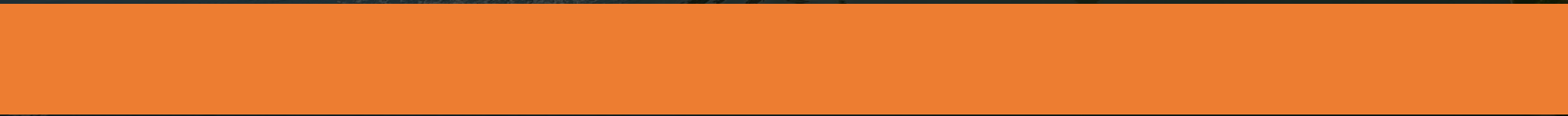


LISTEN: Black National Anthem--"Lift Every Voice & Sing"

First ship of enslaved Africans
arrived in the America's in the
colony of Jamestown, Virginia
in 1619.

“We Were Born on the Water.”



Igbo Landing

- Beyonce's song "Love Drought" video scene is about the "Igbo Landing" story, an act of mass resistance against slavery. Igbo Landing is the Location of mass suicide of Igbo enslaved Africans the Igbo landing occurred in 1803 on St. Simons Island, GA. A group of Igbo enslaved African's revolted, took control of their slave ship, grounded it on an Island, and freed themselves.



Chattel Slavery

- Chattel slavery is the most common form of slavery known to Americans. This system, which allowed people — considered legal property — to be bought, sold and owned forever, was lawful and supported by the United States and European powers from the 16th - 18th centuries.

Comparisons between DSM-5 PTSD and PTSS

PTSD -- A disorder in which a person has difficulty recovering after experiencing or witnessing a terrifying event. The condition may last months or years, with triggers that can bring back memories of the trauma accompanied by intense emotional and physical reactions. Symptoms may include nightmares or unwanted memories of the trauma, avoidance of situations that bring back memories of the trauma, heightened reactions, anxiety, or depressed mood. Treatment includes different types of trauma-focused psychotherapy as well as medications to manage symptoms.





[WATCH: Post Traumatic Slave Syndrome. How Is It Different From PTSD? | AJ+ Opinion](#)

PTSS -- is a theory that explains the etiology of many of the adaptive survival behaviors in African American communities throughout the United States and the Diaspora. It is a condition that exists as a consequence of multigenerational oppression of Africans and their descendants resulting from centuries of chattel slavery—a form of slavery which was predicated on the belief that African Americans were inherently/genetically inferior to whites. This was then followed by institutionalized racism which continues to perpetuate injury,

Click the [link](#) to learn more about PTSS.

Surviving to Thriving

“Crabs in a Barrel”

Divide & Conquer Mentality

Eliminating the scarcity mentality is the
key to liberation in our community

THE WILLIE LYNCH LETTER

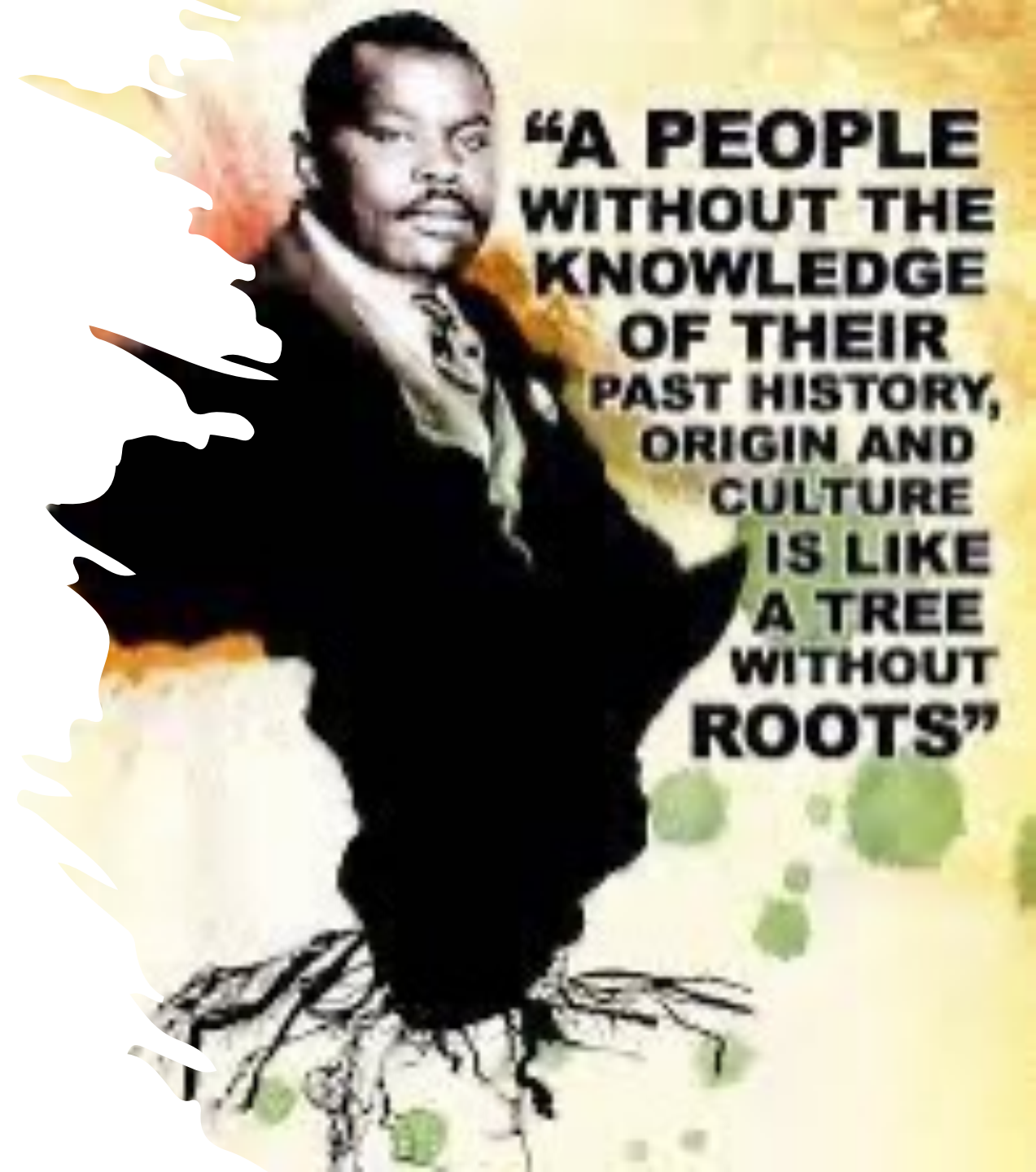


AND THE MAKING
OF A SLAVE

WILLIE LYNCH

Intersectionality of Historical & Generational Trauma

- (1) Assimilation
- (2) Code Switching
- (3) Cultural adaptability
- (4) Cultural acceptability standards
- (5) Perpetuation of colorism, texturism, featurism, ageism, and otherism in our Black community,
- (6) Elder's pedagogy
- (7) Breaking generational curses
- (8) Power of personal narratives





Tools:

- (1) Assess and evaluate the intersectionality of historical and generational trauma from a more critical lens.
- (2) Challenge your ideologies
- (3) Overcome barriers and acquire knowledge about your family's place of origin and oral history.

Discussion

- Identify themes related to PTSS, adaptation, and mal-adaptive thought patterns, feelings, and behaviors that you, your partner, family unit, and or community experience daily.
- How can the Black/African American community unite and heal from the historical and generational trauma and harm related to the aftermath of the institution of chattel slavery?
- Do you know your family's place of origin and or oral history?
- Identify books and or themes that you would like to discuss in future town halls.

A pair of black-rimmed glasses is resting on an open book. A red bookmark is visible in the book. The background is blurred, showing more books and a desk.

References

- DeGruy, J. (2017). *Revised Edition*. Joy DeGruy Publications. [*Post Traumatic Slave Syndrome*](#),
- Kress, T. M., Emdin, C., & Lake, R. (2022). Critical Pedagogy for Healing. *Bloomsbury Academic*. <https://doi.org/10.5040/9781350192713>
- Click the [link](#) to purchase the DSM - 5.
- Click the [link](#) to purchase the Willie Lynch Letter.