

PRACTICAL APPROACHES TO RACE-BASED STRESS AND TRAUMA

RESOURCE LIST

ASSESSMENT MEASURES:

National Standards of Culturally and Linguistically Appropriate Services (CLAS) in Health and Health Care <https://www.cms.gov/About-CMS/Agency-Information/OMH/Downloads/CLAS-Toolkit-12-7-16.pdf>

American Psychiatric Association. Cultural formulation. In: *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition*. Washington, DC: American Psychiatric Association; 2013:749-759.

Carter, R.T., & Sant-Barket, S.M. (2015). Assessment of the impact of racial discrimination and racism: How to use the race-based traumatic stress symptom scale in practice. *Traumatology*, 21(1), 32-39.

Williams, M. T., Metzger, I. W., Leins, C., & DeLapp, C. (2018). Assessing racial trauma within a DSM-5 framework: The UConn Racial/Ethnic Stress & Trauma Survey. *Practice Innovations*, 3(4), 242–260. <http://dx.doi.org/10.1037/pri0000076>.

Williams, M. T., Printz, D., & DeLapp, R. C. T. (2018). Assessing racial trauma in African Americans with the Trauma Symptoms of Discrimination Scale. *Psychology of Violence*, 8(6), 735-747. doi: 10.1037/vio0000212

COMPREHENSIVE READING LIST ON RACE-BASED STRESS AND TRAUMA

Dr. Monica William's a national specialist in race based stress and trauma created a comprehensive reading and resource list on Race Based Stress and Trauma:

WHITE ALLYSHIP AND ANTIRACISM

White Awake: White Awake is an online platform, and growing network of trainers and practitioners, focused on anti-racist, popular education for white people. The website hosts a growing collection of educational resources that integrate contemplative spiritual practice, and various forms of embodied and/or heart based work, with historical analysis and intellectual rigor.

<https://whiteawake.org/>

TOOLS FOR ENGAGING DIALOGUES AND CREATING SAFE SPACE

Fierce Vulnerability Considerations: Offered by Kazu Haga the founder of the East Point Peace Academy which strives to non-violent activism and dialogue in regard to racial and environmental justice.

https://drive.google.com/file/d/1aZSoOaS6KxCSHOsBoze_wrNHMseOEW_z/view

Safe Space Guide for Addressing Racial Trauma: Dr. Marva Robinson in conjunction with the VHA Race-Based Stress and Trauma Consultation group create a guide for creating safe spaces for colleagues, employees, employers, staff, providers and clinicians to address racial trauma



Final VA Safe Space
Guide.1.2 (staff proces

Practical Tips for Discussing Community Trauma: Drs. Marva Robinson, Keisha Ross, and Maurice Endsley from the VHA RBSTE Consultation Group created a document for discussing community trauma in response to the killings and mistreatment of black and brown Americans.



Robinson et al (2020)
Practical Tips for Disci

BOOKS ABOUT RACE-BASED STRESS AND TRAUMA:

Alexander, M (2012). *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*. New York, NY, The New Press. ISBN 9781595586438.

DeGruy, J. (2005). *Post-Traumatic Slave Syndrome*. Uptone Press. ISBN 978-0963401120

Menakem, R. (2017). *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*. Las Vegas: Central Recovery Press. ISBN-13: 978-1942094470

Williams, M. T., Rosen, D. C., & Kanter, J. W. (2019). [Eliminating Race-Based Mental Health Disparities: Promoting Equity and Culturally Responsive Care Across Settings](#). New Harbinger Books. ISBN: 978-1-68403-196-2

RESOURCES FOR COPING WITH AND ADDRESSING RACIAL TRAUMA:

Resources for Coping With and Addressing Racial Trauma & Oppression

List of webinars, podcasts, and other digital resources for education and coping.

<https://www.ctacny.org/resources-coping-and-addressing-racial-trauma-oppression>

References assembled by Dr. Malinda Trujillo, Dr. Anthony Young, Dr. Samantha Farro.

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