



ASSESSMENT AND TREATMENT OF RACE-BASED TRAUMA IN RACIAL AND ETHNIC MINORITY VETERANS

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OUTLINE


- Theoretical underpinnings
- Assessment measures
- Treatment approaches
- Recommendations

BACKGROUND

- Exposure to racism can have a detrimental impact on physical and emotional well-being^{1,2}
- Higher rates of PTSD symptoms in OEF/OIF and Vietnam minority veterans^{3,4}
 - Exposure to race-related stressors is a predictor of PTSD⁵
- Race-based trauma is under-evaluated and under-reported in clinical settings⁶

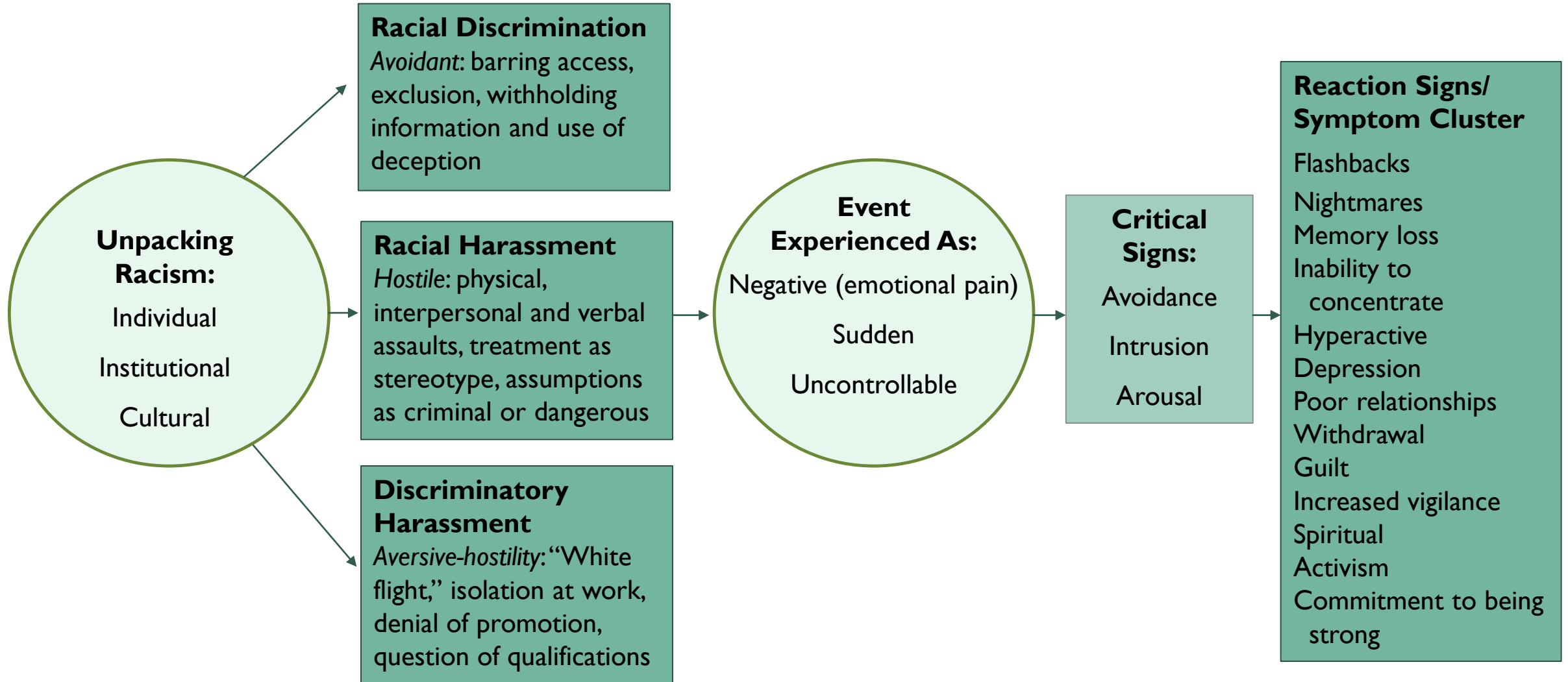


¹Harrell (2000), ²Bryant-Davis, & Ocampo (2006), ³Koo, Hebenstreit, Madden & Maguen (2016); ⁴Kulka et al (1990), ⁵Loo, Fairbank, & Chemtob (2005), ⁶Scurfield & Mackey (2001)



How have you explored race-based trauma in your work?

Race Based Traumatic Stress Injury (Carter, 2007)



ASSESSMENT OF RACE-BASED TRAUMA

One size...

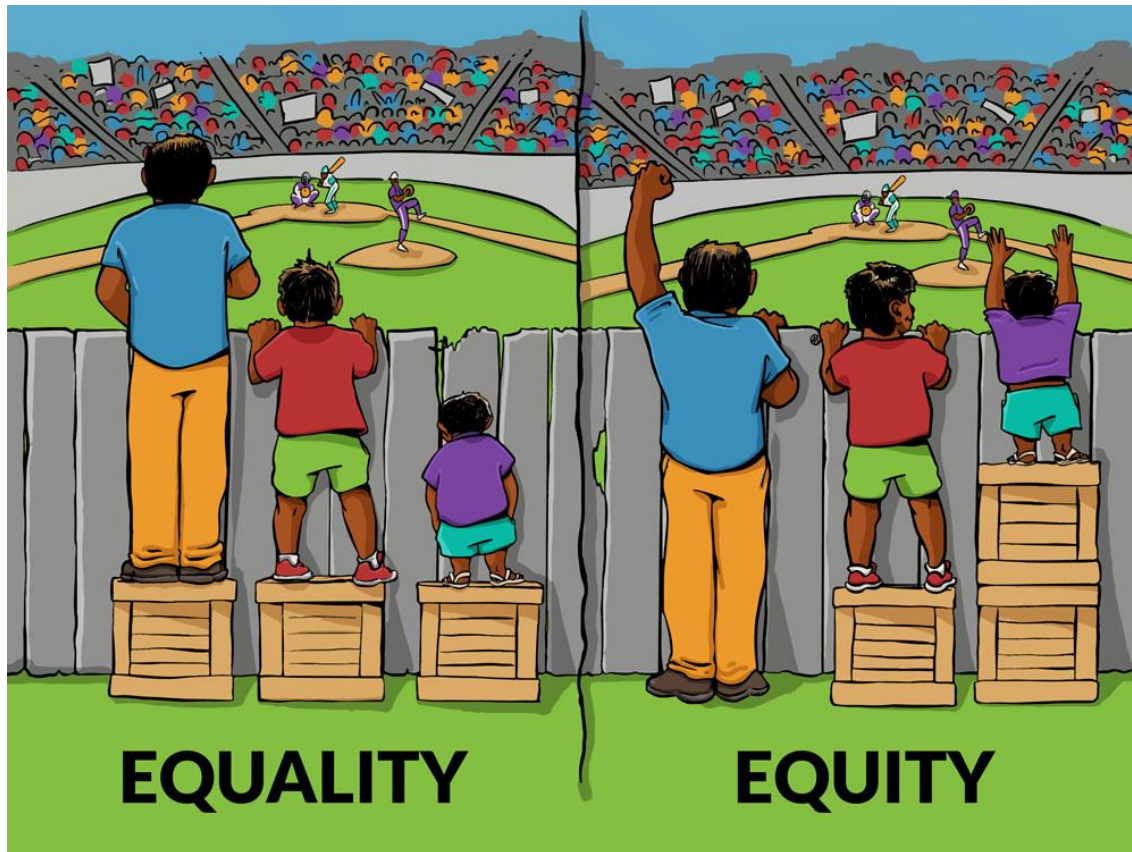


...does not
fit all!

- It is difficult to obtain an accurate assessment using traditional methods¹
 - Ethnoviolence occurs at many levels and takes different forms
 - Single incident vs. accumulation of stressors
- Existing measures have limitations and are under utilized²
 - *Perceptions of Racism Scale, The Schedule of Racist Events, Race-Related Stressor Scale, Race-based Traumatic Symptom Scale*

¹Helms, Nicolas, Green (2010); ²Waelde, Pennington, Mahan, Mahan, Kabour, & Marquett, (2010).

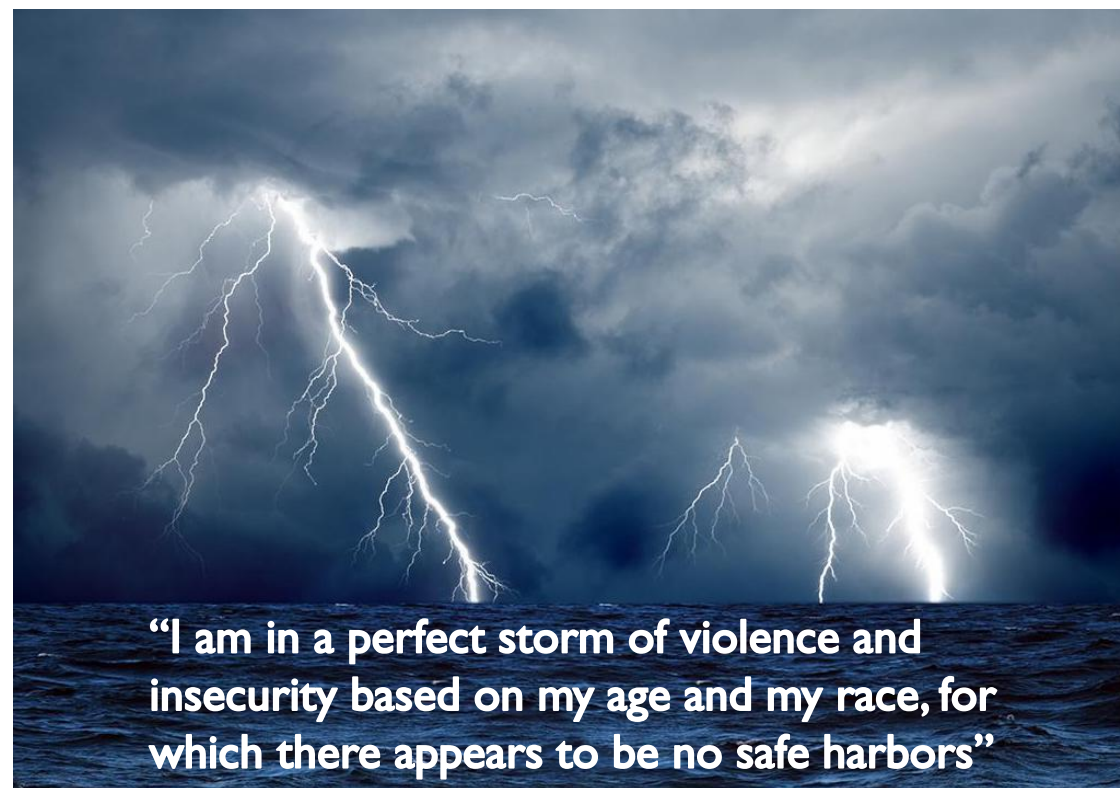
TREATMENT OF RACE-BASED TRAUMA



- RCTs include predominantly White participants¹
- Treatment protocols do not explicitly address race-based trauma
- Instead, treatments may be adapted to fit the individual needs of patients^{1,2}

ADAPTING COGNITIVE-BEHAVIORAL INTERVENTIONS

- Avoiding challenging whether events are racially motivated
- In vivo exercises that focus on tolerating emotional response to the possibility of racism
- Discussing the impact of racism on beliefs around Safety, Trust, Power/Control, Esteem, Intimacy



“I am in a perfect storm of violence and insecurity based on my age and my race, for which there appears to be no safe harbors”

RECOMMENDATIONS

Communication

Empowerment

Support

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THANK YOU!

