

Brief Syllabus of Recommended Reading for Racial Trauma Work

Readings on the Construct of Racist-Incident Based Trauma

Bryant, T., and **Ocampo, C.** (2006). A therapeutic approach to the treatment of racist-incident based trauma. *The Journal of Emotional Abuse*, 6, 1-22.

Bryant, T., and **Ocampo, C.** (2005). Racist-incident based trauma. *Counseling Psychologist*, 33, 479-500.

Bryant T., and **Ocampo, C.** (2005). The trauma of racism: Implications for counseling, research, and education. *Counseling Psychologist*, 33, 574-578.

Watson, L., DeBlaere, C., Langrehr, K., and Zelaya, D. (2016). The Influence of Multiple Oppressions on Women of Color's Experiences With Insidious Trauma. *Journal of Counseling Psychology*, 63 (6), 656–667.

Seminal Article on Racism as a Stressor

Clark, R., Anderson, N., Clark, V.R, Williams, D. (1999). Racism as a stressor for African Americans. A biopsychosocial model. *American Psychologist*, 54(10), 805-16. doi: 10.1037//0003-066x.54.10.805. PMID: 10540593

Readings on Racial Battle Fatigue

Quaye, S., Karikari, S., Carter, K., Okello, W.K., Allen, C. (2020). "Why Can't I Just Chill?": The Visceral Nature of Racial Battle Fatigue. *Journal of College Student Development*, 61 (5), 609-623.

Smith, W. A., Allen, W. R., & Danley, L. L. (2007). "Assume the Position . . . You Fit the Description": Psychosocial experiences and racial battle fatigue among African American male college students. *American Behavioral Scientist*, 51(4), 551–578.

<https://doi.org/10.1177/0002764207307742>

Resources for Working with Students/Clients Affected by Racial Stress

Chen, G., Neville, H., Lewis, J., Adames, H., Chavez-Dueñas, N., Mosley, D. and French, B. (The Psychology of Radical Healing Collective). (2019). Radical Self-Care in the Face of Mounting Racial Stress: Cultivating Hope Through Acts of Affirmation. *Psychology Today*. Available: <https://www.psychologytoday.com/us/blog/healing-through-social-justice/201911/radical-self-care-in-the-face-mounting-racial-stress>

Steve Fund Crisis Response Task Force. (2020). Adapting and Innovating to Promote Mental Health and Emotional Well-Being of Young People of Color: COVID-19 and Beyond: A Report from The Steve Fund Crisis Response Task Force. At: <https://www.stevelfund.org/wp-content/uploads/2020/09/CRISIS-RESPONSE-TASK-FORCE-STEVE-FUND-REPORT.pdf>

Seminal Article Defining Intersectionality

Crenshaw, K. (1989). Demarginalizing the Intersection of Race and Sex: A Black Feminist Critique of Antidiscrimination Doctrine, Feminist Theory and Antiracist Politics. *University of Chicago Legal Forum*, 1, 139-143. Available at:
<http://chicagounbound.uchicago.edu/uclf/vol1989/iss1/8>