

CULTURALLY INFORMED TRAUMA AND GRIEF RECOVERY TOOLKIT



References and Additional Resources

Overview Documents

Welcome to the American Psychological Association (APA) Culturally Informed Trauma & Grief Recovery Toolkits

No references

Interpersonal Trauma: Violence & Abuse In Our Communities

- <https://dynamic.uoregon.edu/jjf/defineBT.html>
- <https://jmgomez.org/cultural-betrayal-trauma-theory/>
- <https://theconversation.com/the-unique-harm-of-sexual-abuse-in-the-black-community-114948>
- http://victimsofcrime.org/docs/default-source/ncvrw2015/2015ncvrw_stats_sexualviolence.pdf?sfvrsn=2
- <https://ncadv.org/files/Domestic%20Violence%20and%20Psychological%20Abuse%20NCADV.pdf>

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Collective Trauma: What Happens to We Happens To Me

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Herman, J.L. (2023). *Truth and repair: How trauma survivors envision justice*. NY: Basic Books.

Kira, I., & Tummala-Narra, P. (2015). Psychotherapy with refugees: Emerging paradigms. *Journal of Loss and Trauma: International Perspectives on Stress and Coping*, 20, 449-467.

Tummala-Narra, P. (Ed.) (2021). *Trauma and racial minority immigrants: Turmoil, uncertainty, and resistance*. APA Division 45 Book Series. Washington, DC: American Psychological Association.

Vaughans, K.C., & Harris, L. (2016). The police, Black and Hispanic boys: A dangerous inability to mentalize. *Journal of Infant, Child, and Adolescent Psychotherapy*, 15(3), 171-178.

Grief & Loss: The Ones We Acknowledge & The Ones We Don't

References will be emailed directly to Thema by authors (Kelechi & LaTonya).

My Religion, My Spirituality, My Coping

Information about how to reach them can be found HERE and HERE. You can also find useful hints about meditation, yoga and other practices HERE and HERE.

Support As Healing: How To Respond When Someone Tells You They've Been Abused

- <https://dynamic.uoregon.edu/jjf/disclosure/goodlistener.html>
- <http://alliancesurvivorchoice.org>

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I Can Do Bad All By Myself: Knowing When & How to Reach Out For Help

Bryant, T. (2022). *Homecoming: Overcome fear and trauma to reclaim your whole, authentic self*. Penguin Random House.

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When Words Aren't Enough: The Power of Expressive Arts in Healing

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American Music Therapy Association. (2004). Definition of music therapy (online). www.musictherapy.org.

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Coalition of Creative Arts Therapies Associations [Online]. www.nccata.org/.

Taking My Power Back and Changing The World

- <https://blog.ed.gov/2023/05/a-timing-update-on-title-ix-rulemaking/>
- <http://alliancesurvivorchoice.org>
- <https://www.institutionalcourage.org>

- <https://www.settheexpectation.org>
- <https://www.sashacenter.org/#>
- <https://www.wab2g.org>

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Intersectionality: The Way Our Oppressions and Privileges Combine to Create Opportunities and Challenges

- The Intersectionality Wars: <https://www.vox.com/the-highlight/2019/5/20/18542843/intersectionality-conservatism-law-race-gender-discrimination>
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- Cho, S., Crenshaw, K.W., & McCall, L. (2013). Toward a field of intersectionality studies: Theory, applications, and praxis. *Signs: Journal of Women in Culture and Society*, 38(4), 785-810.
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Buddhism & Trauma: Healing Within This Present Moment

- Getting started with mindfulness: <https://www.mindful.org/meditation/mindfulness-getting-started/>
- Trauma-informed mindfulness: <https://psychcentral.com/health/trauma-informed-mindfulness>
- What is self-compassion: <https://self-compassion.org/the-three-elements-of-self-compassion-2/>
- Self-compassion exercises: <https://self-compassion.org/category/exercises/#exercises>

Shifa: A Guide of Contemporary and Traditional Healing Practices for Muslim Americans

- AlRawi, S. N., Khidir, A., Elnashar, M. S., Abdelrahim, H. A., Killawi, A. K., Hammoud, M. M., & Fetters, M. D. (2017). Traditional Arabic & Islamic medicine: validation and empirical assessment of a conceptual model in Qatar. *BMC complementary and alternative medicine*, 17(1), 157. <https://doi.org/10.1186/s12906-017-1639-x>
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From Collective Suffering to Thriving: Radical Healing for AMENA Peoples

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- » Syrian refugees use [Dabke](#) for healing and hope
- » [Baha'i Institute for Higher Education](#)
- Psychology of Radical Healing
 - » Psychology of Radical Healing Collective: <https://psychologyofradicalhealing.com/>
 - » Envisioning collective thriving during Ramadan: Reflections on healing for Arab, Middle Eastern, and North African people <https://www.psychologytoday.com/us/blog/healing-through-social-justice/202004/envisioning-collective-thriving-during-ramadan>
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- Museums
 - » Arab American National Museum <https://arabamericanmuseum.org/>
 - » Museum of the Palestinian People, Washington, D.C. <https://mpp-dc.org/>
- AMENA Organizations
 - » ACCESS <https://www.accesscommunity.org/>
 - » Palestinian Institute for Biodiversity + Sustainability <https://www.palestinature.org/>
 - » Yezidi International <http://www.yezidisinternational.org/articles/>
 - » AMENA-Psy <https://www.amenapsy.org/>
 - » AMEJA <https://www.ameja.org/>
- AMENA Collectives & Coalitions
 - » [Black Arabs Collective](#)
 - » [SSWANA Initiative](#)
 - » [Collective for Black Iranians](#)
 - » Iranian Diaspora collective <https://www.iraniandiasporacollective.com/>
 - » SWANA Ancestral Hub <https://www.riverroseremembrance.com/ancestralhub>
 - » [Tatreez & Tea](#)
 - » Filaha Texts Project <http://www.filaha.org/>

Connection is Our Strength: Trauma, Grief, and Healing Among Asian & Pacific Islander Americans

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Cultural Wounds, Cultural Strengths - Traumas, Healing & Latina/o/x Intergenerational Wisdom

For online community programming on Latina/o/x wellbeing and healing please visit www.razapsychology.org

Abuse & The Church: Christianity, Spirituality, & Healing

- www.netgrace.org/resources
- <https://nccasa.org/hope-and-healing-for-survivors-of-sexual-and-spiritual-abuse/>

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Knapp, P. J. (2021). Understanding religious abuse and recovery: Discovering essential principles for hope and healing. Pickwick Publications.

Healing While Black/African American: Triumphant Over the Pain

Association of Black Psychologists: <https://abpsi.org/resources/#directory>

National Association of Black Social Workers: <https://www.nabsw.org>

Therapy for Black Girls: https://providers.therapyforblackgirls.com/?_ga=2.106887107.1994837978.1685356985-881713382.1685356985

Psychology of Radical Healing Collective: <https://psychologyofradicalhealing.com>

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My Suffering Does Not Define Me: Hindu Americans' Healing from Trauma & Loss

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Resilience & Brilliance: Healing for LGBTQIA+ Persons of Color

- Atlanta Black Pride
- National Black Justice Coalition
- Audre Lorde Project
- Latino Equity Alliance
- Two Spirit Collective

- National Queer Asian Pacific Islander Alliance
- Ahwaa

Edwards, K. M., Mauer, V. A., Huff, M., Farquhar-Leicester, A., Sutton, T. E., & Ullman, S. E. (2022). Disclosure of sexual assault among sexual and gender minorities: A systematic literature review. *Trauma, Violence, & Abuse*, 15248380211073842.

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Post-Survey

Mini-Survey