

What is Historical Trauma?

Emotional & psychological wounding across generations as a result of massive trauma inflicted on a defined people group.

Studies find children & teens who experience discrimination are at heightened risk for mental health & behavior problems, particularly if they have low ethnic-racial identity.

However, children & teens with an interest in their ethnic background & a greater sense of ethnic-racial belonging demonstrate greater psychological well-being & fewer negative behavioral impacts from discrimination.

Epigenetics: a theory that patterns of trauma transmission affect subsequent generations with a biological mark of trauma that is expressed in the gene.

Historical trauma is felt individually & communally, affecting caregivers, cultural infrastructures & community, further extending the impact.

Unresolved grief is compounded with ongoing trauma, resulting in behaviors & reactions such as:

- Long-term health problems within the community
- Increase in violence, abuse, & substance use within the community
- Disrupted relationships
- Loss of culture or identity
- Difficulty integrating the experience into the fabric & language of the culture