

DIAGRAM II

I. Isolated Nations.

II and III. Groups of Nations (e.g., Europe).

- A. Individual.
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- F. Primitive Human Ancestors.
- G. Animal Ancestors.
- H. Central Energy.

Carl Von Linneaus

- HOMO AMERICANUS: reddish, choleric, obstinate, contented, regulated by custom
- HOMO EUROPAEUS: white, fickle, sanguine, blueeyed, gentle and governed by laws
- HOMO ASIATICUS: sallow, grave, dignified, avaricious and ruled by opinions
- HOMO AFER: black, phlegmatic, cunning, lazy, lustful, careless and governed by caprice

Johann Blumenbach

- CAUCASIAN, the white race
- MONGOLIAN, the yellow race
- MALAYAN, the brown race
- ETHIOPIAN, the black race
- AMERICAN, the red race

CAUCASUS MOUNTAINS



James Madison

"The federal constitution decides with great propriety on the case of our slaves, when it views them in the mixed character of persons and of property. This is in fact their true character."

African Moorish Spain



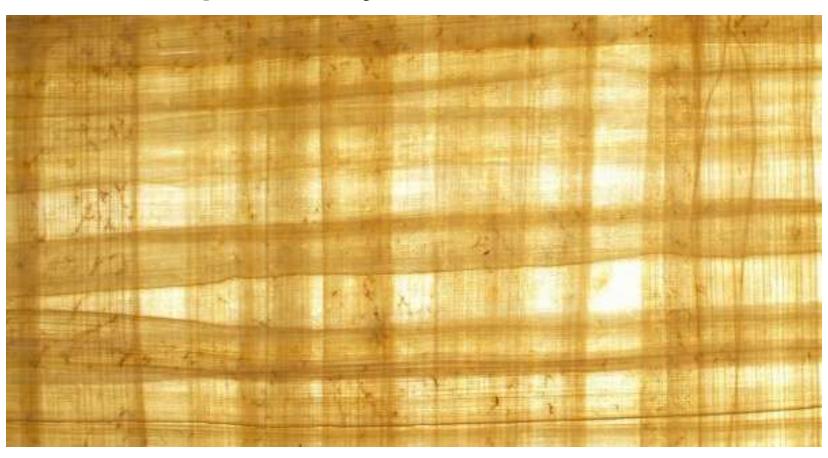
Moors' Intellectual Achievements



Aviation: 875 A.D. Ibn Firnas



Paper Making: Brought to Spain by the Moors



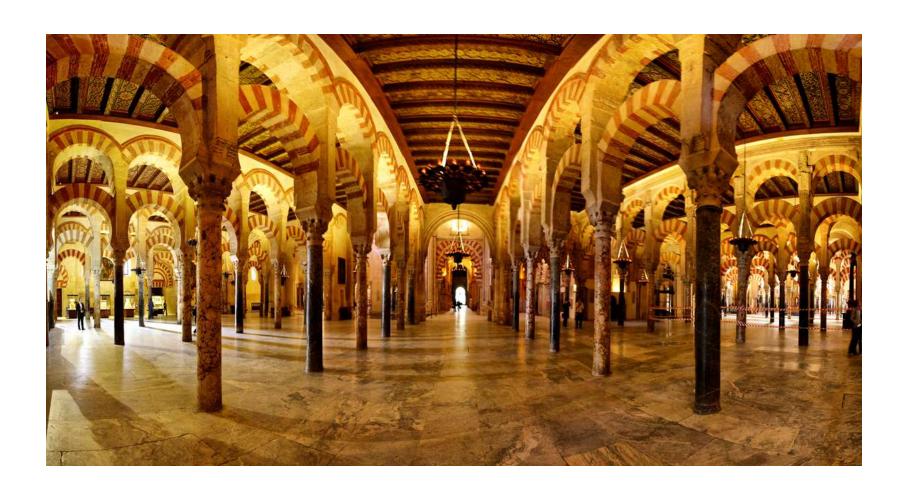
Advances in Fashion, Culinary Arts, Hygiene



The Great Mosque of Cordoba



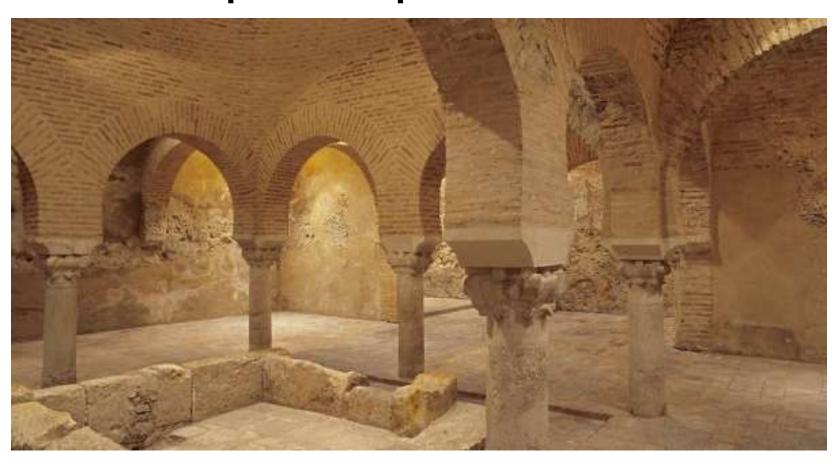
The Great Mosque of Cordoba



Cordoba Capital of Al Andalus



Urban Utilities: street lights, hospitals, public baths



Moors, Jews, Muslims, Christians lived together



Charles Ellwood

 "The problem of the Negro and of the Indian, and of all uncivilized races, is essentially the same. The problem is, how a large mass of people, inferior in culture and perhaps also inferior in nature, can be adjusted relatively to the civilization of a people much their superior in culture."

Assumptions about Historical Trauma

- Mass trauma is deliberately and systematically inflicted upon a target group by a subjugating, dominant group
- Trauma continues over extended period of time
- Community has an universal experience of trauma
- Derails the natural course and results in physical, psychological, social and economic disparities across generations

Manifestations of Historical Trauma

Historical Unresolved Grief

Disenfranchised Grief

■ Internalized Oppression

The Slave Experience in Africa

- "....how different was their condition from that of the slaves in the West Indies! With us they do no more work than other members of the community, than even their master; their food, clothing, and lodging, were nearly the same as theirs, except that they were not permitted to eat with those who were free-born; and there was scarcely any other difference between them than a superior degree of importance, which the head of a family possesses in our state...."
- The Life of Olaudah Equiano, or Gustavus Vassa, the African

Post Traumatic Slave Syndrome (PTSS)

"African Americans sustained psychological and emotional injury as a direct result of slavery and continue to be injured by traumas caused by the larger society's policies of inequality, racism and oppression.

Post Traumatic Slave Syndrome (PTSS)

"A less severe form of violence and abuse continued after slavery officially ended with peonage, Black Codes, Convict Leasing, lynchings, beatings, threats of life and property, the rise of the Klan, Jim Crow segregation, the death of Emmett Till, the race riots of the 1960's, the 1989 beating death of Mullageta Sera (an Ethiopian-American) by white supremacist groups, the near election of an ex-Klansman to (cont'd)

Post Traumatic Slave Syndrome (PTSS)

- "governor of the state of Louisiana, the 1992 police beating or Rodney King, the 1999 dragging death of James Byrd in Jasper, Texas by four white youth, the police shooting death of Amadou Diallo in 1999, and the 2002 police beating of 16-year-old Donovan Jackson-Chavis, a special education, hearing impaired youth. All of these events remind African Americans that the trauma has never really ceased and that it is likely to continue if there is no intervention."
- ☐-Dr. Joy DeGruy Leary

Ida Hutchinson, age 73, born 1865

- "They say Negroes won't commit suicide, but Isom told us of a girl that committed suicide. There was a girl named Lu who used to run off and go to the dances. The patrollers would try to catch her but they couldn't because she was too fast on her feet. One day they got after her in the daytime...She ran to the cabin and got her quarter which she had hid. She put the quarter in her mouth. The white folks didn't allow the slaves to handle no money. The quarter got stuck in her throat and she went on down to the slough and drowned herself rather than let them beat her an example to the rest of the slaves. But they didn't get Lucy."
- B.A. Boykin, ed. A Folk History of Slavery.

Gustavo Turecki, Neuroscientist, Nature Neuroscience magazine

"If you were abused you will have changes in the way your brain works that are going to determine how you deal with stress, and this could be one way where you are more at risk of suicide." Sandro Galea, MD Chair, Dept of Epidemiology, Columbia University

"Our findings suggest a new biological model of PTSD in which alteration of genes, induced by a traumatic event, changes a person's stress response and leads to the disorder (PTSD)"

Grazyna Jasienska, Reproductive Ecologist, Poland

"African-Americans have a long, multigenerational history of nutritional deprivation, excessive workloads, and poor health due to years of slavery and the postslavery period of economic hardship"

Christopher Kuzawa, Northwestern University Anthropologist

"...the intrauterine environment experienced by one generation (the mother) can influence the intrauterine environment that she creates for her offspring, in theory helping perpetuate certain biological or metabolical states, albeit in a fading fashion, across multiple matrilineal generations."

Internalized Oppression

Internalized oppression is when a member of an oppressed group believes and acts out the stereotypes created about their group

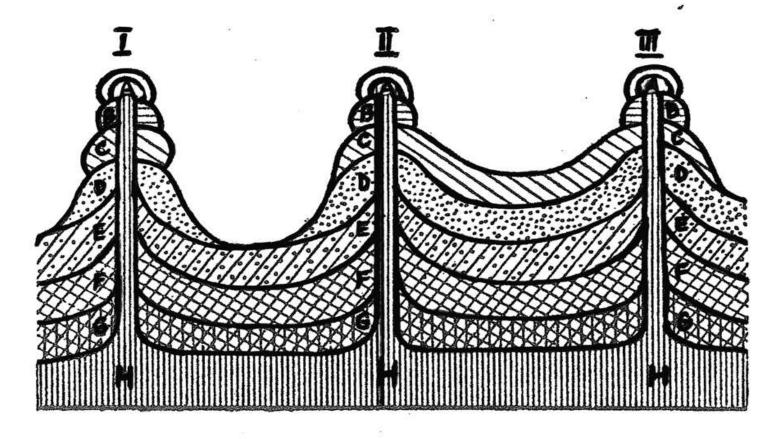


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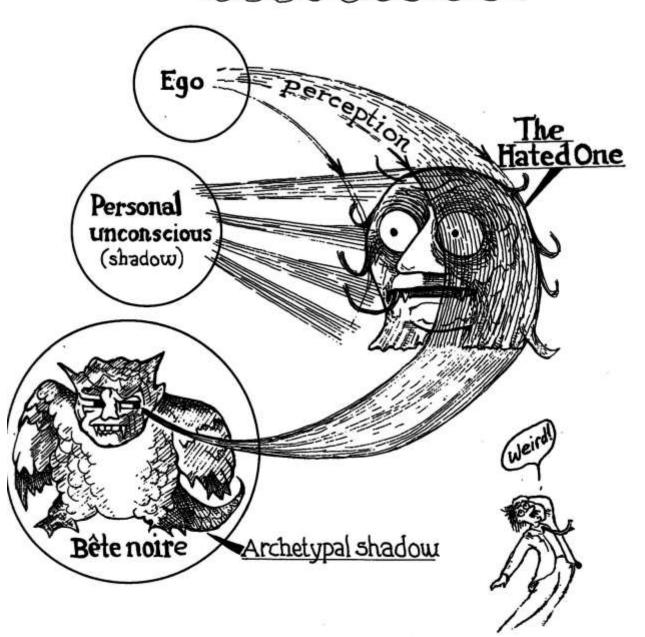
The Cultural Unconscious

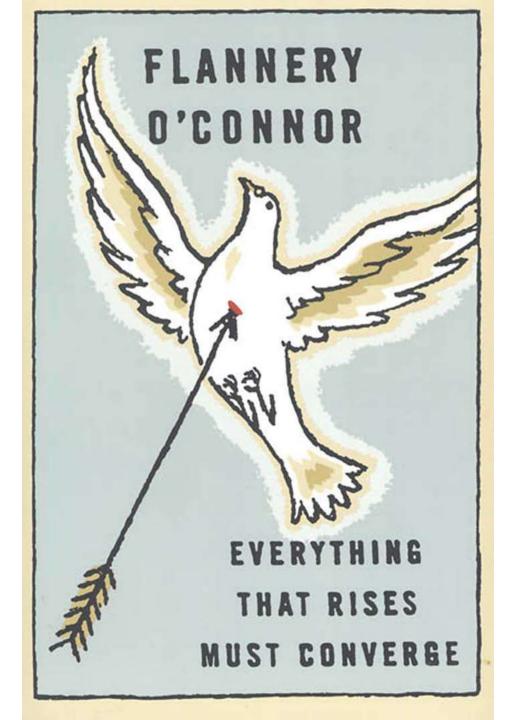
- Refers to the psychic space between the personal and archetypal layers of the collective unconscious (Henderson, 1962).
- This psychic layer becomes the content of the archetypal forms or predispositions so that as the archetypal moves through the social, cultural and personal filter of the unconscious, it is filled out into an image or idea that emerges into consciousness. (Morgan, 2002).



"Mr. Prentice is <u>not</u> your father. Alex Binster is <u>not</u> your brother. The anxiety you feel is <u>not</u> genuine. Dr. Froelich will return from vacation September 15th. Hang on."

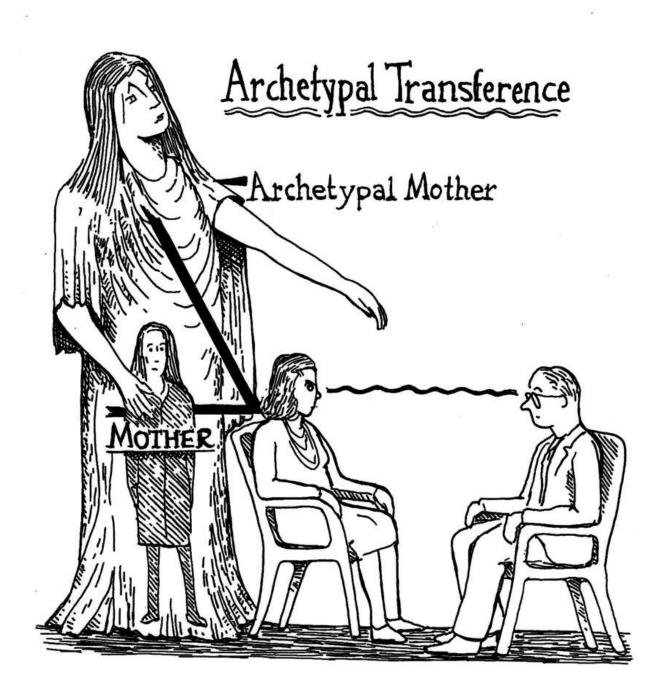
The Shadow Projection





Cultural Complex

"Cultural Complexes structure emotional experience ... tend to be repetitive, autonomous, resist consciousness and collect experience that confirms their historical point of view... Automatically take on a shared body language ... or express their distress in similar somatic complaints and .. provide a simplistic certainty about the group's place in the world in the face of otherwise conflicting and ambiguous uncertainties." (Singer, 2002).



Culture Bias

"As people of goodwill, psychotherapists tend to see themselves as nonjudgmental and lacking in malignant bias. They are, in many instances trained to become aware of their judgments and to let them go, and cautioned to maintain neutral, objective stances in relationship to clients. This narrative of the unbiased, nonjudgmental therapist is deadly to the development of cultural competence, because it presumes a way of being that is difficult, if not impossible to achieve."

Cultural Bias (cont'd)

- "Evolutionary biology and psychology indicate that humans are coded to notice difference. Their limbic systems, also implicated in the trauma response, light up and become active when data become available that another human differs in some way. Their limbic systems are . . . the component(s) of human brains that run in parallel with the cognitions of the prefrontal cortex, and that, as any trauma therapist knows only too well, can overpower the thinking brain, firing more quickly and with more impact. The notion that a therapist can be unbiased presumes the absence of limbic system input, as well as of any personal life history that has ascribed meaning to difference, either positive or otherwise No psychotherapist matches these criteria."
- Laura Brown, PhD, Chapter on Cultural Competence
- Treating Complex Traumatic Stress Disorders, edited by Christine Courtois, PhD

The Experience of Slaves in Africa

- "....but how different was their (slaves in Africa) condition from that of the slaves in the West Indies! With us they do no more work than other members of the community, than even their master; their food, clothing, and lodging, were nearly the same as theirs, except that they were not permitted to eat with those who were free-born; and there was scarcely any other difference between them than a superior degree of importance, which the head of a family possesses in our state"
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The Triune Brain

Neo-cortex Cogative Perception Conscious

Rational Brain

- Verbal (word based)
 Higher intelligence patterns
 Emotions verbal
 Working memory
- High involvement Processing Active learning

Whole Brain Brand

Rational Proposition

Unconscious

Limbic System

Non-Cognitive Perception

Reptilian Brain

Automatic Processing

Metaphorical Brain

Non-verbal (image, sensation based) Base Patterns Long term memory Low involvement processing Passive learning

Instinctive/Somatic Brain

Basic instincts Impulses, Reflexes



Primal Desires

Aversive Bias

- "Aversive bias refers to non-conscious biases held by individuals who consciously eschew overt expressions of bias. It developed during the latter half of the 20th century, as the holding of overt bias became socially stigmatized and unacceptable; a split developed in many individuals between their expressed, conscious beliefs that were not biased and ...now ego-dystonic biases that were consciously aversive to them."
- Laura Brown, PhD

Embracing the Wisdom of Our Shadow Parts

- A necessary piece we have to do to cultivate our wisdom is to integrate with radical acceptance our own shadow parts. This is the requirement for understanding the other from the inside out.
- "Everyone carries a shadow, and the less it is embodied in the individual's conscious life, the blacker and denser it is." Carl Jung
- "Such a man knows that whatever is wrong in the world is in himself, and if he only learns to deal with his own shadow then he has done something real for the world." Carl Jung