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.