




Social and Historical Trauma

Changing the Paradigm Conference
 Echo Parenting and Education
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Presenter: Kanwarpal Dhaliwal, MPH
 Director of Community Health & Integrative Practice

Youth Empowered




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 Leadership, 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.

PHOTO: 2016

What is trauma?

What does it look, sound, feel like?

RYSE Listening Campaign

TRAUMA and the BRAIN
 Hyperarousal of the hypothalamic-pituitary-adrenal axis (HPA axis)
 "Trauma is when you are scared of where you are or where ever you go. You can also feel alert at all times."

HISTORICAL TRAUMA
 "The cumulative emotional and psychological trauma experienced by a group of people because of past and ongoing discrimination."
 "My experience with violence is very brutal...I grew up with violence as if it were my sibling."




"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."

COMPLEX TRAUMA
 "... exposure to multiple traumatic events and...
 "Young people deal with a lot of stress, responsibility, isolation, and lost love ones. Makes young people feel cautious, guilty, alone, angry, and sad."
 (NCT)





'Trauma is living scared (susto).' (Tello)



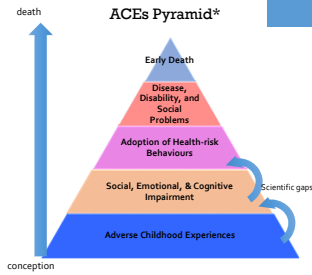
ACEs, Disorder, Distress, Dehumanization

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..

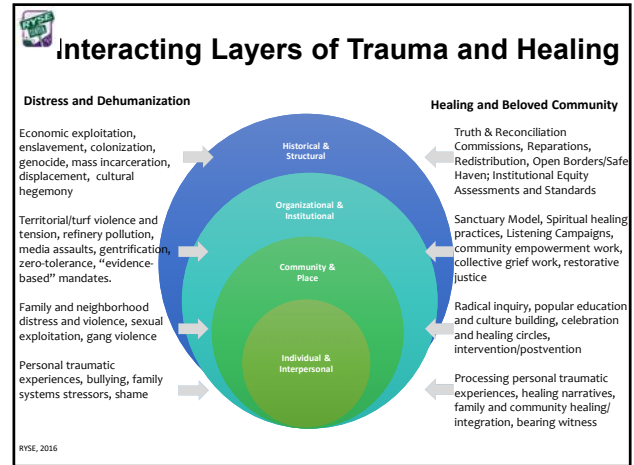
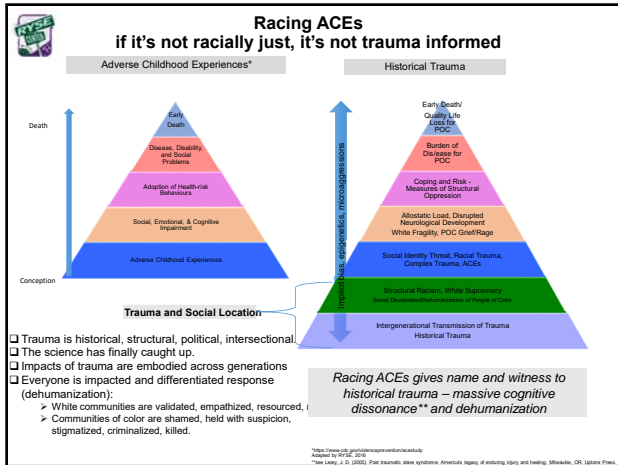
Dehumanization: The socio-psychological process of demonizing and othering, making "the othered" seem less than human and hence not worthy of humane treatment.

ACEs Pyramid*



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

*http://www.cdc.gov/violenceprevention/acesstudy/pyramid.html
 RYSE, 2016



Creating and Investing in Beloved Community

- Wor** "The biggest gap (in support needs) is that the same reason young people need your help is the what makes them ineligible (for the supports). We're accusing them of not trying but they have no devices on their own to deal with the issue."
 - Foster social emotional learning AND socio-political development.
 - Make race/ism and positional power central to the work.
- Ack** "Realizing institutions don't work for you, but against you is the first step of healing and saving your community."
 - ecologies of violence and dehumanization experiences.
- Avoid simplistic moral frames**
 - Good vs. bad coping.
 - Perpetrator vs. victim.
- He** "Healing looks like education. If people understood 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

RYSE, 2016