One Page Summary: Racial Trauma

Racial trauma is the emotional and psychological distress caused by racism, discrimination, and systemic oppression. Practitioners play a critical role in recognising and addressing racial trauma to foster healing and resilience.

What Causes Racial Trauma?

- **Direct Experiences:** Targeted by racial slurs, exclusion, or violence.
- Indirect Experiences: Witnessing racism or traumatic events in media.
- Systemic Oppression: Barriers in housing, healthcare, education, and employment.

Impacts of Racial Trauma

- **Psychological Effects:** Anxiety, depression, hypervigilance.
- Physical Health Risks: Chronic stress leading to hypertension.
- Social Impacts: Isolation, difficulty trusting others.
- Generational Trauma: Effects passed through families.

How Practitioners Can Help

- Create Safe Spaces: Foster respect and validation for sharing experiences.
- Build Cultural Humility: Reflect on biases and learn from marginalised groups.
- Empower Through Strengths: Highlight resilience and autonomy.
- Challenge Inequalities: Advocate for systemic change.

Practical Strategies

- Training and Education: Learn about racial trauma and anti-racist practices.
- Representation Matters: Include diverse voices in decision-making.
- **Culturally Responsive Tools:** Tailor interventions to community needs.
- Community Engagement: Partner with communities to co-design services.

Why It Matters

- **Healing Individuals:** Promotes recovery and resilience.
- Building Trust: Encourages engagement and participation.
- Strengthening Communities: Fosters inclusion and equity.

Practitioners can create meaningful change by embedding trauma-informed, anti-racist principles into their work. Together, we can build systems that value and support everyone.