

Historical Trauma & Cultural Healing

"... Four hundred years of trauma we experienced, and for us we talk about it as being utter cultural erasure" ~ Elder Atum Azzahir, Cultural Wellness Center

Genocide • Massacres • Slavery • Forced Relocation • Destruction of cultural practices

These experiences, shared by entire communities of people, can result in cumulative emotional and psychological wounding carried across generations, a concept that researchers and practitioners call **historical trauma**.



See this new video series on historical trauma and cultural healing:
<http://z.umn.edu/htplaylist>

Historical trauma is not about just what happened in the past. **It's about what's still happening.**

Watch now:

<http://z.umn.edu/htplaylist>

In this powerful three part video series (total running time approximately 15 minutes), you will hear from researchers who study historical trauma, and from practitioners who use cultural healing practices to foster recovery in those affected by historical trauma.

How do people and communities experience historical trauma? And most importantly, how can reconnecting to cultural practices help families and communities heal?

More on Historical Trauma & Cultural Healing

- Research eReview on historical trauma and cultural healing: <http://z.umn.edu/htreview>
- Full recordings of the Lessons from the Field Events on historical trauma and cultural healing: <http://z.umn.edu/htfullseries>