

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)