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Course: Individual and Family Development

Week 2

Three points kept my attention on the lecture chapter III of the book: The Myth of Closure. The first was about the transmission of trauma related to racism, which is the process of the impact of racial trauma being passed down from one generation to another.

It can occur through direct experiences of racism, such as experiencing discrimination or witnessing acts of violence, as well as through indirect means, such as exposure to racist media and cultural messages.

Racism has long-lasting and far-reaching effects on individuals, communities, and society. When individuals experience racism, it can result in various traumatic experiences, including physical harm, emotional distress, and a sense of loss of identity and cultural heritage. This trauma can have a lasting impact on mental and physical health and well-being. It can be passed down from one generation to another through genetic and epigenetic changes and cultural and intergenerational transmission.

Intergenerational transmission of trauma related to racism can result in ongoing harm and perpetuation of racial disparities and injustices. This is why it is essential to address the impact of racism on individuals, communities, and society as a whole. It can include acknowledging and addressing the transmission of trauma, providing resources and support for healing and recovery, and working on challenging and dismantling racist beliefs and systems.

Second point was about racism around the world. *Racism* is a global issue affecting individuals, communities, and societies worldwide. It takes many forms, including discrimination based on race or ethnicity, prejudice, stereotypes, and unequal treatment of individuals based on their race. Racism has a long and intricate history, and its impact can be seen in many aspects of society, including education, employment, housing, criminal justice, and health.

In many parts of the world, racism is perpetuated by institutionalized systems and structures that reinforce unequal treatment and opportunities for certain racial groups. For example, systemic racism in the criminal justice system can result in over-policing and mass incarceration of people of color. Racism in the workplace can result in wage disparities and limited career advancement opportunities for people of color.

In addition to institutionalized racism, individual acts of racism and discrimination continue to occur worldwide. This can include hate crimes, racial insults, and microaggressions, which can cause harm and trauma to individuals and communities.

To address racism worldwide, it is essential to educate and raise awareness, promote diversity and inclusion, and actively work on challenging and dismantling racist beliefs and systems. This requires a collective effort, determination, and a commitment to creating a more just and equitable world for all people, regardless of race or ethnicity.

Racism as a loss was the third point. Racism can be a source of profound loss for individuals who experience it. This loss can take many forms, including loss of dignity and respect, self-esteem, and a sense of disconnection from one's cultural heritage and identity.

When individuals experience racism, it can cause them to question their worth and value and lead to anger, frustration, and sadness. Racism can also result in physical harm, such as trauma and injury, affecting health and well-being.

For many people of color, racism can also result in the sense of loss of cultural heritage and identity. This can include the loss of cultural traditions and practices, loss of community, and a sense of disconnection from one's ancestral roots and history.

Furthermore, racism can also result in a loss of opportunities and access to resources, such as education, employment, and housing, which can have long-lasting effects on individuals and communities.

It is important for individuals who have experienced racism to acknowledge and process their feelings of loss. This can include seeking support from friends, family, or mental health professionals and engaging in self-care and healing practices. Additionally, working on challenging and dismantling racist beliefs and systems can help to address the root causes of the harm caused by racism and promote healing and recovery.