



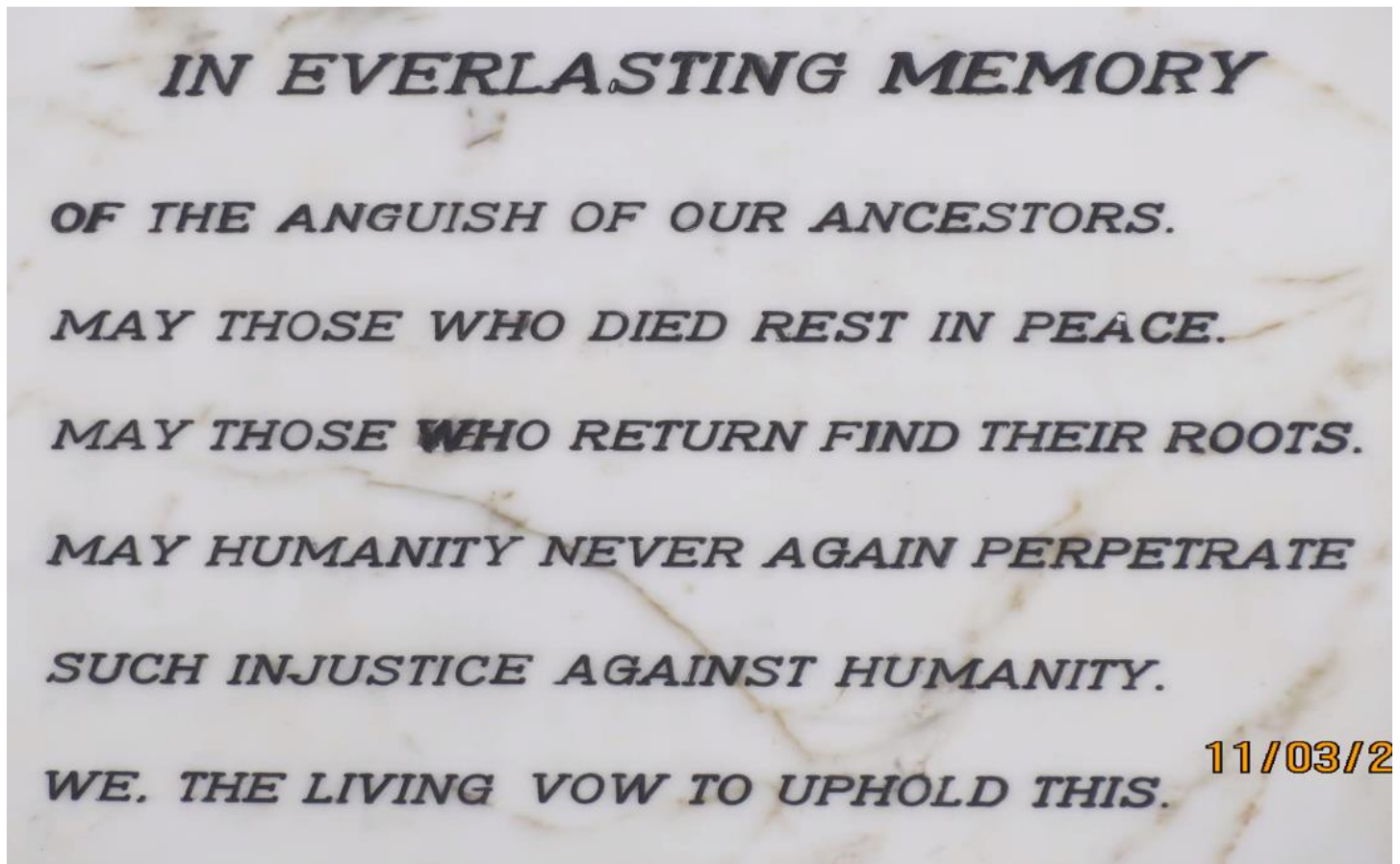
TRAUMATIC STRESS INSTITUTE

November 2023 RC Webinar – Shared Resources

There were so many great videos, quotes, and resources shared in the chat during the November RC Webinar. Some of these are compiled here for you.

Quotes

A commemorative engraving in front of what LaVerne called "Trauma Chambers". The official name is Elmina Castles. Elmina is a fishing port on the south coast of Ghana, in West Africa. It's known for its beaches and for its role in the former transatlantic slave trade. Elmina Castle, built by the Portuguese in 1482, was a base for trading slaves, gold and ivory.



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If the children are not nurtured, they will burn down the village just to feel its warmth.

- African Proverb

We repeat what we don't repair. Work to repair the rupture that has occurred in various communities.

- LaVerne Baker Hotep

Please try to remember that what they believe, as well as what they do and cause you to endure, does not testify to your inferiority, but to their inhumanity and fear.

- James Baldwin

Someone asked LaVerne to share again her story about healing from an elder in Africa. This is her retelling:

In the aftermath of national trauma and terror, the people were broken-hearted and needed healing. An elder reports that westerners came who were mental health professionals and claimed they were going to help the people heal. The elder reports, "they said that they were going to make us feel better. They came with no song, they came without dancers, they didn't bring any storytellers, they separated us from each other, they took us out of the sun and put us into dark rooms and told us to tell them our most painful memories. It was not healing. We had to ask them to leave."

While in Liberia, this story was shared with me and has been told many times in various countries on the continent.

-LaVerne Baker Hotep

Ubuntu Card Deck

Amy Tansley, RC Trainer at [Boys and Girls Village](#) in Milford, Connecticut, shared that she uses the [Ubuntu](#) card deck from High 5 Adventure during her RC Trainings after lunch to get people up and making connections with each other. She highly recommends it.

The remaining are video resources:

Native American Historical Trauma and Healing

Lovina Louie, RC Trainer at [Marimn Health](#) – which is owned and operated by the Coeur d'Alene Tribe in Plummer, Idaho – shared some of her own work on the subject of historical trauma:

We Shall Remain

<https://youtu.be/Gs0iwY6YjSk?si=Bb3zMDSFZIkMIV8w>

We Shall Remain part 2

<https://youtu.be/GRSkX8thhUk?si=EBwRNRHTcuQ0Lkyu>

Her striking Ted Talk

<https://youtu.be/ilf5vDptOYk?si=mBrIFEEyrZo9km1y>

Epigenetics

The first video LaVerne shared during her presentation was about how intergenerational trauma can be passed down/expressed through epigenetics:

[Your Fantastic Mind, Season 2, Episode 3: Intergenerational Trauma](#)

Inspiring Words

LaVerne shared an especially inspiring video entitled [You Can Heal Intergenerational Trauma](#) by Dr. Thema Bryant of Pepperdine University. She begins, “Come unto me all ye that are heavy laden and I’ll give you rest. This is a call, an invitation, a manifesto, a recipe for those of us who are struggling, juggling, carrying the heavy weight of collective trauma. Those whose nervous systems are screaming or whispering under the weight of traumatic stress.....I am here for those can’t stop crying and those who are all cried out.....”