

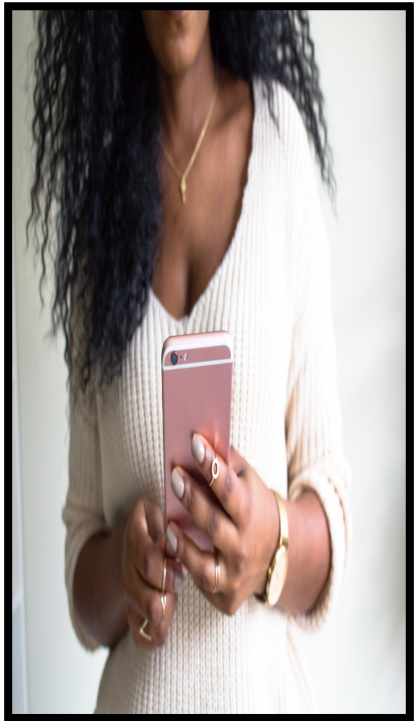


UNDERSTANDING CULTURAL TRAUMA,
GRIEF & MOURNING EXPERIENCED
BY AFRICAN AMERICANS

DR. DWAYNE BUCKINGHAM
The E.R. Doctor
CEO, R.E.A.L. Horizons Consulting Solutions, LLC



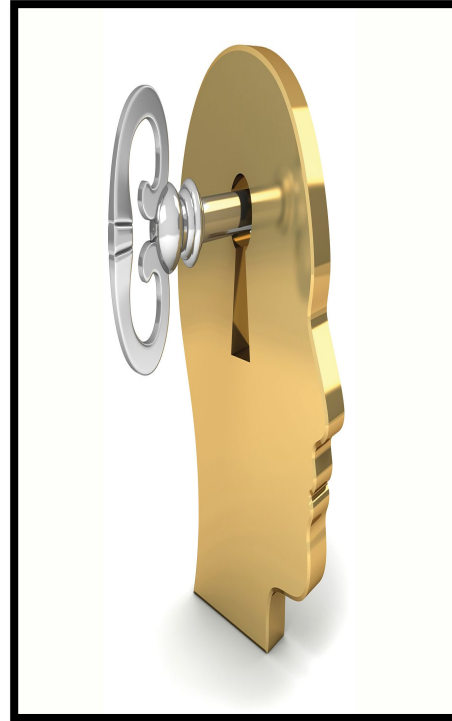
HOW TO GET MAXIMUM BENEFIT FROM TONIGHT



Tune Out Distractions



Ask Questions



Keep an Open Mind



Take Action



Disclaimer

The information or views expressed in this presentation are those of the presenter and do not reflect the views of any organization or institution.

Furthermore, the presenter is **not serving in the capacity of a psychotherapist**. This is training, not a substitute for seeking professional counseling or guidance. Therefore, the presenter is not liable or responsible for any emotions that surface or actions that you take regarding the topic.

Lastly, we will be viewing disturbing images and discussing emotional content so please consider seeking help if warranted.



Who Am I?



- President and CEO, R.E.A.L Horizons Consulting Solutions, LLC
- President, The Empathy and Resilience Center, Inc. 501 (3) (c)
- Veteran, USAF
- Licensed Clinical Social worker with over 20 years of experience
- **Psychotherapist to over 30,000 clients from around the world**
- Author x 11
- Filmmaker x 4
- Father
- Husband
- Empathy and Resilience expert
- **I AM A BLACK MAN IN AMERICA**



What You'll Learn...

- Why So Many African Americans Are Struggling to Breathe?
- American history and Black history in America
- Gain a Deeper Understanding of African American's history of trauma in America through systematic racism
- How to differentiate grieving and mourning among African Americans
- 5 strategies you can use to help African Americans cope with their justifiable anger and prolonged psychological trauma



Have you ever **WONDERED?**

What It is Like to ***Breathe*** Freedom

What It is Like to ***Breathe*** Justice

What It is Like to ***Breathe*** because
Black Lives Matter!





"I Can't Breathe"

~George Floyd

WHY ARE SO MANY AFRICAN AMERICANS STRUGGLING TO BREATHE?



Are African Americans Struggling to Breathe
due to the Senseless Murder of George Floyd?



George could not breathe for
8 minutes and 46 Seconds.
He died face down on a dirty city street.

YES, BUT THERE IS SO MUCH MORE

Let me tell you a little about African Americans' history of trauma in America...

American History



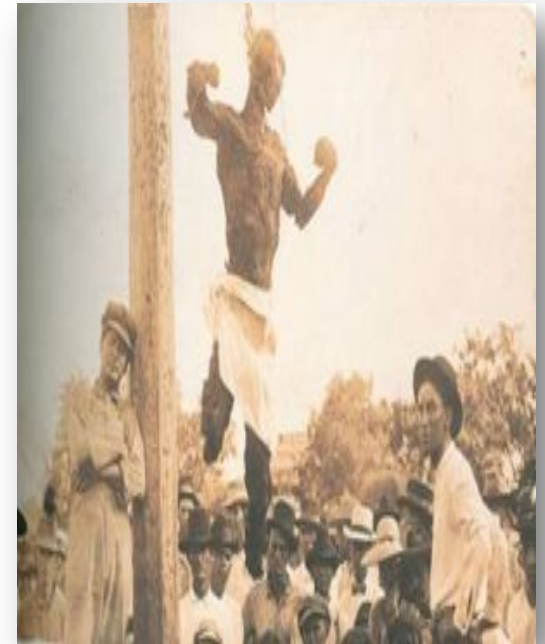
"Life, Liberty and the
pursuit of Happiness"

African American History



"Live, Legacy and the
pursuit of Justice"

Our History, Culture and Identity in America is Rooted in Trauma



This is **WHY** so many African Americans are
struggling to **Breathe!**

What Is Trauma?

Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.



Trauma intersects in different ways with *culture*, history, race, gender, location and language.

Psychological Effect of Trauma

- ❑ Flashbacks or frequent nightmares
 - ❑ Always expecting something bad to happen
 - ❑ Not remembering periods of life
 - ❑ Feeling emotionally numb
 - ❑ Unable to concentrate
 - ❑ Excessive watchfulness, anxiety, **anger**, shame or sadness
- ✓ None of these signs is always associated with trauma
 - ✓ Each behavior can play a role in protecting people or helping them survive It's not what's wrong with you, but what happened to you.



My Trauma Story

At the early age of 6-years-old, I began to ask myself two fundamental questions:

Who am I?

Does my life have meaning?

- I was born into poverty
- Raised by my single mother in the ghetto
- Was shot in the arm – age 8
- Saw my first dead body at age 10
- My mother passed from cancer when I was age 17
- I was robbed at gun point at age 19
- I attended my 17-year nephew's funeral at age 21
- I attended one of best friend's funeral at age 24
- I learned to grieve by keeping it all in.



I also learned that my hardship and despair was rooted in Cultural Trauma

What Is Cultural Trauma?

When members of a collective group have **been subjected to horrendous events** that leaves indelible marks on their consciousness, **marking their memories forever** and **changing their future identity in fundamental and irrevocable ways**.



19th Century lynching



Modern-day lynching

Michael Brown

4 Factors That Influence How Trauma Affects Us

□ **How**

□ **When**

□ **Where**

□ **How Often**



16th Street Baptist Church – September 15, 1963



Charleston Church Shooting – June 2015



CULTURAL TRAUMA

- **Slavery was institutionalized oppression** – a formal system designed to subordinate a certain group of people by unjust use of force, authority or societal norms.



A social-economic system under which certain persons-known as slaves are deprived of personal freedom and are forced to work. Individuals are treated as property.



CULTURAL TRAUMA

Willie Lynch Letter: The Making of a Slave

- ❑ Developed a Full Proof Method to Control Slaves for at least 300 hundred years (after receiving this indoctrination will they self-refuel and self-generate for hundreds of years, maybe Thousands)
- ❑ Make differences and make them bigger
 - Use Fear, Distrust and Envy for control purposes
- ❑ Age – pitch old males against young males (vice versus)
- ❑ Color – pitch dark skin against light skin (vice versus)
- ❑ Gender – use females against males (vice versus)
- ❑ Make sure all slaves trust and depend on whites
- ❑ Make sure that they love, respect and trust whites only
- ❑ Use the method intensely for one year and they will maintain it



CULTURAL TRAUMA

Six Cardinal Principles for Making a Negro

- ❑ Both horse and niggers are no good to the economy in the wild or natural state
- ❑ Both must be broken and tied together for orderly production
- ❑ For orderly future, special and particular attention must be paid to the female and the youngest offspring
- ❑ Both must be crossbred to produce variety and division of labor
- ❑ Both must be taught to respond to a peculiar new language
- ❑ Psychological and physical instruction of **Containment** must be created for both

CULTURAL TRAUMA

Methods for Making a Negro

- ❑ Keep the body, Take the Mind (break his will to resist)
- ❑ Keep eyes and thoughts on the female and Offspring of the nigger
- ❑ Concentrate on future generations
- ❑ **Break the female mother and she will break her offspring**
- ❑ Break and train the female so she will eat out of your hand
- ❑ Take the meanest and most restless nigger, strip him of his clothes **in front** of other male niggers, the female, and the nigger offspring and **beat the fear of God in him**





CULTURAL TRAUMA

Breaking the Black Woman

- Run a series of test on her (she is most the important factor for good economics) use the bullwhip if she shows any signs of resistance and extract that last bit of {b-----} out of her.
- When in complete submission she will train her offspring
- In her natural state she would have a strong dependency on the uncivilized nigger male
- Break her dependency and need for the nigger male by burning and pulling a civilized nigger apart and bullwhipping the other to the point of death, all in her presence.



CULTURAL TRAUMA

Breaking the Black Woman

- By her being left alone, unprotected, with the **Male Image Destroyed**, the ordeal caused her to move from her psychologically dependent state to a frozen, independent state.
- In this frozen, psychological state of independence, she will raise her **Male** and female offspring in reversed roles. For fear of the young male's life, she will psychologically train him to be **mentally weak and dependent**, but **Physically Strong**.
- Because she has become psychologically independent, she will train her Female offspring to be psychologically independent.
- **Ultimate Goal: Woman out front** and the nigger **Man behind and Scared**. Before breaking you had to be on alert, but know the woman stands guard.



CULTURAL TRAUMA

The Negro Marriage

- Breed two nigger males with two nigger females and then take the nigger male away from them and keep them moving and working
- Being without the influence of the nigger male and frozen in an independent psychological state – she will raise your offspring into reverse positions.
- The one with the female offspring will teach her to be like her (independent and negotiable) and the one with the male offspring will raise him to be mentally dependent and weak, but physically strong; in other words, body over mind
- **When the offspring are ready for reproduction they will mate and breed, thus continue the cycle. That is good, sound and long range comprehensive planning.**



CULTURAL TRAUMA

Sustainability and Warnings

- Prevent them from accessing original historical information about their natural state because the mind has a strong drive to correct and re-correct itself over a period of time if it can touch some substantial original historical base
- Shave off the brute's mental history and create a multiplicity of phenomena of illusions, so that each illusion will twirl in its own orbit (For example, crossbreed the nigger in order to create a diversified division of labor)
- **Create different levels of labor and different values of illusion at each connecting level of labor**



CULTURAL TRAUMA

Summary of Slave Making Methods

- Break and tie them together for orderly production
- Pay particular attention to the female savage and her offspring for orderly future planning
- Reverse the positions/roles of the male and female savages
- **Create an orbiting cycle that turns on its own axis forever**



CULTURAL TRAUMA

ABOLISMENT OF SLAVERY

The 13th amendment, which formally abolished **slavery in the United States**, passed the Senate on April 8, 1864, and the House on January 31, 1865. On February 1, 1865, **President Abraham Lincoln** approved the Joint Resolution of Congress submitting the proposed amendment to the state legislatures.

Life after slavery for African Americans was similar to undergoing major surgery without any anesthesia.

A bad seed called oppression was planted in the psyche of Black people and blossomed without appropriate care or intervention.

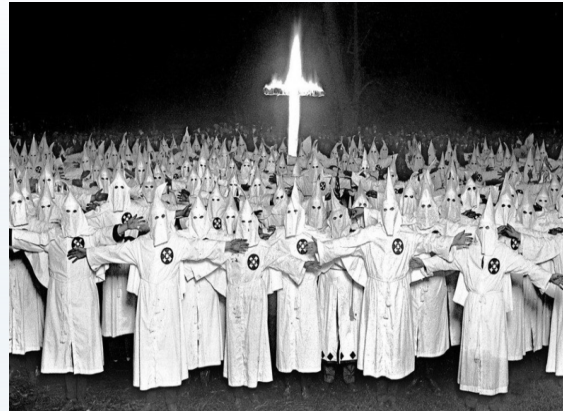
Additionally, laws were established to set the stage for continued oppression.

BLACK CODES were implemented in the 1860s

CULTURAL TRAUMA

Jim Crow Era – state and local laws enacted in the Southern and border states of US between 1876 and 1965. Racism was worse during this time.

They mandated *de jure segregation* in all public facilities, with a supposedly “separate but equal” status for Black Americans.



Jim Crow Laws led to treatment and accommodations that were inferior to those provided for white Americans, systematizing a number of economic, educational and social disadvantages.

CULTURAL TRAUMA

Civil Rights Era – Emmett Till – a 14-year-old black boy from Chicago, was murdered on August 28, 1955 for whistling at a white woman while visiting relatives in Mississippi.



MAMIE TILL MOBLEY



His body was thrown in the Tallahatchie River and his murders were acquitted.

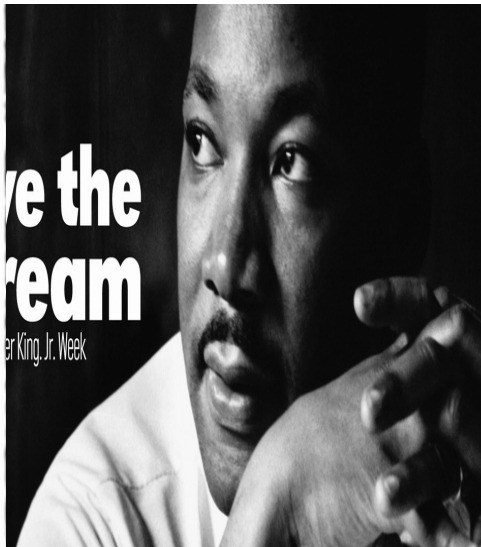
CULTURAL TRAUMA

Civil Rights Era – March 7, 1965 was named “Bloody Sunday” when blacks were attacked while peacefully marching from Selma to Montgomery



CULTURAL TRAUMA

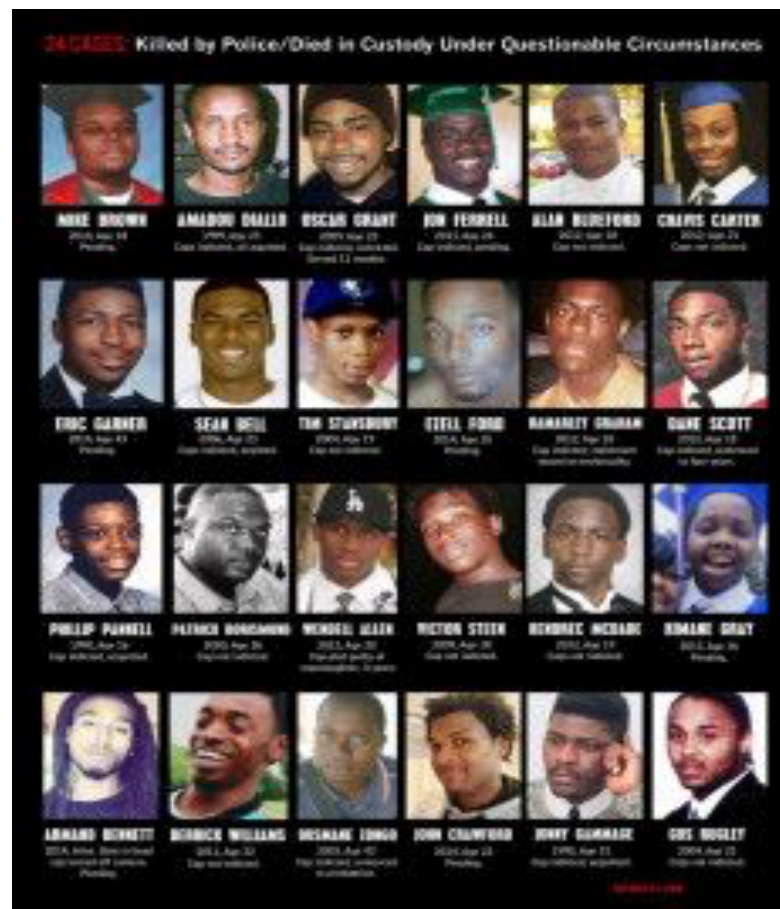
Civil Rights Leader – Dr. Martin Luther King was assassinated in Memphis on April 4, 1968 after delivering his famous “Mountaintop sermon.”



Riots broke out in more than 110 cities across the U.S. The damage done in many cities destroyed black businesses.

CULTURAL TRAUMA

1. Rodney King - 1991
2. Sean Bell – 2006
3. Oscar Grant III - 2009
4. Trayvon Martin – 2012
5. Jonathan Ferrell - 2013
6. Eric Garner - 2014
7. John Crawford - 2014
8. Michael Brown – 2014
9. Laquan McDonald - 2014
10. Ezell Ford - 2014
11. Philando Castile – 2016
12. Michelle Shirley - 2016
13. Tamir Rice – 2014
14. Botham Jean – 2018
15. Stephon Clark – 2018
16. Ahmaud Arbery - 2020
17. Breonna Taylor – 2020
18. George Floyd – 2020



WHY ARE SO MANY AFRICAN AMERICANS STRUGGLING TO BREATHE?



African Americans have been **Grieving** since slavery.



Grieving

The internal meaning given to the experience of loss.

African Americans have been **Mourning** since the Jim Crow Era, Civil Rights Era, Early and late 90s and EVEN now!



Mourning

The outward expression of grief or the public face of grief.

What Are Symptoms of Grief?

- Grief is an emotional reaction /response to loss.
- Emotional states of grief include:
 - Shock
 - Confusion
 - Denial
 - Anger
 - Sadness
 - Rage
 - Depression
 - Isolation



The Five Stages of Grief

- Denial – shock and disbelief
- Bargaining - guilt and pleading
- **Anger - frustrated and helpless (why questions)**
- Depression – pain and reflection (feeling of loneliness)
- Acceptance - acknowledgment and acceptance of loss

What Are Symptoms of Mourning?

- Persistent **anger and hostility** leading to paranoid reactions, especially against those involved in the deceiver's death, or suppression of any expression of anger and hostility
- Persistence of denial with delayed or absent grieving
- Depression with impaired self-esteem, suicidal thoughts and impulses with self-destructive behavior.
- Actual organic disease and medical illness
- Progressive social isolation
- Disruption of normal patterns of conduct, often with a persistent hyperactivity unaccompanied by a sense of loss or grieving
- Protest

What Happens When People Experience Prolonged Grieving and Mourning?

Their coping resources become overwhelmed, which often leads them to find ways of coping that may work in the short run, but may cause serious harm in the long run.

Causes physical, emotional, spiritual or psychological harm and seriously disrupts the functioning of individuals, communities and creates a ***Crisis*** due to great damage and/or loss of life.



Ferguson Riots – August 2014

Behind every behavior there is an emotion.
If people can't let go, they can't move on

Which Emotion Contributes to Increased *Hostility* During Both The Grieving and Mourning Phases?



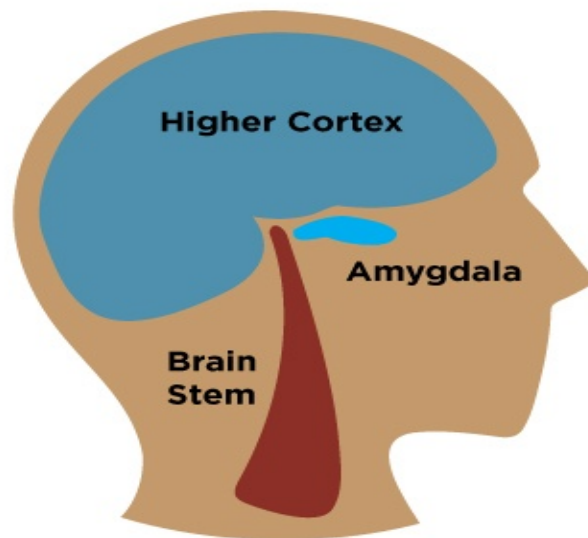
Which Emotion Creates feelings of *Hostility* During Grieving and Mourning Phases?

Anger

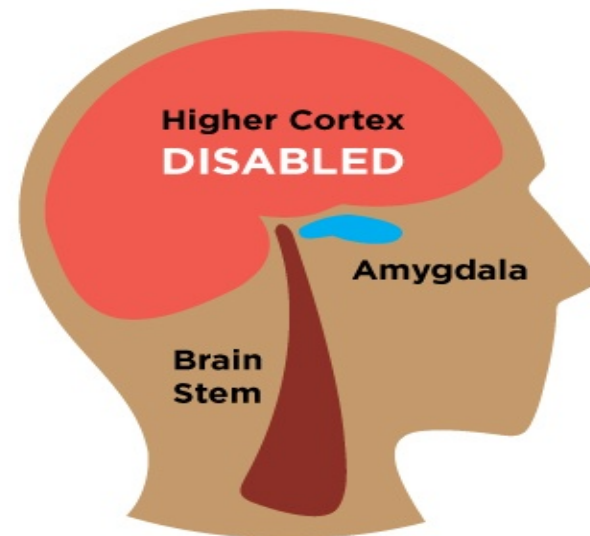
Typically, one of the primary **emotions**, like **fear** or **sadness**, can be found underneath the **anger**.

What Happens in the *Brain* when anger Is Present?

Emotional hijacking



LOW Emotion
(Calm, Relaxed)



HIGH Emotion
(Anger, Fear, Excitement, Love,
Hate, Disgust, Frustration)

No Psychological Intervention, No Peace!

- Grief
- Mourning
- Anger
- Posttraumatic Stress Disorder
- Internalized Oppression
- Depression



To live life is a constant state of grief and mourning that is rooted in trauma is as harsh as living life without a soul.

Growth Question

What Strategies Can I Use To Help African Americans Cope Effectively with Anger and Prolonged Psychological Trauma?

5 STRATEGIES



Strategy 1 – Enhance Your Emotional Intelligence

Strategy 2 – E.A.T. First

Strategy 3 – Practice Empathic Responding

Strategy 4 - Seek Additional Sensitivity Training

Strategy 5 – Take a Risk

STRATEGY 1

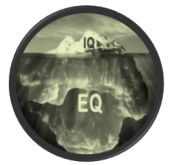


ENHANCE YOUR EMOTIONAL INTELLIGENCE

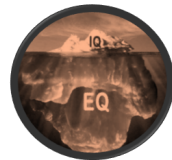
What Is Emotional Intelligence?



Emotional intelligence is the **ability to identify, use, understand, and manage emotions in positive ways** to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict.

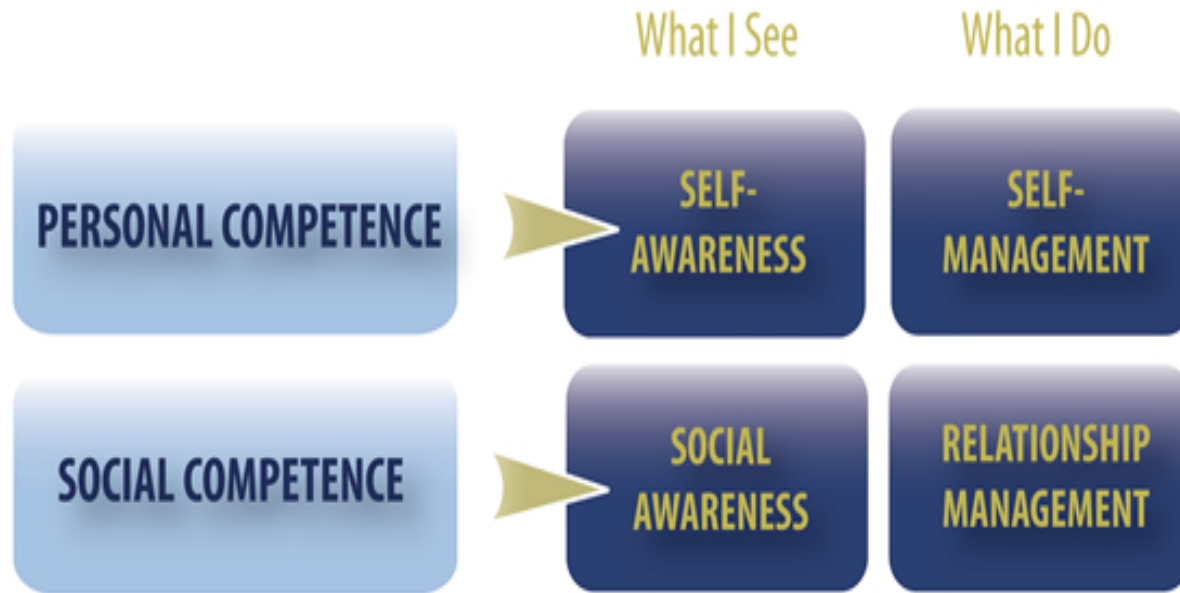


If you have a high emotional intelligence you are able to recognize your own emotional state and the emotional states of others and engage with people in a way that draws them to you.



You can use this understanding of emotions to relate better to other people, form healthier relationships, achieve greater success at work, and lead a more fulfilling life.

What Is Emotional Intelligence?



The four domains of emotional intelligence model are based upon a connection between what you see and what you do with yourself and others.

STRATEGY 2



E.A.T. FIRST

Examine yourself – What are you feeling and thinking?

E

Self-awareness

The ability to know one's emotions, strengths, weaknesses, drives, values and goals and recognize their impact on others while using gut feelings to guide decisions.

A

Alter negative Emotions - What good can come from being negative?

T

Self-regulation

Involves controlling or redirecting one's disruptive emotions and impulses and adapting to changing circumstances.

Think about the Golden and Platinum Rule – How would I like to be treated?
What does the person need?

Social Awareness and Relationship Management

Managing relationships to move people in the desired direction

STRATEGY 3



PRACTICE *Empathic Responding*

PRACTICE Empathic Responding



Empathic Responding Defined

The ability to connect with others by responding in a manner that communicates “I understand and can relate to your distress.”

PRACTICE Empathic Responding

The 5 Empathic Responding Model

- S - Seek** to understand emotional distress (do not give instructions – just listen)
- T – Think** about the Platinum Rule (prompts you to think about others' needs)
- E - Engage** in two-way dialogue (ask open ended questions to encourage others to talk)
- P - Paraphrase** (repeat what you heard for clarification purposes and understanding)
- P - Provide** validation and guidance (connect and help others identify solutions and resources)

Take a **S.T.E.P.P.** in the right direction and show compassion!

PRACTICE Empathic Responding

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5 *S.T.E.P.P* Empathic Responding Framework

Seek - Please tell me more about the situation.

Think – What does the person need?

Engage - Ask open-ended questions leading with “What, How or Who?”
For example, “What other factors are contributing to your feeling of being overwhelmed?”

Paraphrase – So I heard you say, “

Provide - validation and guidance (If I were in your shoes I would probably feel, “Overwhelmed”).....Now lets talk about solutions and the way forward

STRATEGY 4



***SEEK ADDITIONAL
SENSIVITY TRAINING***

SEEK ADDITIONAL TRAINING



To combat social injustice and reduce barriers to quality mental health services for vulnerable populations by providing social workers and counselors with opportunities to **Launch** vulnerable population focused (VPF) businesses, **Accelerate** compensation growth and **Build** financial prosperity.

We specialize in providing training and consultation to social workers and counselors who serve vulnerable populations such as African Americans, service members, veterans and women.

We offer live webinars and on-demand CEU courses specifically focusing on vulnerable populations.

www.baswc.academy

STRATEGY 5



TAKE A RISK

TAKE A RISK

We might not be able to remove all of the obstacles that are negatively affecting this country, especially not overnight, but we can begin to work on our emotional and mental wellbeing. This is critically important because a person filled with hopelessness and helplessness sees no way forward.

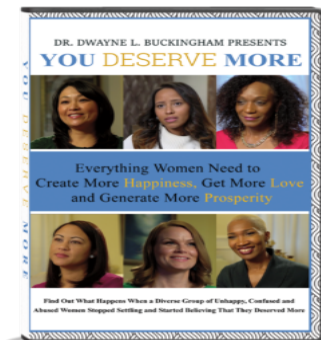
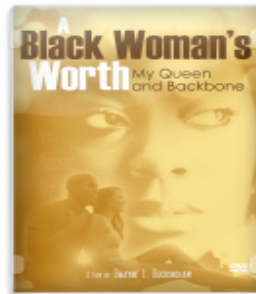
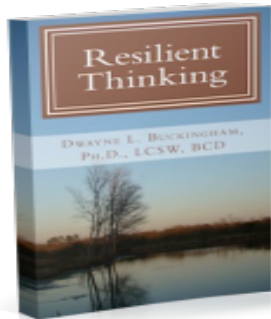
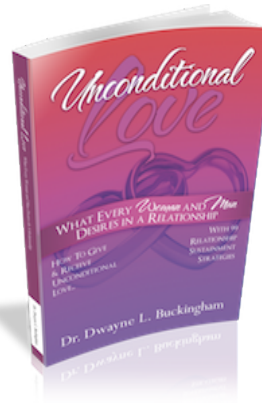
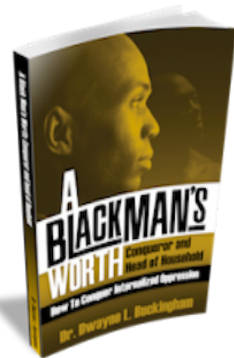
- ❑ Take a risk and speak up!
- ❑ Take a risk and get counseling if have underlying biases!
- ❑ Take a risk and hold people accountable!
- ❑ Take a risk and change what you do not like when you look in the mirror!
- ❑ Take a risk and work to change A NATION THAT IS DIVIDED BY INJUSTICE AND RACISM.

"He who is not courageous enough to take risk will accomplish nothing in life."

-Muhammad Ali



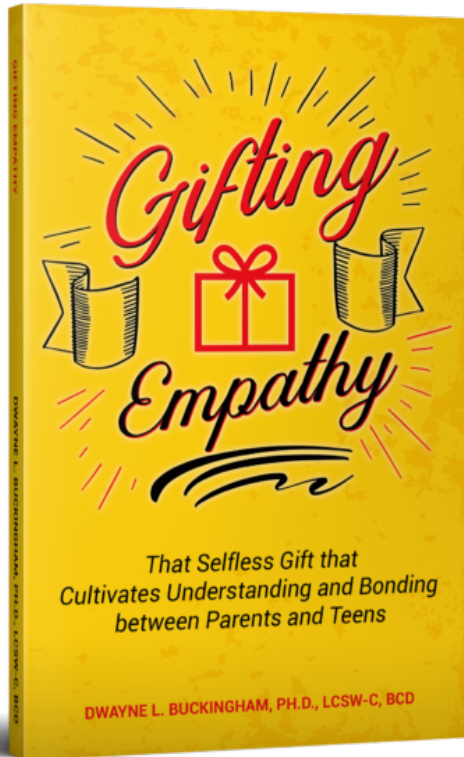
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Closing Remarks - Personal Quotes!

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“ Resilient people find solutions in problems. In contrast, troubled people find problems in every solution.

I've also learned that how you treat yourself will show up in how you treat others. Your emotional and social growth depends on your ability to see within side yourself and change you.

You do not need to permission to treat people with compassion so stop waiting on others to authorize your humanity and kindness.

Karma is not punishment, it is what you put in the atmosphere

Give the gift of empathy and see what you get back

The only time giving is bad, is when you are giving up.

I've learned that hate and social injustice can destroy a nation. But I've also learned that love and equality for all can build a nation where every human being can breathe and pursue life, liberty and the pursue of happiness.

”

Questions





THANK YOU, LET'S CONNECT!



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A 3D rendered white figure stands in the center of the slide, giving a thumbs-up gesture with its right hand. The figure is positioned behind a semi-transparent blue horizontal band that contains the word "Thanks!!".

Thanks!!

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Voice mail: 240-280-1008