



# Navigating Racialized Trauma and Our Nation's Upheaval

## Outline

- The difference between healing and therapy
- The five trauma responses
- The individual and collective forms of trauma
- The basics of racialized trauma
- What is white-body supremacy, and why is it a form of individual and collective trauma?
- Understanding the VIMBASI—our seven intelligences: vibes; images and thoughts; meaning making; behavior and urges; affect and feeling; sensations; and imagination
- What is Somatic Abolitionism, and how can it help to heal trauma?
- The practice of soul scribing
- The importance of reps
- Three types of reps: invited reps, life reps, and primal reps
- The importance of pausing
- How does someone become a Somatic Abolitionist?

## Description

This is a look at racialized trauma in both its individual and collective manifestations; an introduction to Somatic Abolitionism and its role in addressing this trauma; a brief guide to our bodies' multiple intelligences; and some steps for applying these intelligences to the upheaval we and our clients are living through.

## Initial Questions

1. What is the **difference between healing and therapy**?
2. Why do you use the term **white-BODY supremacy**?
3. Why do you say **bodies of culture** instead of BIPOC?

## Trauma and Racialized Trauma

1. What are the **five trauma responses**?
2. What are the different **forms of trauma**?
3. What is **racialized trauma**?

## The Wisdom of the Body

1. You say that our bodies all have six intelligences that can help us in healing trauma, especially our racialized trauma. What are **the body's six intelligences**?
2. What is **soul scribing**?

## Body Practices

1. The body practices in THE QUAKING OF AMERICA, MY GRANDMOTHER'S HANDS, and your Somatic Abolitionism blog at PsychologyToday.com are definitely not forms of physical exercise. What makes them unique—or uniquely valuable?
2. You stress the importance of “getting your reps in”—of doing body practices over and over. Can you talk about this?
3. Why is pausing such an important part of these body practices?

## Somatic Abolitionism

1. What is Somatic Abolitionism?
2. How does someone become a Somatic Abolitionist?
3. What else would you like people to know about Somatic Abolitionism?

## Final Question

1. Where can people learn more about you, your work, your books, and your upcoming workshops and classes?

