 0.8683156

00:50:29.142 --> 00:50:30.857 the question that I have.

NOTE Confidence: 0.8683156

00:50:30.860 --> 00:50:32.924 Is what age would you say

NOTE Confidence: 0.8683156

00:50:32.924 --> 00:50:34.988 is too young or too old?

NOTE Confidence: 0.8683156

00:50:34.990 --> 00:50:37.055 Or you know what's the best
NOTE Confidence: 0.8683156

00:50:37.055 --> 00:50:38.774 way to lay that groundwork?
NOTE Confidence: 0.8683156

00:50:38.774 --> 00:50:40.840 Or in that foundation for that.
NOTE Confidence: 0.8683156

00:50:40.840 --> 00:50:43.584 So you may not know the answer to
NOTE Confidence: 0.87318146

00:50:43.590 --> 00:50:46.686 this, but I'm putting this out to the room.
NOTE Confidence: 0.87318146

00:50:46.690 --> 00:50:48.790 At what age do you believe
NOTE Confidence: 0.87318146

00:50:48.790 --> 00:50:50.190 children begin to notice?
NOTE Confidence: 0.87318146

00:50:50.190 --> 00:50:51.856 Racial differences if put in the room
NOTE Confidence: 0.87318146

00:50:51.856 --> 00:50:53.628 with someone who is different from them.
NOTE Confidence: 0.87318146

00:50:53.630 --> 00:50:56.320 What age is that? Anyone?
NOTE Confidence: 0.9248806

00:50:59.000 --> 00:51:00.836 I'm going to say in the first year of life.
NOTE Confidence: 0.8520235

00:51:02.620 --> 00:51:04.605 Someone says under under first preschool
NOTE Confidence: 0.8520235

00:51:04.605 --> 00:51:06.260 Yeah's youngest for before four,
NOTE Confidence: 0.8520235

00:51:06.260 --> 00:51:08.908 I would say definitely by three to a
NOTE Confidence: 0.8520235

00:51:08.908 --> 00:51:10.894 certain extent, it's going to depend
NOTE Confidence: 0.8520235

00:51:10.894 --> 00:51:12.828 on what they're exposed to, right?

NOTE Confidence: 0.8520235

00:51:12.828 --> 00:51:15.052 If they are in an environment where there

NOTE Confidence: 0.8520235

00:51:15.052 --> 00:51:17.520 is difference in their racial differences,

NOTE Confidence: 0.8520235

00:51:17.520 --> 00:51:19.500 they are going to notice them.

NOTE Confidence: 0.8520235

00:51:19.500 --> 00:51:21.080 The wonderful thing about children

NOTE Confidence: 0.8520235

00:51:21.080 --> 00:51:23.071 is that they don't trip all

NOTE Confidence: 0.8520235

00:51:23.071 --> 00:51:24.467 over themselves like adults.

NOTE Confidence: 0.8520235

00:51:24.470 --> 00:51:26.420 Do you know they haven't internalised

NOTE Confidence: 0.8520235

00:51:26.420 --> 00:51:28.436 all the nonsense that we have

NOTE Confidence: 0.8520235

00:51:28.436 --> 00:51:30.086 internalised with regards to race?

NOTE Confidence: 0.8520235

00:51:30.090 --> 00:51:32.250 An impression, so they're very direct.

NOTE Confidence: 0.8520235

00:51:32.250 --> 00:51:33.374 They're very love kids.

NOTE Confidence: 0.8520235

00:51:33.374 --> 00:51:35.060 They're very straightforward. Who are you?

NOTE Confidence: 0.8520235

00:51:35.060 --> 00:51:36.743 What are you? They wanna know?

NOTE Confidence: 0.8520235

00:51:36.743 --> 00:51:38.429 Why are you different than me?

NOTE Confidence: 0.8520235

00:51:38.430 --> 00:51:39.840 Are you different from me?

NOTE Confidence: 0.8520235

00:51:39.840 --> 00:51:40.815 So that's perfect.
NOTE Confidence: 0.8520235

00:51:40.815 --> 00:51:42.765 It's such a perfect opportunity to
NOTE Confidence: 0.8520235

00:51:42.765 --> 00:51:44.570 introduce that to kids and you don't
NOTE Confidence: 0.8520235

00:51:44.570 --> 00:51:46.299 really have to push them very far.
NOTE Confidence: 0.8520235

00:51:46.300 --> 00:51:47.424 With adults they'll have.
NOTE Confidence: 0.8520235

00:51:47.424 --> 00:51:48.830 And you know those, oh,
NOTE Confidence: 0.8520235

00:51:48.830 --> 00:51:49.950 I don't notice color.
NOTE Confidence: 0.8520235

00:51:49.950 --> 00:51:51.966 You know they'll go through all that
NOTE Confidence: 0.8520235

00:51:51.966 --> 00:51:54.241 children will be right there with you and
NOTE Confidence: 0.8520235

00:51:54.241 --> 00:51:56.418 they'll jump right in and they will say,
NOTE Confidence: 0.8520235

00:51:56.420 --> 00:51:58.380 yeah, yeah you are different than me.
NOTE Confidence: 0.8520235

00:51:58.380 --> 00:52:00.066 You know, let's talk about that.
NOTE Confidence: 0.8520235

00:52:00.070 --> 00:52:03.040 Or let's not let's play instead.
NOTE Confidence: 0.8520235

00:52:03.040 --> 00:52:03.640 So.
NOTE Confidence: 0.9134232

00:52:05.730 --> 00:52:08.008 As early as possible is the answer to
NOTE Confidence: 0.9134232

00:52:08.010 --> 00:52:09.720 that question. Thank you, thank you.

NOTE Confidence: 0.80980164

00:52:12.540 --> 00:52:14.348 Let's see question from Amanda

NOTE Confidence: 0.80980164

00:52:14.348 --> 00:52:18.190 Calhoun. Can you see that one? I

NOTE Confidence: 0.8730627

00:52:18.190 --> 00:52:21.439 can if I bring it up here we go.

NOTE Confidence: 0.8730627

00:52:21.440 --> 00:52:23.736 How can I, as an African American

NOTE Confidence: 0.8730627

00:52:23.736 --> 00:52:25.410 or black psychiatry residents,

NOTE Confidence: 0.8730627

00:52:25.410 --> 00:52:26.854 get training and navigating

NOTE Confidence: 0.8730627

00:52:26.854 --> 00:52:28.659 racial trauma from my patients?

NOTE Confidence: 0.8730627

00:52:28.660 --> 00:52:30.520 Racial trauma is largely unmentioned

NOTE Confidence: 0.8730627

00:52:30.520 --> 00:52:32.770 in our medical education and I

NOTE Confidence: 0.8730627

00:52:32.770 --> 00:52:34.435 would love training and guidance.

NOTE Confidence: 0.8730627

00:52:34.440 --> 00:52:37.218 Yes, yes yes. Well you're here.

NOTE Confidence: 0.8730627

00:52:37.220 --> 00:52:39.676 So that's the first step you came today.

NOTE Confidence: 0.8730627

00:52:39.680 --> 00:52:41.800 And the other thing is we have to

NOTE Confidence: 0.8730627

00:52:41.800 --> 00:52:43.690 reach out to other disciplines.

NOTE Confidence: 0.8730627

00:52:43.690 --> 00:52:46.426 I think I mentioned earlier that.

NOTE Confidence: 0.8730627

00:52:46.430 --> 00:52:49.616 I wasn't trained in this in school, you know?

NOTE Confidence: 0.8730627

00:52:49.616 --> 00:52:52.040 So I did anti racism training and cross

NOTE Confidence: 0.8730627

00:52:52.109 --> 00:52:55.014 cultural dialogue in training in order to

NOTE Confidence: 0.8730627

00:52:55.014 --> 00:52:57.499 actually process whatever I had internalized.

NOTE Confidence: 0.8730627

00:52:57.500 --> 00:52:59.964 As a black person and then begin

NOTE Confidence: 0.8730627

00:52:59.964 --> 00:53:02.300 to use that in my practice,

NOTE Confidence: 0.8730627

00:53:02.300 --> 00:53:04.145 my whole track practice transformed

NOTE Confidence: 0.8730627

00:53:04.145 --> 00:53:05.990 about 10 years ago because,

NOTE Confidence: 0.8730627

00:53:05.990 --> 00:53:08.198 you know of my own awareness,

NOTE Confidence: 0.8730627

00:53:08.200 --> 00:53:09.064 an willingness,

NOTE Confidence: 0.8730627

00:53:09.064 --> 00:53:11.224 willingness to delve into these

NOTE Confidence: 0.8730627

00:53:11.224 --> 00:53:13.285 topics because just because you're

NOTE Confidence: 0.8730627

00:53:13.285 --> 00:53:15.373 a person of color doesn't mean

NOTE Confidence: 0.8730627

00:53:15.373 --> 00:53:17.429 that you just jump in and go.

NOTE Confidence: 0.8730627

00:53:17.430 --> 00:53:20.250 And you're you know.

NOTE Confidence: 0.8730627

00:53:20.250 --> 00:53:23.450 Do you speak to these things with ease

NOTE Confidence: 0.8730627

00:53:23.450 --> 00:53:25.910 so someone's putting in the chat?

NOTE Confidence: 0.8730627

00:53:25.910 --> 00:53:27.760 Thoughts about the Kellogg Foundation.

NOTE Confidence: 0.8730627

00:53:27.760 --> 00:53:30.350 Yet there are a lot of really,

NOTE Confidence: 0.8730627

00:53:30.350 --> 00:53:32.225 really good resources out there

NOTE Confidence: 0.8730627

00:53:32.225 --> 00:53:35.051 now and and what I will say that

NOTE Confidence: 0.8730627

00:53:35.051 --> 00:53:38.029 brings me a lot of joy is that all

NOTE Confidence: 0.8730627

00:53:38.029 --> 00:53:39.737 of my professional organizations

NOTE Confidence: 0.8730627

00:53:39.737 --> 00:53:42.674 and I belong to so many of them.

NOTE Confidence: 0.8730627

00:53:42.674 --> 00:53:44.204 But whether it's the the

NOTE Confidence: 0.8730627

00:53:44.204 --> 00:53:45.890 group psychotherapy folks,

NOTE Confidence: 0.8730627

00:53:45.890 --> 00:53:48.135 the cycle analytic folks that

NOTE Confidence: 0.8730627

00:53:48.135 --> 00:53:50.380 Division 39 at the Appa?

NOTE Confidence: 0.8730627

00:53:50.380 --> 00:53:52.810 My own institute and so forth.

NOTE Confidence: 0.8730627

00:53:52.810 --> 00:53:55.204 They are all trying very hard

NOTE Confidence: 0.8730627

00:53:55.204 --> 00:53:58.078 to delve into the topic of race,

NOTE Confidence: 0.8730627

00:53:58.080 --> 00:53:59.700 racism and systemic oppression.

NOTE Confidence: 0.8730627

00:53:59.700 --> 00:54:01.320 Right now they're struggling.

NOTE Confidence: 0.8730627

00:54:01.320 --> 00:54:04.956 I will say that they are struggling a lot,

NOTE Confidence: 0.8730627

00:54:04.960 --> 00:54:06.990 but they're having the conversation.

NOTE Confidence: 0.8730627

00:54:06.990 --> 00:54:09.699 So these are good places to join

NOTE Confidence: 0.8730627

00:54:09.699 --> 00:54:12.198 my colleagues in terms of trying

NOTE Confidence: 0.8730627

00:54:12.198 --> 00:54:14.280 to explore this work, Terra.

NOTE Confidence: 0.8507407

00:54:16.480 --> 00:54:19.010 Thank you Donna, and thank you for

NOTE Confidence: 0.8507407

00:54:19.010 --> 00:54:20.820 your talk. I really enjoyed

NOTE Confidence: 0.8507407

00:54:20.820 --> 00:54:22.268 listening to what you

NOTE Confidence: 0.8507407

00:54:22.270 --> 00:54:25.170 had to say and you spoke about sort

NOTE Confidence: 0.8507407

00:54:25.170 --> 00:54:27.338 of implications for treatment and I

NOTE Confidence: 0.8507407

00:54:27.338 --> 00:54:29.872 wondered if you had thoughts and ideas

NOTE Confidence: 0.8507407

00:54:29.872 --> 00:54:32.088 about sort of structural changes and

NOTE Confidence: 0.8507407

00:54:32.088 --> 00:54:34.392 differences to settings that my ANAN

NOTE Confidence: 0.8507407

00:54:34.392 --> 00:54:36.697 policies and practices that would make

NOTE Confidence: 0.8507407

00:54:36.697 --> 00:54:39.187 even engaging in treatment or or just

NOTE Confidence: 0.8507407

00:54:39.187 --> 00:54:42.278 make a sort of more aware and welcoming.

NOTE Confidence: 0.8507407

00:54:42.278 --> 00:54:45.240 Consider it from the beginning. Yes

NOTE Confidence: 0.9230957

00:54:45.240 --> 00:54:49.818 yes yes no. I have many thoughts about that.

NOTE Confidence: 0.9230957

00:54:49.820 --> 00:54:51.913 I think we really need to look

NOTE Confidence: 0.9230957

00:54:51.913 --> 00:54:54.510 at our space is first of all the

NOTE Confidence: 0.9230957

00:54:54.510 --> 00:54:56.949 spaces that we do treatment in and

NOTE Confidence: 0.9230957

00:54:56.949 --> 00:54:59.139 re examine some of the limitations.

NOTE Confidence: 0.9230957

00:54:59.140 --> 00:55:01.387 The boundaries that we place on treatment

NOTE Confidence: 0.9230957

00:55:01.387 --> 00:55:04.136 because it may not be conducive for everyone.

NOTE Confidence: 0.9230957

00:55:04.140 --> 00:55:06.244 So for instance, there is a lot of

NOTE Confidence: 0.9230957

00:55:06.244 --> 00:55:08.870 work that's been done with children and

NOTE Confidence: 0.9230957

00:55:08.870 --> 00:55:10.498 adolescents around being organizations

NOTE Confidence: 0.9230957

00:55:10.498 --> 00:55:12.795 such as outward bound and just doing,

NOTE Confidence: 0.9230957

00:55:12.800 --> 00:55:15.124 you know, either equine therapy or therapy.

NOTE Confidence: 0.9230957

00:55:15.130 --> 00:55:17.786 And in the woods and things like that.

NOTE Confidence: 0.9230957

00:55:17.790 --> 00:55:19.530 And the reason for that.

NOTE Confidence: 0.9230957

00:55:19.530 --> 00:55:21.140 Is because people have found

NOTE Confidence: 0.9230957

00:55:21.140 --> 00:55:22.750 it to be more effective.

NOTE Confidence: 0.9230957

00:55:22.750 --> 00:55:25.326 Kids talk not so much in an office.

NOTE Confidence: 0.9230957

00:55:25.326 --> 00:55:27.584 I know my kids when they were

NOTE Confidence: 0.9230957

00:55:27.584 --> 00:55:29.208 adolescents that was, you know,

NOTE Confidence: 0.9230957

00:55:29.208 --> 00:55:31.511 having the conversation with them in the

NOTE Confidence: 0.9230957

00:55:31.511 --> 00:55:33.700 living room was never going to happen.

NOTE Confidence: 0.9230957

00:55:33.700 --> 00:55:35.527 Put them in the car and maybe

NOTE Confidence: 0.9230957

00:55:35.527 --> 00:55:37.560 go for a drive absolutely.

NOTE Confidence: 0.9230957

00:55:37.560 --> 00:55:40.080 So I think we we have to think about

NOTE Confidence: 0.9230957

00:55:40.080 --> 00:55:42.405 ways in which we can bring the

NOTE Confidence: 0.9230957

00:55:42.405 --> 00:55:44.820 expertise that we have to a broader

NOTE Confidence: 0.9230957

00:55:44.820 --> 00:55:47.572 population that may not be willing to be

NOTE Confidence: 0.9230957

00:55:47.572 --> 00:55:50.036 confined in the spaces of our offices.

NOTE Confidence: 0.9230957

00:55:50.040 --> 00:55:51.590 Which can be quite limiting.

NOTE Confidence: 0.9230957

00:55:51.590 --> 00:55:54.070 I can do therapy in the lunch room,

NOTE Confidence: 0.9230957

00:55:54.070 --> 00:55:54.608 you know,

NOTE Confidence: 0.9230957

00:55:54.608 --> 00:55:56.222 and I say that because having

NOTE Confidence: 0.9230957

00:55:56.222 --> 00:55:58.255 worked in a day treatment program

NOTE Confidence: 0.9230957

00:55:58.255 --> 00:55:59.335 day treatment program,

NOTE Confidence: 0.9230957

00:55:59.340 --> 00:56:01.426 that's where I did an awful lot

NOTE Confidence: 0.9230957

00:56:01.426 --> 00:56:03.679 of my work in the lunch room.

NOTE Confidence: 0.9230957

00:56:03.680 --> 00:56:04.920 So we have to,

NOTE Confidence: 0.9230957

00:56:04.920 --> 00:56:05.540 you know,

NOTE Confidence: 0.9230957

00:56:05.540 --> 00:56:08.960 we have to be more open and flexible as to

NOTE Confidence: 0.9230957

00:56:09.045 --> 00:56:12.545 where treatment happens and how it happens.

NOTE Confidence: 0.9230957

00:56:12.550 --> 00:56:14.194 That's a very short answer to

NOTE Confidence: 0.9230957

00:56:14.194 --> 00:56:15.290 a very complicated question,

NOTE Confidence: 0.9230957

00:56:15.290 --> 00:56:17.040 'cause there are a lot of things

NOTE Confidence: 0.9230957

00:56:17.040 --> 00:56:18.579 related to what you're asking,
NOTE Confidence: 0.9230957

00:56:18.580 --> 00:56:21.685 but we do have to be examining our policies.
NOTE Confidence: 0.9230957

00:56:21.690 --> 00:56:25.186 And our training and and all of that.
NOTE Confidence: 0.863756

00:56:27.610 --> 00:56:29.115 So I think we have time
NOTE Confidence: 0.863756

00:56:29.115 --> 00:56:30.370 Donna for one more question.
NOTE Confidence: 0.8880508

00:56:31.790 --> 00:56:32.300 Hi.
NOTE Confidence: 0.77996266

00:56:34.460 --> 00:56:35.640 Please doctor birds.
NOTE Confidence: 0.8425355

00:56:38.620 --> 00:56:39.439 You're on mute.
NOTE Confidence: 0.8476059

00:56:40.680 --> 00:56:41.710 You can stay you go.
NOTE Confidence: 0.8620058

00:56:48.610 --> 00:56:50.890 I think you're still muted, yeah?
NOTE Confidence: 0.899931

00:56:53.560 --> 00:56:55.828 You look down on the bottom of your screen.
NOTE Confidence: 0.899931

00:56:55.830 --> 00:56:57.838 You should see a microphone with a mute,
NOTE Confidence: 0.899931

00:56:57.840 --> 00:57:01.944 and if you click on that it should unmute.
NOTE Confidence: 0.899931

00:57:01.950 --> 00:57:03.530 And sometimes I think the
NOTE Confidence: 0.899931

00:57:03.530 --> 00:57:05.110 space bar does the same
NOTE Confidence: 0.8929797

00:57:05.110 --> 00:57:07.010 thing. Sometimes I think it does.

NOTE Confidence: 0.8535569

00:57:10.380 --> 00:57:11.608 You almost had it.

NOTE Confidence: 0.8535569

00:57:11.610 --> 00:57:13.458 Who are we asking to unmute?

NOTE Confidence: 0.7742528

00:57:14.780 --> 00:57:15.620 Not to burst.

NOTE Confidence: 0.857472

00:57:17.830 --> 00:57:19.070 Can you do it? Roast me

NOTE Confidence: 0.857472

00:57:19.070 --> 00:57:20.310 for him? I'm not let me

NOTE Confidence: 0.857472

00:57:20.310 --> 00:57:22.839 see if I can hang on just a second.

NOTE Confidence: 0.857472

00:57:22.840 --> 00:57:25.080 May go into participants and see if I

NOTE Confidence: 0.857472

00:57:25.080 --> 00:57:27.498 can do it while you work on it too.

NOTE Confidence: 0.857472

00:57:27.500 --> 00:57:29.138 One second, let me see I

NOTE Confidence: 0.857472

00:57:29.138 --> 00:57:31.029 might be able to unmute him.

NOTE Confidence: 0.7849304

00:57:33.140 --> 00:57:35.530 There you go. This unmuted.

NOTE Confidence: 0.7849304

00:57:35.530 --> 00:57:38.394 I had some experience in retaining

NOTE Confidence: 0.7849304

00:57:38.394 --> 00:57:41.740 the term neurosis in DSM three years

NOTE Confidence: 0.7849304

00:57:41.740 --> 00:57:44.730 ago. I wonder? If

NOTE Confidence: 0.89823794

00:57:44.730 --> 00:57:48.125 you would tell me what your thoughts

NOTE Confidence: 0.89823794

00:57:48.125 --> 00:57:51.040 are about the prospects of getting
NOTE Confidence: 0.89823794

00:57:51.040 --> 00:57:53.470 the post traumatic slavery disorder
NOTE Confidence: 0.89823794

00:57:53.470 --> 00:57:55.414 into the official nomenclature.
NOTE Confidence: 0.79236484

00:57:56.470 --> 00:57:57.718 Uh-huh I would
NOTE Confidence: 0.79236484

00:57:57.720 --> 00:58:01.612 be happy actually if we just consider
NOTE Confidence: 0.79236484

00:58:01.612 --> 00:58:05.278 you know racial trauma as part of.
NOTE Confidence: 0.79236484

00:58:05.280 --> 00:58:07.255 Post Traumatic stress syndrome that
NOTE Confidence: 0.79236484

00:58:07.255 --> 00:58:09.632 that would make me extremely happy
NOTE Confidence: 0.79236484

00:58:09.632 --> 00:58:11.630 considering the fact that the DSM
NOTE Confidence: 0.79236484

00:58:11.630 --> 00:58:13.749 does reach out to professionals,
NOTE Confidence: 0.79236484

00:58:13.750 --> 00:58:14.546 physicians, psychologists,
NOTE Confidence: 0.79236484

00:58:14.546 --> 00:58:16.536 an even social workers when
NOTE Confidence: 0.79236484

00:58:16.536 --> 00:58:18.370 a new addition comes out,
NOTE Confidence: 0.79236484

00:58:18.370 --> 00:58:21.205 it's an opportunity for us to present
NOTE Confidence: 0.79236484

00:58:21.205 --> 00:58:23.209 these findings and to question
NOTE Confidence: 0.79236484

00:58:23.209 --> 00:58:25.687 the fact that that is not there.

NOTE Confidence: 0.79236484

00:58:25.690 --> 00:58:29.236 So I do have high hopes.

NOTE Confidence: 0.79236484

00:58:29.240 --> 00:58:31.425 I'm a little optimistic that

NOTE Confidence: 0.79236484

00:58:31.425 --> 00:58:34.474 because there is more focus on the

NOTE Confidence: 0.79236484

00:58:34.474 --> 00:58:37.498 impact of culture and the idea that

NOTE Confidence: 0.79236484

00:58:37.498 --> 00:58:39.802 experiences of slavery and genocide

NOTE Confidence: 0.79236484

00:58:39.802 --> 00:58:42.490 and so forth have been traumatic

NOTE Confidence: 0.79236484

00:58:42.570 --> 00:58:44.970 at that will also be included.

NOTE Confidence: 0.79236484

00:58:44.970 --> 00:58:48.218 But I think that anyone in this room

NOTE Confidence: 0.79236484

00:58:48.218 --> 00:58:51.570 who has the power and the privilege

NOTE Confidence: 0.79236484

00:58:51.570 --> 00:58:55.301 to be asked to contribute in some way

NOTE Confidence: 0.79236484

00:58:55.301 --> 00:58:58.520 to the DSM ought to think about that.

NOTE Confidence: 0.8996319

00:58:59.460 --> 00:59:01.946 But thank you very much for your

NOTE Confidence: 0.8996319

00:59:01.946 --> 00:59:03.720 presentation. I found it extremely.

NOTE Confidence: 0.8013946

00:59:06.020 --> 00:59:07.220 Broadening and lightning,

NOTE Confidence: 0.8013946

00:59:07.220 --> 00:59:10.020 anyone in the field should be have

NOTE Confidence: 0.8013946

00:59:10.020 --> 00:59:12.420 an opportunity of hearing him speak

NOTE Confidence: 0.8013946

00:59:12.420 --> 00:59:15.280 that thank you very much. Thank

NOTE Confidence: 0.92007023

00:59:15.280 --> 00:59:16.648 you so much.