Social and Historical Trauma
Changing the Paradigm Conference
Echo Parenting and Education
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Mission Statement:
RYSE creates safe spaces grounded in social justice that build youth power for young people to love, learn, educate, heal and transform the lives and communities.

RYSE is a:
> Home
> Center
> ‘Beloved Community’
> Movement

RYSE provides:
✓ Trauma response and triage
✓ Sanctuary and safe space
✓ Opportunities to connect, heal, learn, and lead
✓ Programs in Community Health, Youth Leaderhips, Media Arts & Culture, Education & Justice

"Our goal is to create a beloved community and this will require a qualitative change in our souls as well as a quantitative change in our lives." - Dr. Martin Luther King, Jr.

What is trauma?
What does it look, sound, feel like?

RYSE Listening Campaign

"Being Brown is already something that (this society) is trying to exterminate, adding queerness on top of that and having patriarchy by it's side is something that I have to deal with on a daily.” —Hardy, 2014

"Trauma is when you are scared of where you are or where ever you go. You can also feel alert at all times.” —Tello

ACEs, Disorder, Distress, Dehumanization

Disorder: A manifestation of a behavioral, psychological, or biological dysfunction within the individual.

Distress: Normal human response to overwhelming stress & sustained through continued response to stress.

Dehumanization: The socio-psychological process of demonizing and othering, making “the othered” seem less than human and hence not worthy of humane treatment.

ACEs Pyramid:
How can ACEs shift the frame from disorder to distress?
How can ACEs move us to acknowledge dehumanization?
Racing ACEs

if it’s not racially just, it’s not trauma informed

Adverse Childhood Experiences

Historical Trauma

Narrow & Social Location

Trauma and Social Location

Historical Trauma is structural, political, intersectional. The science has finally caught up.

Impacts of trauma are embodied across generations.

It is formed not by the eradication of difference but by its affirmation, by each of us claiming the identities and cultural legacies that shape who we are and how we live in the world. – Bell Hooks

Creating and Investing in Beloved Community

> Work: “The biggest gap (in support needs) is that the same reason young people need your help is the what makes them ineligible (for the support). We’re overlooking that.”

> Acker: “We’re focusing on not trying but they have no devices on their own to deal with the issue.”

> Foster social emotional learning AND socio-political development.

> Avoid simplistic moral frames

> Good vs. bad coping.

> Perpetrator vs. victim.

> Healing looks like education. If people understand their privilege and how their actions can deeply affect someone, I think that it would help a lot of people who are struggling with these issues.

> Bear witness and be adaptive.

> Beloved community is formed not by the eradication of difference but by its affirmation, by each of us claiming the identities and cultural legacies that shape who we are and how we live in the world. – Bell Hooks

Healing institutions don’t work for you, but against you is the first step of healing and saving your community.”

Inherently = Necessary for transformation.

Ecologies of violence and dehumanization experiences.

Distress and Dehumanization

Economic exploitation, enslavement, colonization, genocide, mass incarceration, displacement, cultural hegemony

Territorial/turf-violence and tension, military pollution, media assaults, gentrification, mass incarceration, “evidence-based” mandates

Family and neighborhood domestic and violence, sexual exploitation, gang violence

Personal traumatic experiences, bullying, family systems stressors, shame

Healing and Beloved Community

Truth & Reconciliation Commissions, Reparations, Redistribution, Open Border/Safe Haven, Institutional Equity Assessments and Standards

Sacramental Model. Spiritual healing practices, Listening Camps, community empowerment, collective grief work, restorative justice

Radical inquiry, popular education and culture building, celebration and healing circles, intervention/prevention

Processing personal traumatic experiences, healing narratives, family and community healing/ integration, bearing witness

Racing ACEs gives name and witness to historical trauma – massive cognitive dissonance and dehumanization.

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