

PITS Perpetrator ____Initiated____Trauma_____Syndrome

Trauma Patients have triggers. Both the victims and the perpetrators.
(some perpetrator triggers- 2 terms president of color,
gun control,
seeing many more minorities in communities,
hearing foreign languages spoken for the first time)

Multigenerational- intergenerational. Can't build a solid nation on 500 years of historical trauma. First symptom is shock and denial when confronted with the trauma. There are triggers for both sides. American Exceptionalism is a coping mechanism.

Example of projection and blaming the victim: "Indian Giving"

White Trauma...Our nation was built on the extermination of an entire group of people...to see those people gather can be a trigger (Dakota Access Pipeline) Having never healed our perpetrator trauma...we are still vulnerable to triggers.

It protects us to keep them in the past. To believe that they aren't really around any more. Mascots keeps them in the past as an historic relic.

White Privilege – the difference between earned strength and unearned power. Unconscious guilt of unearned advantage and conferred dominance.

Healing requires we have a common understanding of our shared history.

We need to create the space to have a national dialogue about race and our true history. We need to be able to feel the **uncomfortable** feelings and find a way to talk about it. Mark Charles (Native educator) has found it can take people 6 months to process this information – as we are often in shock. We need to not gloss over this history. The uncomfortable feelings can become fuel to energize action. NOTE: it is very important to make sure you "action" is in keeping with Native values, wishes and priorities. Not non-natives charging ahead with something so that we can feel better.

Take our time. Listen. Ask questions. Educate ourselves. Read books and articles.

Healing for Non-Native people:

Recognize the need for deep, undefended, sober and vulnerable acceptance of the painful truths learned and allow those new realities to impact our consciousness and behaviors.

A. Patch 2018