Resources for Coping With and Addressing Racial Trauma & Oppression

Racial trauma and oppression are topics with a long and sordid history within the United States. The following resources will help practitioners better understand, discuss, and process racism in their work with individuals and families.

- **Legacies of Pain and Resilience: Clinical Implications for Understanding Historical Trauma and Race** (Webinar)
- **Addressing Historical Trauma** (Black Boys and Men Podcast)
- **Race, Racism, & Clinical Practice** (Digital Resource Guide)
- **How Racism Impacts those We Serve and How We Serve: Are We Meeting Participants Where They Are?** (Webinar)
- **Race-based Traumatic Stress and Psychological Injury** (Webinar)
- **Race and Trauma: The Role of Racial Trauma in Psychotherapy** (Webinar)
- **Race, Poverty & Trauma: Microaggressions and the Therapeutic Alliance** (Webinar)
- **Police Brutality & Trauma** (Black Boys and Men Podcast)
- **Raising Our Black Sons: A Mother’s Perspective** (Black Boys and Men Podcast)
- **Resilience and Steps Forward** (Black Boys and Men Podcast)
- **Identity, Bias, and Cultural Humility: Connecting to Ourselves and Others** (Webinar)
- **The Social Determinants of Health: Connecting the Dots** (Digital Resource Guide)