

# Historical Trauma

TRAUMA



INSTITUTE *on* COMMUNITY INTEGRATION | UNIVERSITY OF MINNESOTA



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# Definition of Historical Trauma

- Historical trauma is the cumulation of emotional and psychological wounds that are targeted towards a particular community, usually based on their affiliation to a particular identify, race, ethnic group, or religious belief system.
- This trauma is carries across generations.



# Historical Trauma Consists of 3 Parts

- The traumatic event
- The shared experience of that traumatic event by a group of people
- The multigenerational impact of that event

# Government and/ or Society Sanctioned

- Slavery
- Colonization
- Forced removal/ relocation of children or communities
- Removal of belief systems/ culture
- Genocide

- Historical trauma is not just about past events that have happened to individuals and communities, it is also about what is happening now.
- Systemic issues
  - Social injustice
  - Educational gaps
  - Opportunity gaps
- These reinforce the past trauma that communities still feel, hear about, and live.

# Microaggressions

Commonplace daily verbal, behavioral, or environmental slights, whether intentional or not intentional, that communicate hostile, derogatory, or negative attitudes towards stigmatized or culturally marginalized people.

# Some of the Noticeable Affects from Historical Trauma

- Poor physical health outcome
- Higher rates of mental health symptoms
- Substance use/ abuse
- Self harm/ suicide
- Higher rates of incarceration
- Higher rates of parental stress
- Lower life expectancy



# Problems Experienced by Traumatized Youth

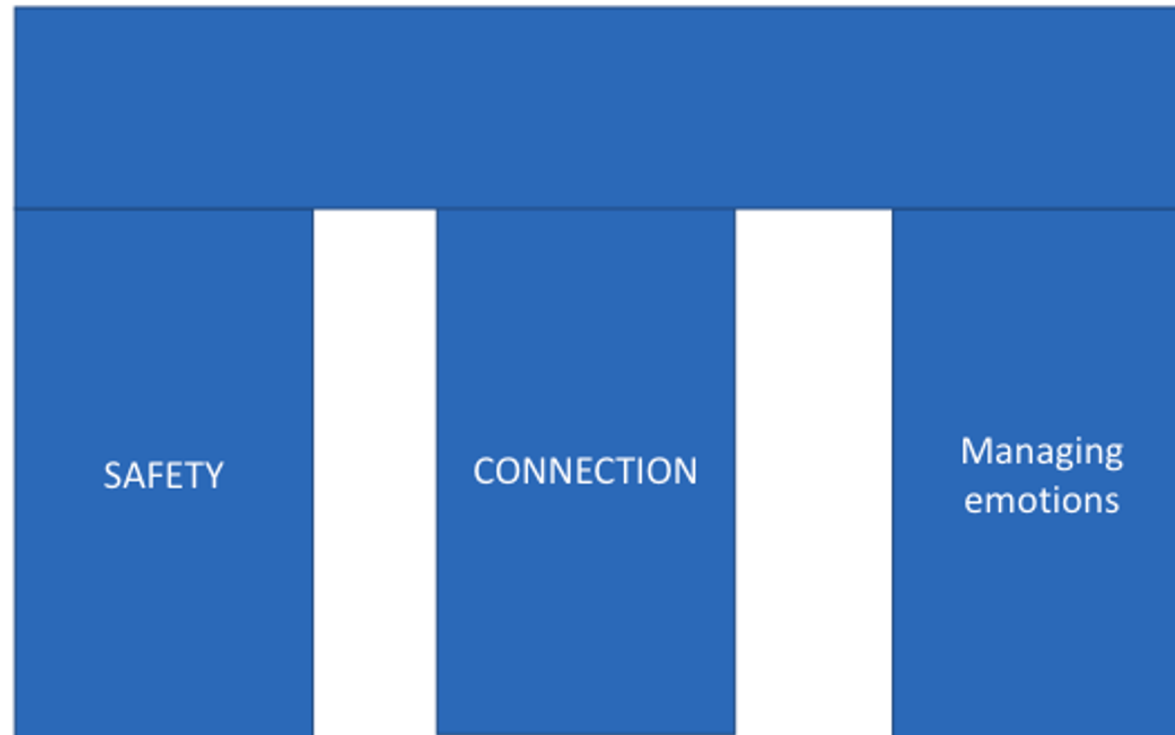




# Problems Experienced by Those Living with Historical Trauma

- Distrust of government, schools, medical, and mental health professionals
- Feelings of isolation and not belonging
- Anger and lower impulse control
- Lower self-esteem
- Relationship difficulties
- Survivors guilt

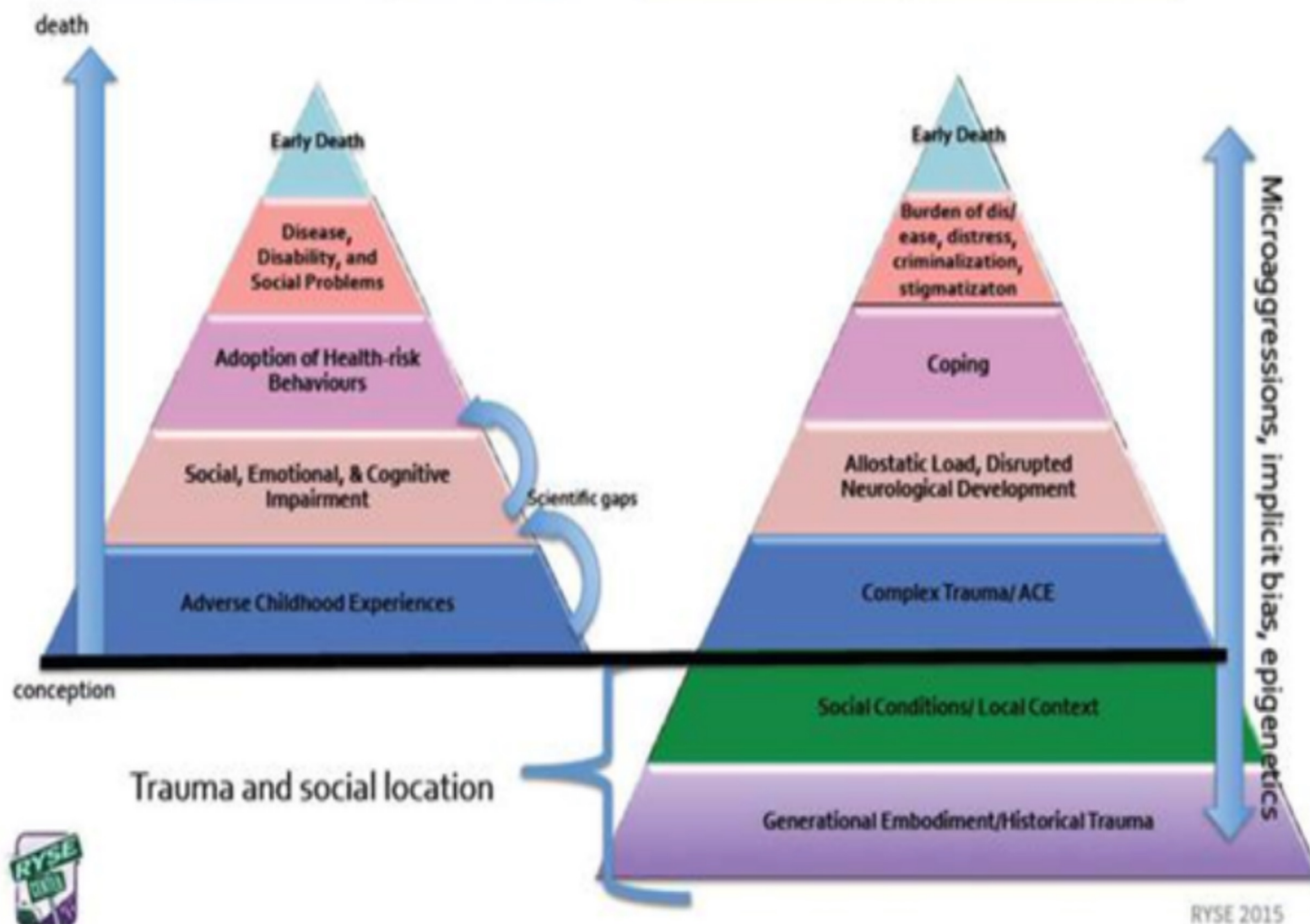
# Trauma Informed Care

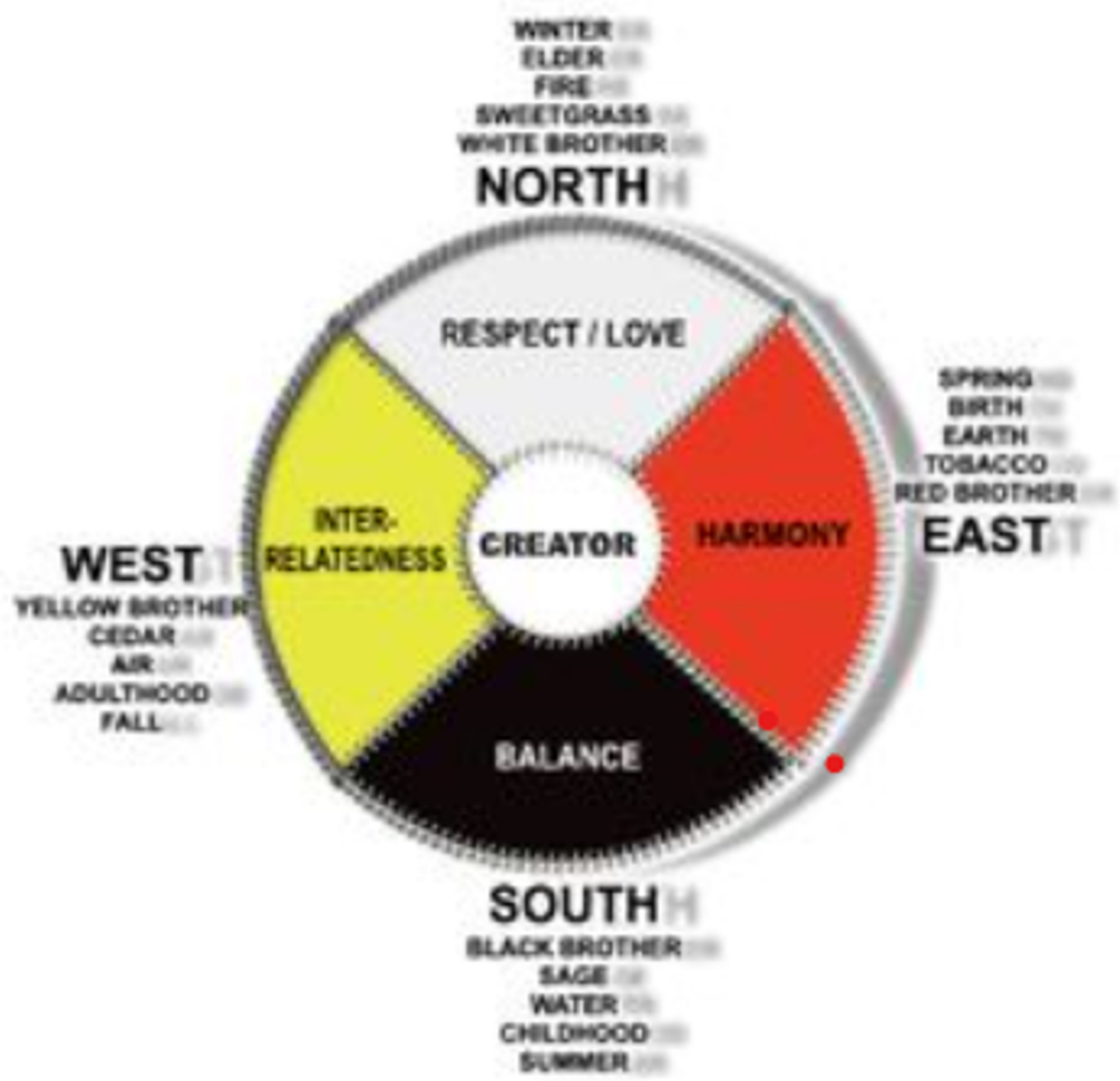


# Trauma and Social Location

Adverse Childhood Experiences

Historical Trauma/Embodiment





# Healing from Historical Trauma

- Engagement with traditions and cultural activities
- Strong connection with family and community
- Strengthening of cultural identities and recapturing lost cultures and language (Walters, Simons and Evens Campbell 2002)

