



Coping with Racial Trauma

Kira Hudson Banks *

Introduction

Discrimination is a stressful experience that can result in symptoms similar to posttraumatic stress disorder, as well as depression and anxiety. Discrimination, whether overt or indirect, will result in racial trauma. Indirectly, observing prejudice against a member of a particular cluster would be included. Discrimination is humiliating, terrifying, and uninflected when it happens on a regular basis. When some deny that the trauma occurred or blame the survivor, the trauma will be exacerbated.

Who Does Most Impact

Ethnic discrimination is the most important contributing factor for racial trauma. While many people report experiencing trauma as a result of racist violence, people may experience racial trauma even though they don't appear to be the victim in person.

Any racial or ethnos group that is oppressed or stigmatised may suffer from racial trauma. Racial trauma affects Black, autochthonous, and other people of colour (BIPOC) in the United States. The severity of racial trauma may differ from one area to the next or even over time. Both BIPOC are at risk of racial trauma as long as general bias exists [1]. The majority of research shows that prejudice increases the likelihood of trauma symptoms. This means that people who report such experiences to the World Health Organization are more likely to experience trauma.

Discrimination claims come in all shapes and sizes. For instance, according to a church bench study, eighty-one percent of Black people with college degrees claim they have experienced at least one instance of discrimination [2]. This compares to 69 people with just a high school diploma or less. Black males are much more likely than Black females to report unequal police treatment [3].

Causes

Any form of stress or anxiety around racial factors or treatment will trigger racial trauma. Some examples include:

Exposure to racial or ethnic stereotypes: An example of this is when lecturers or textbooks claim that certain racial groups are better or worse at certain tasks Concerns about personal safety. For instance, a Latinx person who fears being labelled as an unregistered migrant or a person of colour who fears police brutality is an example of this situation.

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*Corresponding author: Kira Hudson Banks, Missouri Department of Psychology, 3700 Lindell Blvd, St. Louis, MO, 63108, USA, Email: Bankas.k@health.slu.edu

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Witnessing harassment of members of a person's cluster in the real world or in the media, such as when a Latinx person sees migrator children in cages or a blackamoor sees a video of an unarmed blackamoor being killed.

Treatment and Coping Methods

Certain elements of racial trauma can be helped with traditional PTSD therapy. Several care options are available, including:

Individuals can benefit from trauma-informed psychotherapy to help them recognise their emotions, process their experiences, and develop healthy coping mechanisms.

Getting support from those who have experienced ethnic trauma.

Relatives and the government are assisting you.

Administration of medication.

References

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Author Affiliations

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Department of Psychology, 3700 Lindell Blvd, St. Louis, MO, 63108, USA,