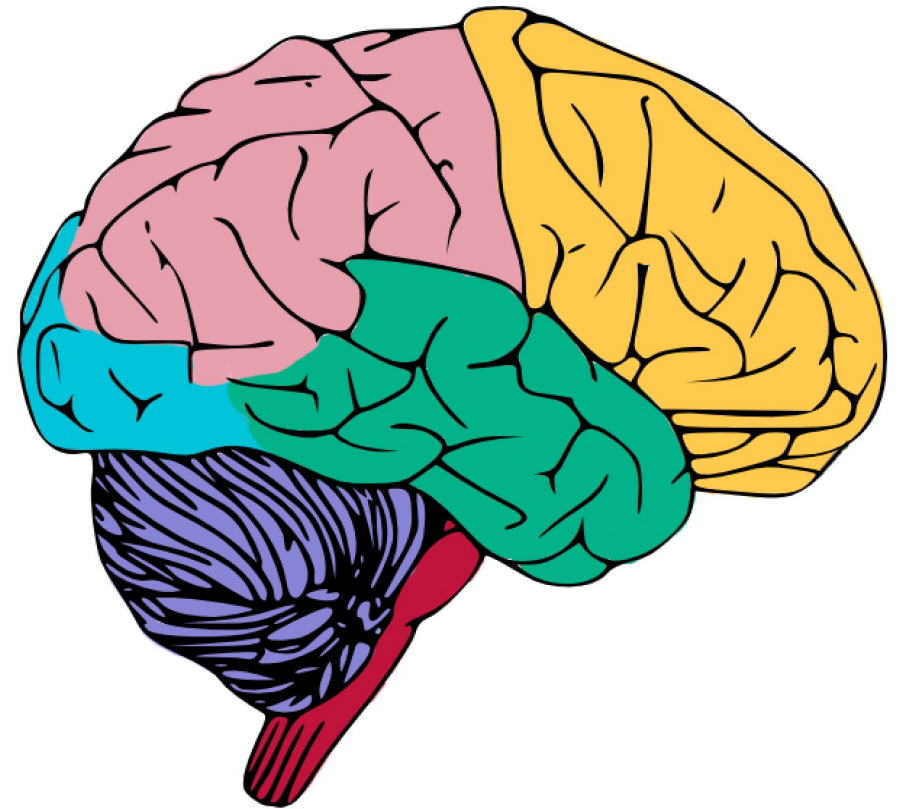


Trauma Informed Social Work

Module 2: Class 5: Trauma, Intersectionality, & Identity-Based Oppression



Agenda

- Trauma and intersectionality
- Identity-based oppression
- Trauma & identity-based oppression across systems



What are Your Identities?

- Everyone has a personal and social identity. Personal identities include an individual's name, unique characteristics, history, personality and other traits that make one different from others.
- Social identity includes affinities one has with other people, values and norms that one accepts, and the ways one has learned to behave in social settings.
- Write out your fullest name. Also, write the top four identities you feel closest to.
- What are the meanings, significance, and cultural importance of your name and identities.

Trauma

Evolution of Trauma

- Initial studies of trauma conducted in the 20th century focused on White men in combat
 - However, they failed to consider how differences in socialization between White men and other marginalized groups could impact their responses to stressful events.
- There was a renewed interest in understanding trauma in the 1960s/1970s (the Women's movement, Civil rights)
- Original conceptualization of trauma inappropriately generalized to women and minority groups
- Failed to consider the role of social and cultural factors and how they impact an individual's response to stress.

Direct vs. Insidious Trauma

Direct Trauma

- Experiencing a trauma firsthand or witnessing a trauma as it occurs to others
- DSM 5: Isolated event considered traumatic

Insidious Trauma

- *“associated with the social status of an individual being devalued because a characteristic intrinsic to their identity is different from what is valued by those in power, for example, gender, color, sexual orientation, physical ability” (Meyer, p. 24).*
- Not overt, can include being repeatedly asked “where are you from?”, request to touch one’s hair, jokes containing stereotypes about one’s group etc. (Sue, 2003)

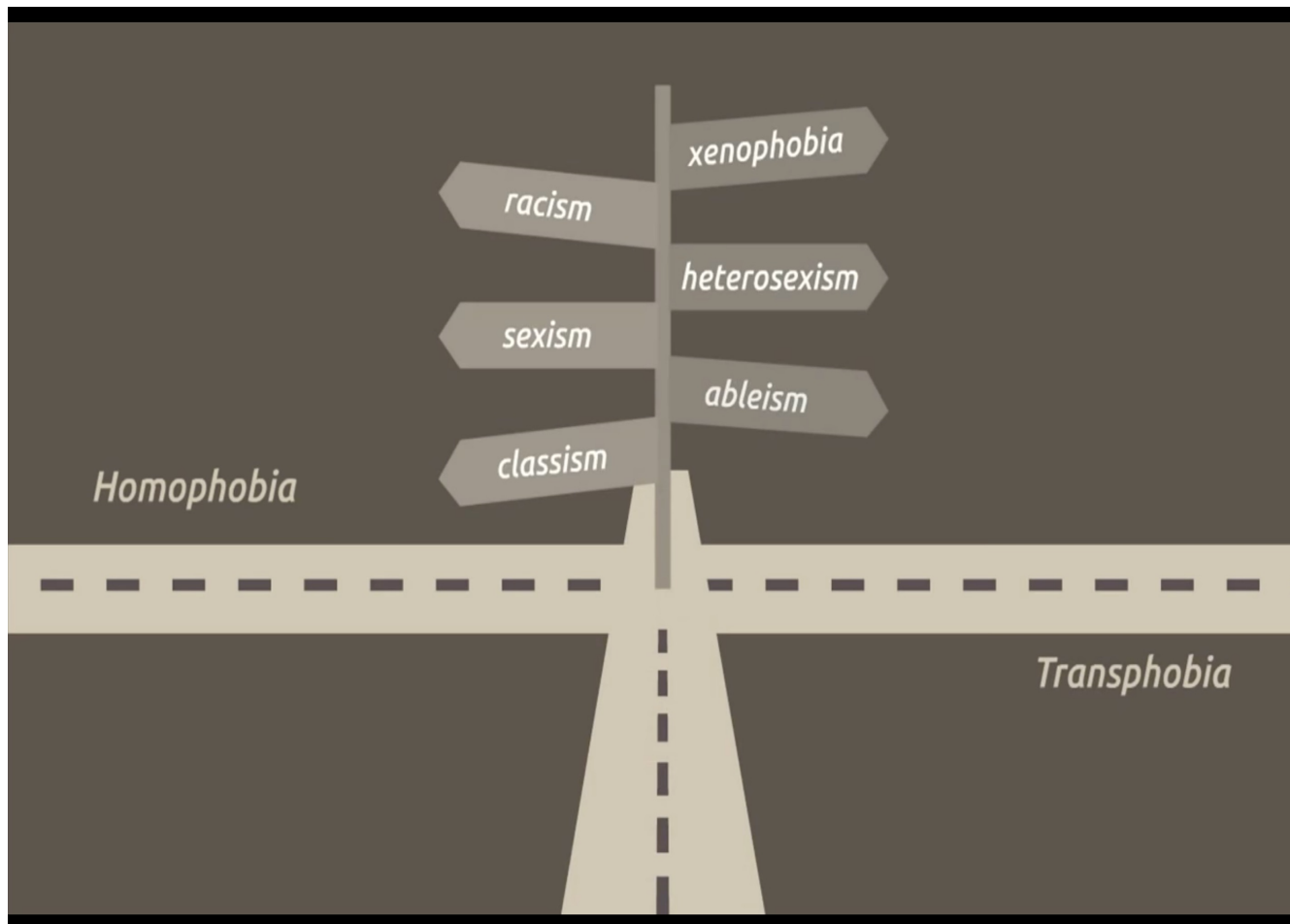
Trauma & Intersectionality



What is Intersectionality

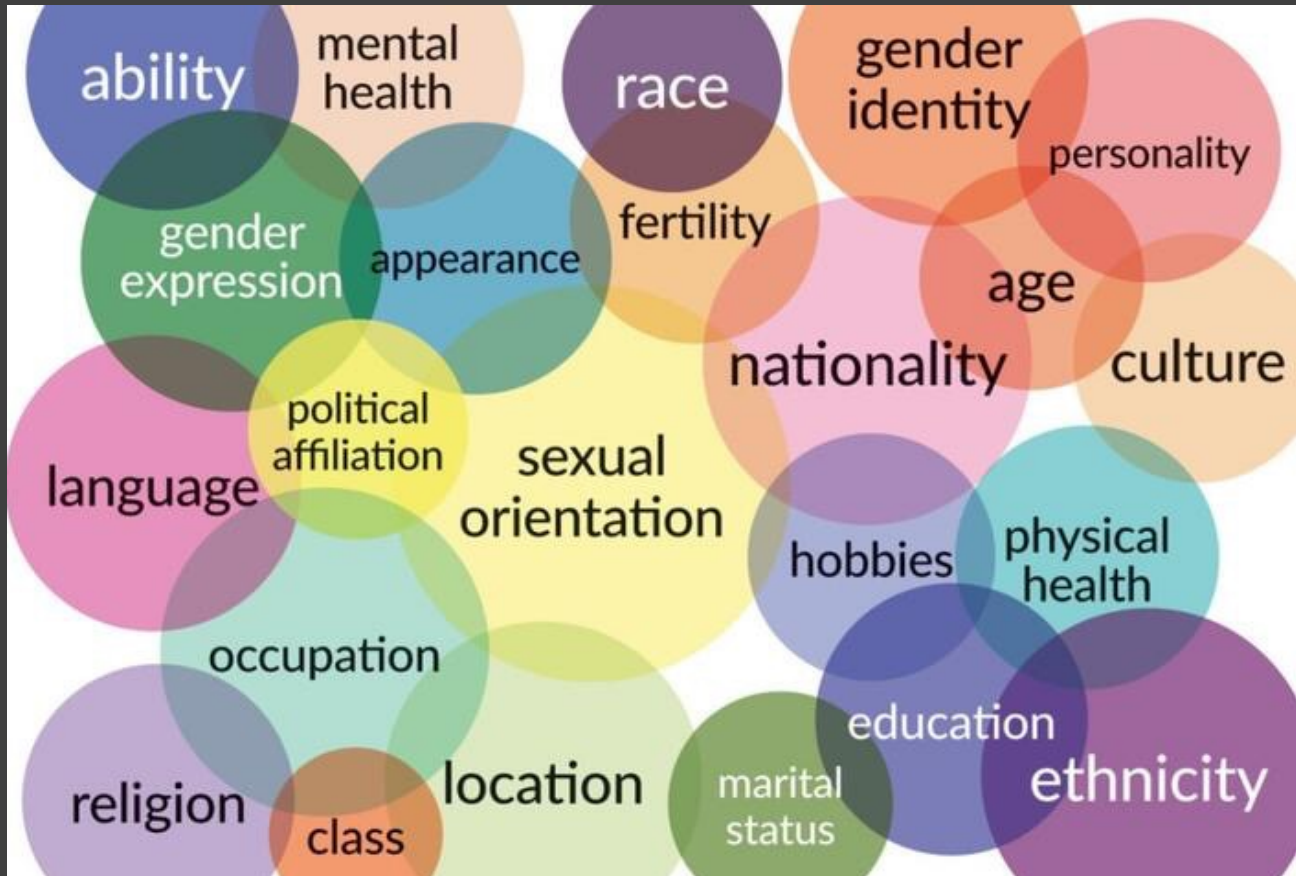
<https://www.youtube.com/watch?v=akOe5-UsQ2o>

Intersectionality



- Refers to “the complex, cumulative manner in which the effects of different forms of discrimination combine, overlap, or intersect” (Crenshaw)
- Coined by scholar and civil rights activist Kimberlé Crenshaw in 1989
- Describe how race, class, gender and other characteristics “intersect” with one another
- The 1976 case of Degraffenreid vs General Motors is used by Kimberlé Crenshaw to this day to illustrate intersectionality.

Intersectionality & Trauma



- Interrelatedness of trauma and “intersectional” identity-based oppression – *the accumulation of multiple forms of related subjugation (e.g., based in racism, homophobia, transphobia, other gender-based oppression, and socioeconomic classism) that can cause and/or mediate traumatic experience.*

TRAUMA & PTSD

Trauma & PTSD (Trauma & Stressor Related Disorders in DSM-5)

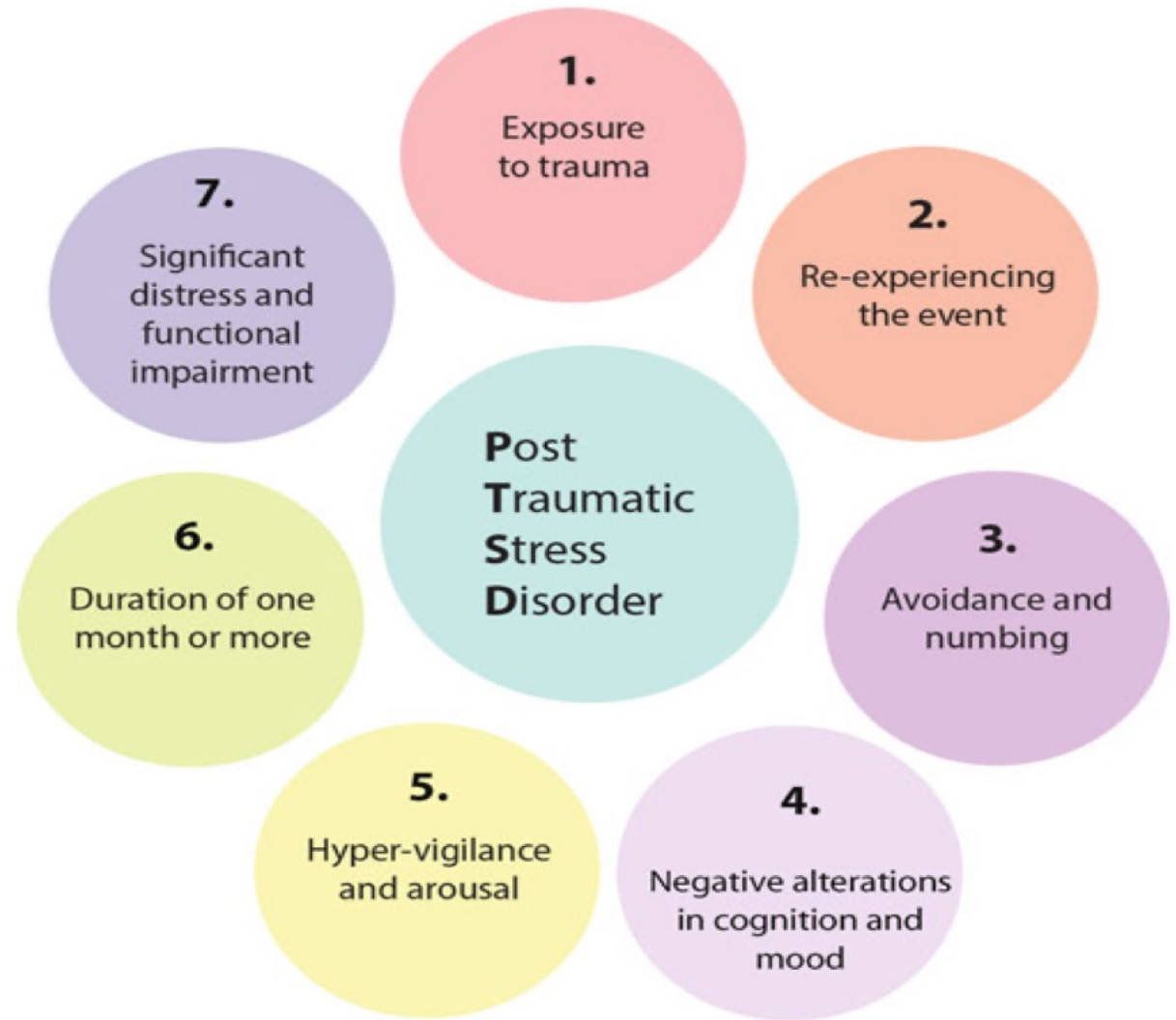
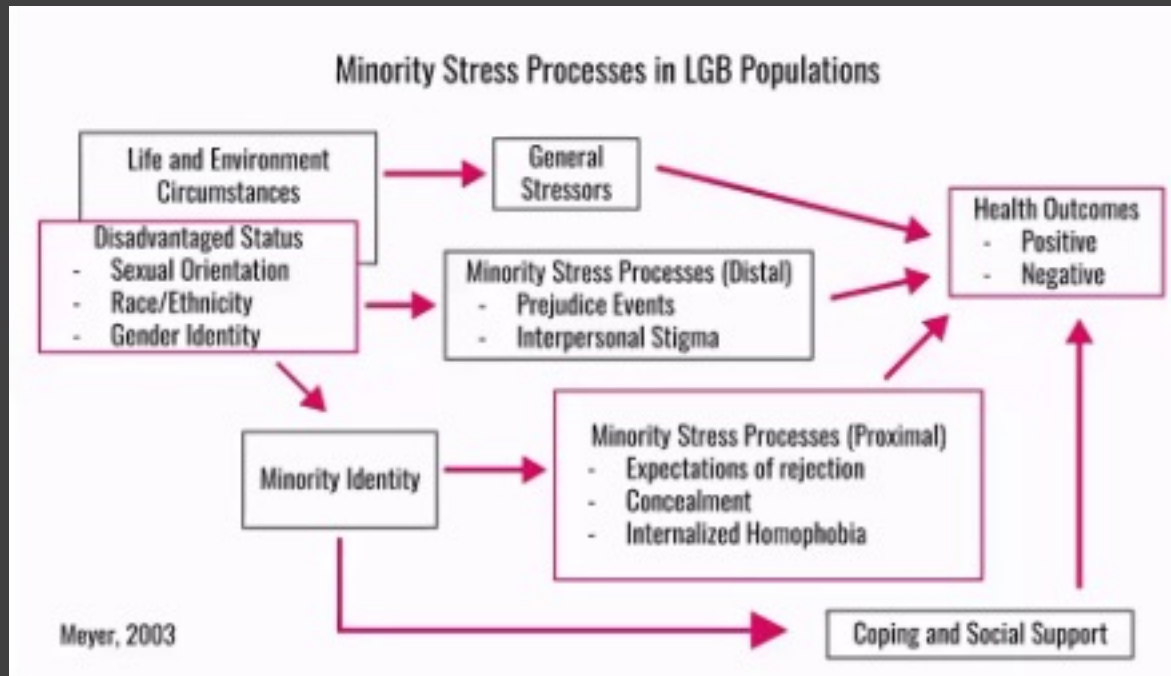


Fig. 1.1 Abbreviated *DSM-5* diagnostic criteria for posttraumatic stress disorder

(Alessi & Martin, 2017, p. 5)

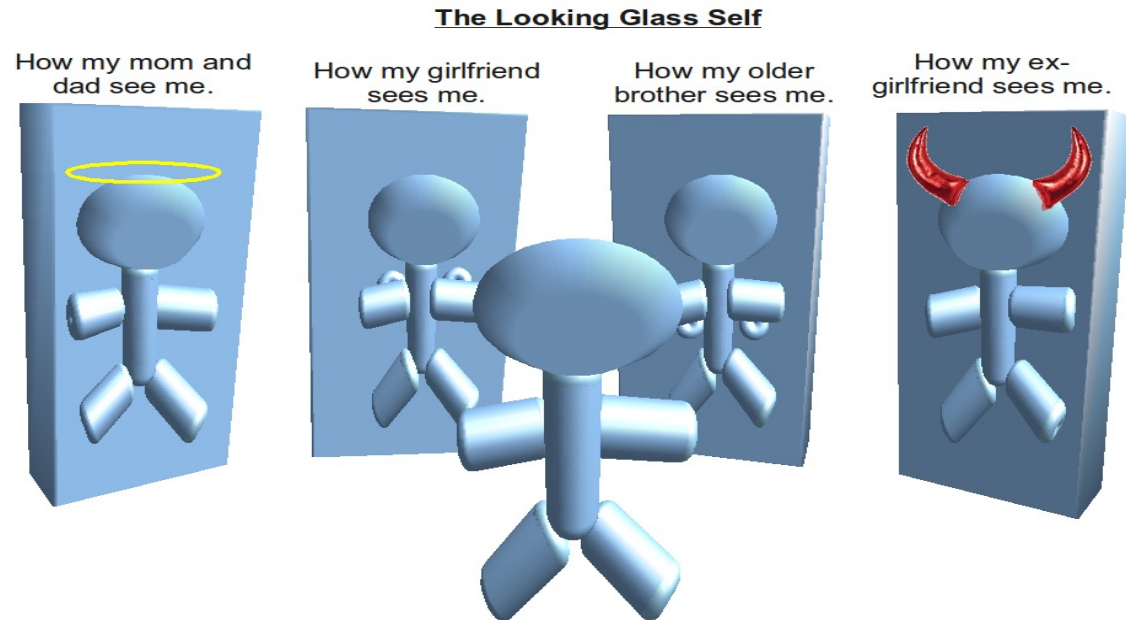
Minority Stress Theory

- Marginalization and marginalized status of minorities increases vulnerability to traumatic & non-traumatic stress.



- Meyer's Minority Stress model has four tenets:
 1. External, objective stressful events
 2. The expectation of minority stress and the vigilance this expectation requires (stigma)
 3. The internalization of negative societal attitudes (internalized homophobia), and
 4. Sexual orientation concealment.

The Looking Glass Self



How does this help our clinical and macro practice?

How does this impact our work with marginalized individuals and groups?

- Coined by Charles Horton Cooley in 1902
- Posits that an individual grows through interpersonal interactions and the perceptions of others in the society
- Cooley questioned the concept of the self, since one's feelings are always connected to the ways in which others think about him or her.
- The self is viewed as a social self consisting of **three principal components**:
 1. How we imagine our appearance to another person,
 2. The way we imagine another person judges our appearance, and
 3. The specific self-feeling that results from this judgment such as pride or mortification
- The formulation of our self-concept is dependent on the ways in which others perceive us.

Stigma



Stigma is a process by which the reaction of others spoils normal identity.

(Erving Goffman)

izquotes.com

- Erving Goffman indicated that stigma is a means of spoiling identity
- Goffman identified three main types of stigma associated with:
 - Mental illness
 - Physical deformation
 - Attachment to identification with a particular race, ethnicity, religion etc.
- Stigmatized individuals are likely to interpret their interactions as being undermined by the dominant group, as they may justifiably anticipate rejection based on their marginalized status
- Research demonstrated the relationship between *social stigma and negative health and mental health outcomes*
- Internalize negative attitudes and direct them inward

Trauma & Identity- Based Oppression Across Systems

Identity-Based Oppression Across systems

- Juvenile justice system
- Educational system
<https://www.newyorker.com/magazine/2018/10/01/georgias-separate-and-unequal-special-education-system>
- Mental health systems
- Healthcare systems
- Can you think of any other systems?



How Racism Makes Us Sick - David R. Williams

- Impact of implicit bias on healthcare
- Institutional discrimination within social institutions
- Residential segregation (best-kept secret in keeping racial inequality in US)

Questions / Reflection

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Williams TED Talk
(https://youtu.be/VzyjDR_AWzE)

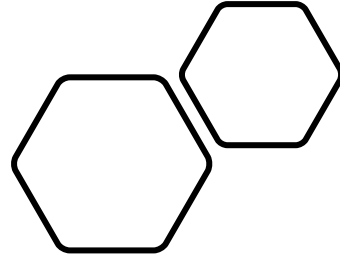
What marginalized identities/ communities are highlighted in this TED talk? What role do you believe intersectionality plays?

What type of violence is depicted (i.e., direct violence, natural violence, structural violence, cultural violence)?

What system(s)/social institution(s) (e.g., health care, education) interact with this social issue?

What does this mean for us in applying a trauma-informed care lens to our clinical or policy work?

Food For Thought



There is no such thing as a single-issue struggle, because we do not live single-issue lives. (Audre Lorde)