

# Hidden Trauma: Sharing our Narratives to Support Healing Others and Ourselves

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PRESENTED BY:

NYC TRAUMA-INFORMED APPROACHES LEARNING COMMUNITY (NYC TIA LC)



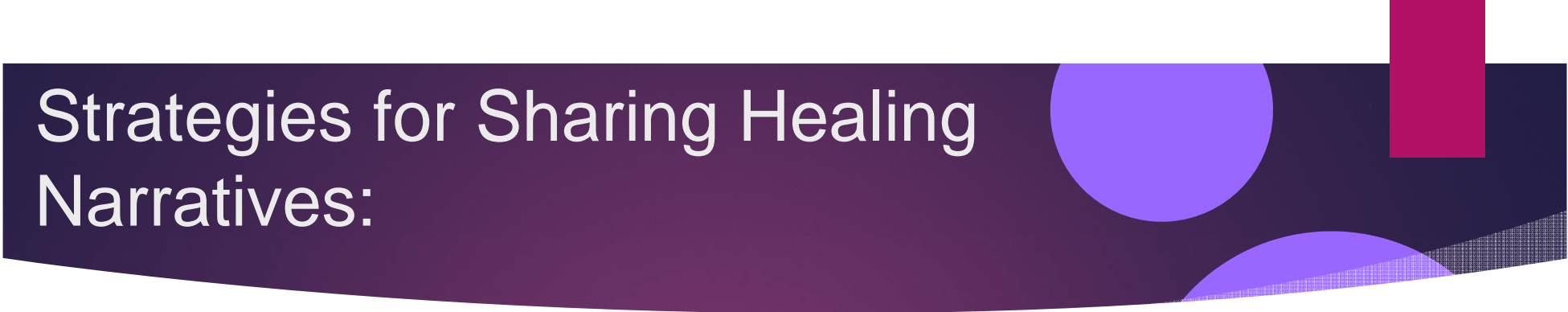
Grounding Technique:

Active Pause

# What Is A Healing Narrative?

The header features a dark purple background with a wavy bottom edge. On the right side, there are decorative elements: a large light purple circle, a smaller light purple circle below it, and a vertical pink rectangle to the right of the circles. A thin white horizontal line is positioned above the header.

- ▶ Describes personal experiences that may be shared by people of a similar background.
  - ▶ By honestly sharing our personal experiences it reminds others of the daily struggles we all encounter, inspires hope and models what we can achieve along our healing journey.
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# Strategies for Sharing Healing Narratives:

- ▶ Identify your audience
- ▶ Know how much time you have
- ▶ Be as clear, brief and direct as possible
- ▶ Know how your narrative will be helpful



## Using Your Narrative Outline:

- Create a positive environment of healing, recovery, and empowerment.

What were you like in the past?

What are you like now?

What changed?



Healing Narrative

KIRA



## Using Your Narrative Outline Continued:

- What are your strengths/limitations and how do they aid in your healing?
- Let your message of hope inspire others to say,

**“If you can do it, I can too!”**

## An Inspiring Narrative Will...

- ▶ Organize experience to help make sense of what has happened in our lives
- ▶ Relate to others
- ▶ Talk about hope for the future
- ▶ Can be told in a variety of ways
- ▶ Inspire people to share their own narratives



# What To Include?

- ▶ All or part of traumatic events without sharing the difficult details
- ▶ The impact on your life
- ▶ The meaning you have made out of what has happened
- ▶ Belief about who you are and who you can become



# What Creates Distance?

- ▶ Narratives that are difficult to listen to
- ▶ Competing narratives
- ▶ Narratives that justify behavior
- ▶ Talking about the taboo



## What Creates Connection?

- ▶ Narratives that emphasize experiences as coping strategies, not “symptoms”
- ▶ Narratives that help people make sense of how they are coping and surviving
- ▶ Narratives that encourage people to consider new ways of coping



Healing Narrative:

WILLIE



# Choose A Message

- ▶ Healing is possible for everyone
- ▶ What message do you want to send to the community about healing?
- ▶ What does healing mean to you?



# Challenges

- ▶ What challenges do you think come up for folks when sharing narratives?
- ▶ Sometimes others want proof or confirmation
- ▶ Often people send verbal and non-verbal messages to keep our pain to yourself.

**“Move-on” or “Get over it”.**



# Impact Of Discrimination

People whom have been given labels make important contributions to our communities.

Fear and discrimination are key barriers that keep many people from speaking up and sharing their language and culture with others.

You can make a difference in the way people see others who have been given a label.



Historical Trauma

TEENA



*Historical trauma: using your  
personal narrative to  
promote healing and  
resiliency*

*NYAPRS ANNUAL CONFERENCE, SEPTEMBER 13-15, 2017*



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## *What is historical trauma?*

- ▶ Multigenerational trauma experienced by a specific cultural group (s)
- ▶ It can be experienced by “anyone who is a member of a cultural group that was at one time marked by severe levels of trauma caused by poverty, dislocation, war, racism,.. and are still suffering as a result” (Ross, 2009)



## Historical trauma cont'd

- ▶ HT is cumulative and collective. It may manifest itself emotionally and psychologically in members of different cultural groups (Brave Heart, 2011)

# Who experiences historical trauma??



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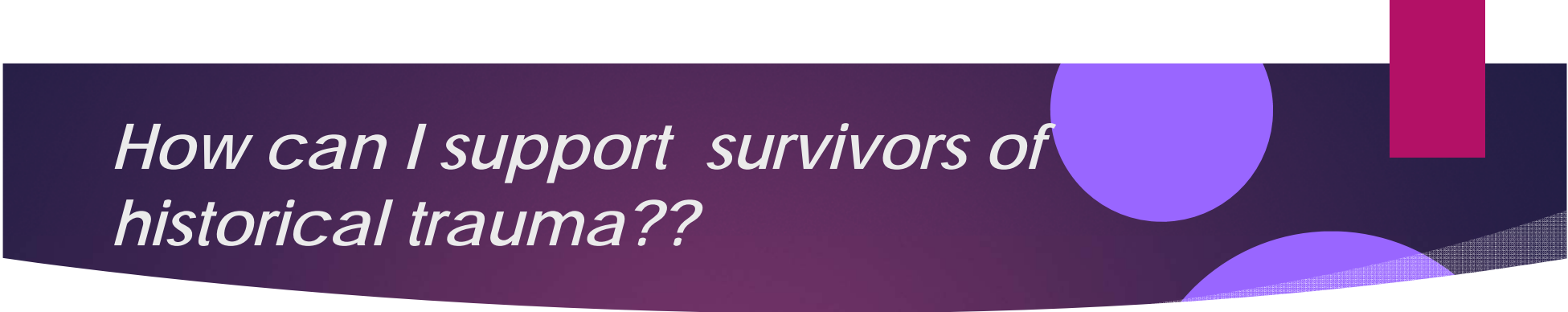
*Manifestations of historical trauma*

- ▶ **Internalized oppression-  
cycle of self-hatred,  
anger, shame, &  
violence.**

# *The power of narrative in understanding historical trauma*

- ▶ *Narratives can help us come to terms with the historical trauma we have experienced*
- ▶ *Can be a source of healing from trauma for the person sharing the narrative and others.*
- ▶ *Reminds us that we are strong, resilient, and well!*





## *How can I support survivors of historical trauma??*

- ▶ A social justice ally is a person of one social identity group who stands up in support of members of another group; typically a member of a dominant group standing besides member(s) of another group being discriminated against or treated unjustly.

<http://wmpeople.wm.edu/asset/index/safezone/whatisanally>



## *Being an ally is tough ...but good allies*

- ▶ *Educate themselves about different identities and experiences*
- ▶ *Challenge their own discomfort and prejudices*
- ▶ *Learn and practice the skills of being an ally*
- ▶ *Take action to create interpersonal, societal and institutional change*

*ly* <http://wmpeople.wm.edu/asset/index/safezone/whatisanally>





Healing Narrative:

CHRISTINA

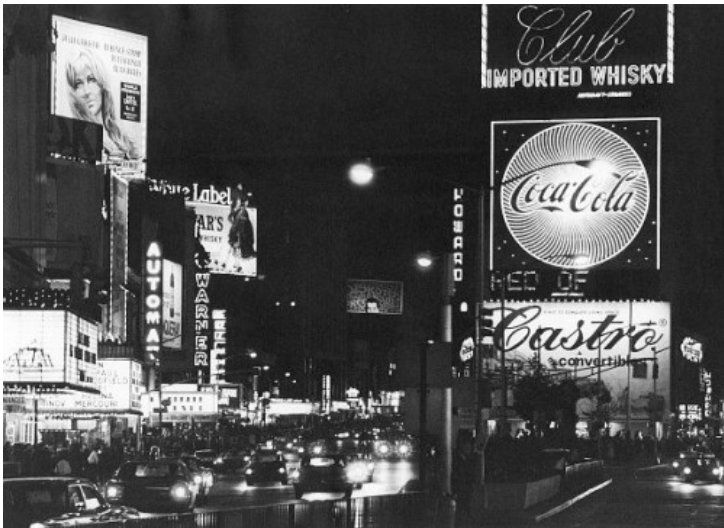


# TRAUMA

# What a Wonderful World

PRESENTED BY CHRISTINA SPARROCK CPA, CFE, CGMA

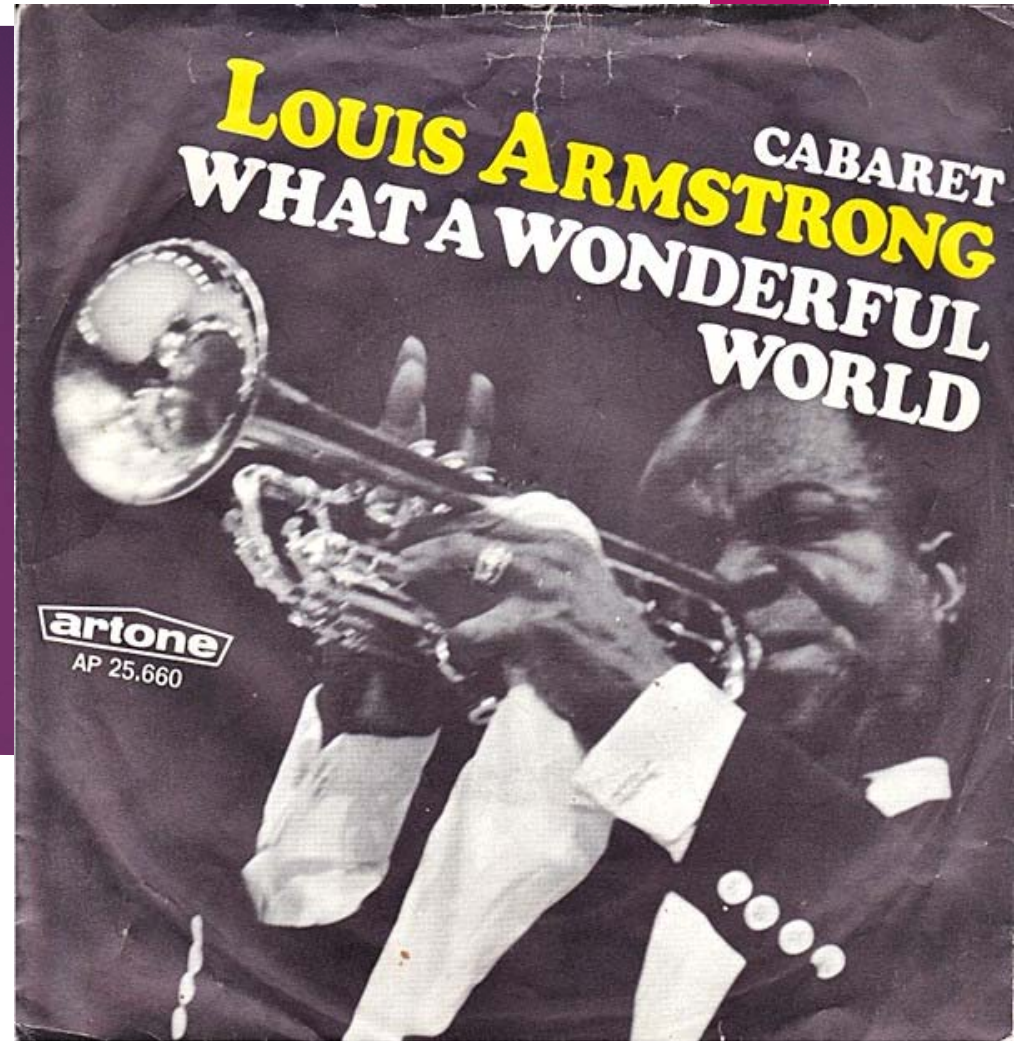
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COMMUNITY



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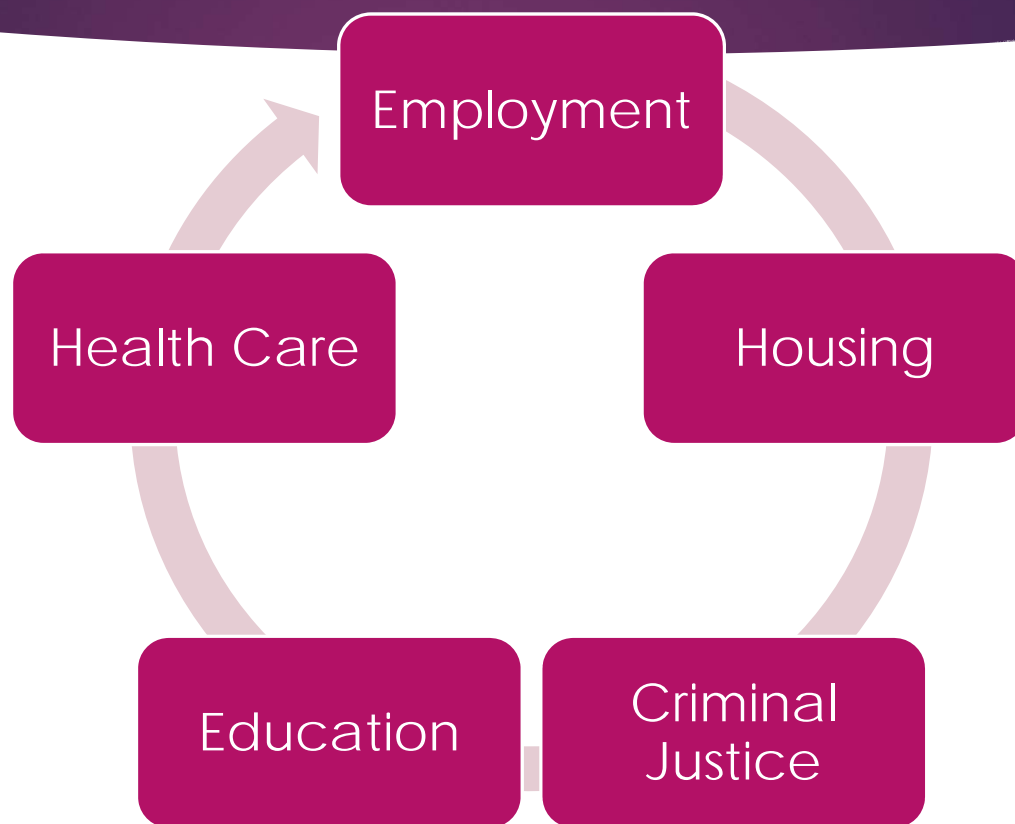
MY  
WONDERFUL  
WORLD

TRAUMA





# INSTITUTIONALIZED RACISM AND TRAUMA



# INSTITUTIONALIZED RACISM AND MENTAL HEALTH

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[www.STEAMPoweredFamily.com](http://www.STEAMPoweredFamily.com)

# CREATING MY BEST WORLD

## Trauma

Accept

## Heal

Regain Control

Eliminate  
Negatives

## Growth

Therapy

Support Groups

Set Goals

## Empowerment

Control my  
destiny

Accomplish  
Goals

Help Others



*The greatest glory in living lies  
not in never falling,  
but in rising every time we fall.*

*- Nelson Mandela*



Q & A:


# Questions/Comments



# Mindful Listening:

- ▶ Deep Breath in through the nose... hold for 4 seconds... release through the mouth.
- ▶ Again, deep breath in through the nose... hold for 4 seconds...release through the mouth.
- ▶ Breathe naturally as you take one minute to LISTEN to the music.

Relax



For more information contact the sponsors of the:  
NYC Trauma-Informed Approaches Learning Community

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