

## HISTORICAL TRAUMA AND CULTURAL HEALING

# Lecture List – Historical Trauma & Microaggressions

*These videotaped lectures discuss historical trauma, ongoing microaggressions, and healing. Represented are lectures that are general and/or cross-cultural in nature, and those focused on African American, American Indian/First Nation, Armenian Genocide, Australian Aboriginal, Cambodian Genocide, Holocaust, and South African contexts. This list is offered as a supplemental resource to the video series located at <http://z.umn.edu/htplaylist>. It is for those interested in exploring in-depth issues related to the causes, results, and healing of historical trauma and microaggressions.*

PRESENTATION TITLE	PRESENTER(S)	WEBLINK	SUMMARY
<i>General/Cross-Cultural</i>			
Family Stories, Secrets and Survival: TEDxVailWomen	Judith Landau	<a href="https://www.youtube.com/watch?v=_F3Yyl6e_ZQ">https://www.youtube.com/watch?v=_F3Yyl6e_ZQ</a>	Judith Landau uses an example of Irish displacement and immigration to explain how historical events can continue to play out throughout generations. She explains how addiction can serve as a resilience factor in the context of historical trauma.
Historical and Generational Trauma: Significance and Response	Elder Atum Azzahir, BraVada Garrett-Akinsanya, Jessica Gourneau, & Melissa Walls	<a href="https://www.youtube.com/watch?v=UkRTuWraVJw">https://www.youtube.com/watch?v=UkRTuWraVJw</a> and <a href="https://www.youtube.com/watch?v=zvyOe4bnPu8">https://www.youtube.com/watch?v=zvyOe4bnPu8</a>	The four speakers discuss their personal experiences and understandings of historical trauma in African American and American Indian contexts.
Implicit Bias and Microaggressions: the Macro Impact of Small Acts	Derald Wing Sue	<a href="https://www.youtube.com/watch?v=Nrw6Bf5weTM">https://www.youtube.com/watch?v=Nrw6Bf5weTM</a>	Derald Wing Sue, author of the book <i>Microaggressions in Everyday Life: Race, Gender, and Sexual Orientation</i> , talks about what microaggressions are and how they play out in everyday life.
Implicit Bias—How it Effects Us and How We Push Through: TEDxFlourCity	Melanie Funchess	<a href="https://www.youtube.com/watch?v=Fr8G7MtRNlk">https://www.youtube.com/watch?v=Fr8G7MtRNlk</a>	Through personal stories, Melanie Funchess describes the impact of implicit bias on people's lives and talks about what people can do to combat implicit biases within oneself and with others.

Let's Talk About Embodiment— Considering Internalized Trauma in U.S. Health Disparities	Ron Nikora	<a href="https://www.youtube.com/watch?v=PaSgdSPSJBM">https://www.youtube.com/watch?v=PaSgdSPSJBM</a>	Ron Nikora talks about disparities in health indicators such as infant mortality, epigenetics, and how embodiment of historical and contemporary oppression impact public health. He then outlines some implications for delivery of health services.
Narratives of Dialogue and Healing: Stories of Remorse and Forgiveness in the Aftermath of Mass Trauma and Violence	Pumla Gobodo-Madikizela	<a href="https://www.youtube.com/watch?v=KMgrjn70Wn0">https://www.youtube.com/watch?v=KMgrjn70Wn0</a>	Pumla Gobodo-Madikizela, author of the book <i>Breaking Cycles of Repetition: A Global Dialogue on Historical Trauma and Memory</i> talks about the role of truth and reconciliation commission dialogues in helping to heal across generations.
Using the Tools of Critical Race Theory and Racial Microaggressions to Examine Everyday Racism	Daniel Solorzano	<a href="https://www.youtube.com/watch?v=6JU4294fZNA">https://www.youtube.com/watch?v=6JU4294fZNA</a>	Daniel Solorzano talks about how he learned about critical race theory and microaggressions and how they play out with people of color.
<i>African American Contexts</i>			
Jim Crow Wisdom: Memory and Identity in Black America Since 1940	Jonathan Holloway	<a href="https://vimeo.com/84325265">https://vimeo.com/84325265</a>	Jonathan Holloway, author of <i>Jim Crow Wisdom: Memory and Identity in Black America Since 1940</i> , talks about the process of coming to write the book, how vestiges of the past continue today, and how things are passed down through families.
The Inter-Generational Transmission of Trauma and Recovery: The African American Case	Hardin Coleman	<a href="https://www.youtube.com/watch?v=IJ9CyggcXUw">https://www.youtube.com/watch?v=IJ9CyggcXUw</a>	Hardin Coleman talks about the impacts of colonization of thinking and trauma transmission across generations in the African American community. He draws from ecological models to describe how trauma is transmitted relationally across generations.
The Trauma of Legitimacy: Black Scholars and Memory in the Age of Black Studies	Jonathan Holloway	<a href="https://www.youtube.com/watch?v=DrBQWmoOMaM">https://www.youtube.com/watch?v=DrBQWmoOMaM</a>	Jonathan Holloway, author of <i>Jim Crow Wisdom: Memory and Identity in Black America Since 1940</i> , talks about the historical and contemporary challenges of being a black scholar in higher education and how survivor's guilt plays out in this context.

Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing	Joy [Leary] DeGruy	<a href="https://www.youtube.com/watch?v=MH7tpAK8APY">https://www.youtube.com/watch?v=MH7tpAK8APY</a>	Joy DeGruy, author of the book <i>Post Traumatic Slave Syndrome</i> , talks about race relations (historically and contemporarily), cognitive dissonance in race relations, and the lingering impacts of slavery on American society.
Post Traumatic Slave Syndrome	Joy Leary	<a href="https://www.youtube.com/watch?v=sGx57C2hYsl">https://www.youtube.com/watch?v=sGx57C2hYsl</a> and <a href="https://www.youtube.com/watch?v=INAtEXavTF4">https://www.youtube.com/watch?v=INAtEXavTF4</a>	Joy Leary, author of the book <i>Post Traumatic Slave Syndrome</i> , talks about how discussion of slavery is seen differently from holocaust or American Indian history, how labeling and blame of African American people has been used to justify ongoing traumas since slavery was officially ended in the United States, and how African Americans have internalized and acted out the messages they have been fed over time.
Storytelling, Trauma and Black Identities: TEDxDartmouth	Anise Vance	<a href="https://www.youtube.com/watch?v=Am-HUey7NOg">https://www.youtube.com/watch?v=Am-HUey7NOg</a>	Anise Vance talks about his experiences tracing the roots of his father and the historical and contemporary story themes that emerged from the African American community.

*American Indian and Canadian First Nations Contexts*

A Framework for Culturally-Based Practice	Karina Walters, Jessica Gourneau, and John Red Horse	<a href="https://www.youtube.com/watch?v=7u9GU2ENIOs">https://www.youtube.com/watch?v=7u9GU2ENIOs</a>	Karina Walters talks about health disparities of urban indigenous populations, pathways to the disparities through stress-coping theories related to historical traumas, stress vulnerabilities and buffering elements, indigenous worldviews, the dangers of silence and denial of historical traumas, microaggressions, and she shares examples of healing activities. It is followed by a panel discussion of clinicians.
Americana Indian—Thinking Twice About Images That Matter: TEDxABQWomen	Nancy Marie Mithlo	<a href="https://www.youtube.com/watch?v=vdhWdgJL_ck">https://www.youtube.com/watch?v=vdhWdgJL_ck</a>	Nancy Marie Mithlo talks about contemporary stereotypical images of American Indians and the impact that it has on ongoing traumas, particularly in respect for Native women and girls. She sets the contemporary impact within a historical context of federal Indian policy.

Colonization and Intergenerational Trauma & Healing Within First Nations Communities	Joe Solanto	<a href="https://www.youtube.com/watch?v=OMCfOXrVbOo&amp;list=PLB9B26B6FB733EC4A&amp;index=4">https://www.youtube.com/watch?v=OMCfOXrVbOo&amp;list=PLB9B26B6FB733EC4A&amp;index=4</a>	Joe Solanto talks about different manifestations of trauma including “type-III” trauma, which is his professional focus and is described as intergenerational trauma. He describes the impacts of colonization and its’ implications on intergenerational trauma.
Creating Innovative Methods and Sustainable Health Approaches to Historical Trauma in Indian Country	Karina Walters	<a href="https://www.youtube.com/watch?v=kqO9lnPuEzE">https://www.youtube.com/watch?v=kqO9lnPuEzE</a>	Karina Walters discusses historical trauma’s impact on health status in American Indian contexts through dislocation of relationships and resulting coping strategies.
Embodiment of Historical Trauma and Microaggression Distress	Karina Walters	<a href="https://www.youtube.com/watch?v=WzPNWTD56S8">https://www.youtube.com/watch?v=WzPNWTD56S8</a>	Karina Walters talks about how traumas from the past are carried forward, the impact of contemporary microaggressions, and cultural protective factors that buffer from harm.
Flourishing in a World of Disasters: An Indigenous Perspective on Historical Trauma	Anton Treuer	<a href="https://www.youtube.com/watch?v=z-9yINBPbFw">https://www.youtube.com/watch?v=z-9yINBPbFw</a>	Anton Treuer uses roots of European genocide to bridge to a talk about how historical traumas continue to impact peoples’ patterns of thinking, believing, and acting across generations.
Historical Trauma Research Seminar	Eduardo Duran	<a href="http://mediacentre.maramatanga.ac.nz/content/historical-trauma-research-seminar-dr-eduardo-duran">http://mediacentre.maramatanga.ac.nz/content/historical-trauma-research-seminar-dr-eduardo-duran</a>	Eduardo Duran, author of <i>Healing the Soul Wound: Counseling with American Indians and Other Native Peoples</i> , talks about indigenous psychology, linguistic and conceptual differences between western and indigenous views of healing, and how to get people back on-track to harmony.
Intergenerational Trauma	Maria Yellowhorse Braveheart	<a href="https://www.youtube.com/watch?v=p8YCYmUEb2s&amp;list=PLY_gkN16_QTeX8-70rXSm5eO-29WCUwXs">https://www.youtube.com/watch?v=p8YCYmUEb2s&amp;list=PLY_gkN16_QTeX8-70rXSm5eO-29WCUwXs</a>	Maria Yellowhorse Braveheart traces her realization of the relationship of historical trauma to American Indians and talks about her more recent work intervention on the topic of historical trauma.
Intergenerational Trauma and Education	Suzanne Stewart	<a href="https://www.youtube.com/watch?v=yHOSJaP3liM">https://www.youtube.com/watch?v=yHOSJaP3liM</a>	Suzanne Stewart talks about her own rocky history with the education system in Canada and then goes into the differences of worldviews between indigenous and Western peoples, implications for education, and the colonial context of education and how it continues to play out in Canada.

Isht Ahalaya: Transcending Historical Trauma with Loving Responsibility	Karina Walters	<a href="http://mediacentr.e.maramatanga.ac.nz/content/isht-ahalaya-transcending-historical-trauma-loving-responsibility">http://mediacentr.e.maramatanga.ac.nz/content/isht-ahalaya-transcending-historical-trauma-loving-responsibility</a>	Karina Walters talks about the connections of current health to history, the complex influences on health, her own research, and the ability to transform through vision and love.
Surviving Disappearance, Re-Imaging & Humanizing Native Peoples: TEDxSeattle	Matika Wilbur	<a href="https://www.youtube.com/watch?v=e2bs1Ttc4gk">https://www.youtube.com/watch?v=e2bs1Ttc4gk</a>	Photographer Matika Wilbur talks about her photographic work challenging stereotypical images of Native peoples. She weaves in the stories behind her images with narratives of historical and contemporary traumas and racism.
Understanding Truth and Reconciliation: Exploring Reconciliation, Intergenerational Trauma, and Indigenous Resistance	William Littlechild, Rebecca Sockbeson, Ian Mosby, James Daschuk, Keavy Martin, Tanya Kappo, & Jodi Stonehouse	<a href="http://livestream.com/ualberta/trc">http://livestream.com/ualberta/trc</a>	The panelists discuss the historical patterns of health/disease, treaty agreements and breaches of treaties, horrors of residential schools, and burdens that survivors of residential schools and their following generations continue to carry.
<b>Armenian Genocide</b>			
Living with Genocide: The Armenian Experience	Robert Krikorian	<a href="https://www.youtube.com/watch?v=C3heGfzeJlk">https://www.youtube.com/watch?v=C3heGfzeJlk</a>	Robert Krikorian talks about the history of the Armenian genocide and the psychological challenges that Armenians, including his own family, have faced in the years since with political denial of the genocidal events that occurred in the 1910s.
The Armenian Genocide: Memory and Memoire	Sergio LaPorta	<a href="https://www.youtube.com/watch?v=QaR5C2lW1gU&amp;index=81&amp;list=PL01A325F0A4D08FF3">https://www.youtube.com/watch?v=QaR5C2lW1gU&amp;index=81&amp;list=PL01A325F0A4D08FF3</a>	Sergio LaPorta describes the history behind the Armenian, the silencing that took place in the 1920s and 1930s that remains to this day, how second generation survivors began writing memoirs in the 1970s as they learned of their families' traumatic pasts, and how the continued denial of the genocide stands in the way of healing.
<b>Australian Aboriginal Contexts</b>			
An 'Educaring' Approach to Healing Generational Trauma in	Judy Atkinson & Caroline Atkinson	<a href="https://www.youtube.com/watch?v=zROcvPcTINM&amp;list=PL4867007532D1B282">https://www.youtube.com/watch?v=zROcvPcTINM&amp;list=PL4867007532D1B282</a>	Judy Atkins, author of the book <i>Trauma Trails: Recreating Song Lines</i> , and her daughter discuss the legacies of colonialism on indigenous peoples of Australia.

Aboriginal Australia			
SNAICC Conference 2013 Day 3 - Closing Plenary	Judy Atkinson	<a href="https://www.youtube.com/watch?v=o2YDp6LLe9Y">https://www.youtube.com/watch?v=o2YDp6LLe9Y</a>	The author of the book <i>Trauma Trails: Recreating Song Lines</i> discusses healing of indigenous Australian children and their families through broad stakeholder involvement.
Cambodian Genocide			
Connecting the Broken Pieces after the Cambodian Genocide: Legacy as Memory of a Nation	Youk Chhang	<a href="https://www.youtube.com/watch?v=vZuD4Fo-ZOc">https://www.youtube.com/watch?v=vZuD4Fo-ZOc</a>	Youk Chhang talks about the fractured nature of Cambodia post-genocide when many of the population were born after the genocide, efforts for reconciliation and opening dialogues about the events with those who are too young to have personal memories of the traumas, and how identity and expectations have been shaped.
New Year Baby	Socheata Poeuv	<a href="https://www.youtube.com/watch?v=uiXkou1JWzc&amp;index=74&amp;list=PL01A325F0A4D08FF3">https://www.youtube.com/watch?v=uiXkou1JWzc&amp;index=74&amp;list=PL01A325F0A4D08FF3</a>	Screening of the documentary <i>New Year Baby</i> , a personal journey of a second-generation survivor of the Cambodian genocide trying to uncover what her family has gone through to better understand her life. Following the screening, Socheata Poeuy (the film's director) talked about how trauma shaped her family and the survivor's guilt that she felt.
We Exist! The story of an inter-generational inter-cultural "Khmerican" healing journey	Amy Kouch, Matilda Meas, Vichaka Meas, Lucia Roncalli	<a href="https://www.youtube.com/watch?v=IEm-65KhEEc">https://www.youtube.com/watch?v=IEm-65KhEEc</a>	An academic history of the Cambodian genocide and its effects is presented, followed by personal stories of three second-generation daughters and their experiences growing up with parents who had gone through the Cambodian genocide.
Holocaust			
Holocaust Aftermath	Cathy Wurzer hosts	<a href="https://www.youtube.com/watch?v=leBmZW6zn7Q">https://www.youtube.com/watch?v=leBmZW6zn7Q</a>	Cathy Wurzer talks to holocaust survivors and their children about the transgenerational impact of holocaust trauma on their families.
Post-Holocaust Writing: Past, Present, and Future"	Barbara Lesch McCaffry	<a href="https://www.youtube.com/watch?v=RR7tYIcYkO0&amp;list=PL01A325F0A4D08FF3&amp;index=110">https://www.youtube.com/watch?v=RR7tYIcYkO0&amp;list=PL01A325F0A4D08FF3&amp;index=110</a>	Barbara Lesch McCaffry talks about backgrounds and reads excerpts from writings by those who experienced the holocaust first-hand and by those of subsequent generations who experienced the holocaust through their elders.



The Collective Memory of Mass Atrocities: Traveling Ghosts of the Holocaust	Alejandro Baer	<a href="https://www.youtube.com/watch?v=acAxXP1eF4I">https://www.youtube.com/watch?v=acAxXP1eF4I</a>	Alejandro Baer talks about how historical memories and narratives form and shape identity and actions of populations.
Transcending Trauma: Female Communication in Holocaust Survivor Families	Sheryl Perlmutter Bowen	<a href="https://www.youtube.com/watch?v=4mwzA4A8hZM">https://www.youtube.com/watch?v=4mwzA4A8hZM</a>	Sheryl Perlmutter Bowen talks about the Transcending Trauma project and how communication patterns within survivor families can impact outcomes of subsequent generations.
We Will Remember: 2 <sup>nd</sup> and 3 <sup>rd</sup> Generation Survivors	Panel moderated by Barbara Lesch McCaffry	<a href="https://www.youtube.com/watch?v=jlDlGUBZPL8">https://www.youtube.com/watch?v=jlDlGUBZPL8</a>	Three 2 <sup>nd</sup> and 3 <sup>rd</sup> generation survivors of the European holocaust and Armenian genocide tell their families' trauma stories and how they have been impacted by their grandparents' experiences with historical trauma. Barbara Lesch McCaffry facilitates a discussion afterwards.
<i>South African Contexts</i>			
Are the Born-Frees Born to Free-Fall: TEDxJohannesburg	Dion Chang	<a href="https://www.youtube.com/watch?v=SRF2fKm6amE">https://www.youtube.com/watch?v=SRF2fKm6amE</a>	Dion Chang talks about the aftermath of historical contexts and ongoing traumas that children of post-Apartheid South Africa are living with. He argues that contemporary problems that are manifesting in society are coping mechanisms for emotional trauma cycles.
The Meaning of Woundedness—Insights from South Africa	Pumla Gobodo-Madikizela	<a href="https://www.youtube.com/watch?v=-FaFl_VaOeg">https://www.youtube.com/watch?v=-FaFl_VaOeg</a>	Pumla Gobodo-Madikizela, author of the book <i>Breaking Cycles of Repetition: A Global Dialogue on Historical Trauma and Memory</i> outlines where the concept of historical trauma has come from and how it can be seen in historical and contemporary South Africa.
Women in Post-Apartheid South Africa	Sindiso Mnisi Weeks	<a href="https://www.youtube.com/watch?v=WYzOBKeZiNE">https://www.youtube.com/watch?v=WYzOBKeZiNE</a>	Sindiso Mnisi Weeks talks about the changes in women's status brought about by oppressive colonial policies, the impacts of these historical legacies on families, and transmission of traumatic behaviors across generations.

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