

**DR. JOY DEGRUY**  
BE THE HEALING

# **POST TRAUMATIC SLAVE SYNDROME**

*America's Legacy Of  
Enduring Injury and Healing*

by  
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## Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing



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Right from the start of American chattel slavery in 1619, until the ratification of the Thirteenth Amendment in 1865, Africans were hunted like animals, captured, sold, tortured and raped. What do repeated traumas visited upon era after generation of a people produce? "Isn' Dr. Emancipation was followed by one hundred more years of institutionalized subjugation through the enactment of Dark Codes and Jim Crow laws, peonage and convict leasing, and domestic terrorism and lynching. Joy DeGruy asks, " Provided such background, Dr. Furthermore, do the trauma and the consequences of such horrific abuse end with the abolition of slavery? Today the violations continue, so when combined with crimes of the past, bring about yet unmeasured damage. They experienced the worst kind of physical, emotional, psycho- logical and spiritual abuse. What are the impacts of the ordeals associated with chattel slavery, and with the establishments that adopted, on African Americans today? Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing, answers theses questions and more.t it likely that many slaves were severely traumatized? DeGruy encourages African Americans to see their attitudes, assumptions, and behaviors through the lens of history and so gain a greater understanding of the influence centuries of slavery and oppression has already established on African Us citizens. "With this understanding we can explore the part our history has played in the evolution of our thoughts, emotions, and behaviors, both positive and negative. This exploration will help lay the basis necessary to guarantee our well- getting and the sustained health of upcoming generations.



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Very Validating, Specifically in the Wake of Michael Brown's Death I had came across this phenomenal lecturer on Youtube. I tell all my family and friends concerning this book cause it certainly does educate you about how exactly we as Africa Americans are still healing from slavery.. Degruy changes the globe with this book. Dr.t=20s. The Youtube video could stand alone; whereas, this book is definitely icing. The Youtube seemed more detailed, especially with regards to cognitive dissonance and other things like the postcard images of lynchings. I think the video is more recent and therefore there are more supporting facts.Despite the fact that America includes a tarnished past, particularly when it involves the stain of slavery and the subsequent treatment of African Americans, this publication offers hope and concrete steps to heal from PTSS. Regardless, this should be needed reading for African People in america, especially in an academic setting. This book offers touched me at a deep level, just hearing about other people's reactions was very validating, particularly when it comes to anger seething under the surface. Powerful Healing in a reserve. We don't hear about that, but it has been an undeniable fact verified on the government's website at [www.nps.gov/stli/historyculture/abolition.htm](http://www.nps.gov/stli/historyculture/abolition.htm). Although a scholarly book it is created in everyday English. Anticipated more. Though I am quite late on scanning this, I suppose this book likely had a greater influence between 2004-2010 when the idea of intergenerational trauma was somewhat in its infancy. The research behind this concept is still being researched to bolster its validity. Degruy I learned so much out of this publication, this changed . She gives her theory to indirectly explain cultural, behavioral, and environmental influences of maladaptive behaviors that are particular to the black community. PTSS isn't a clinical analysis and she clarifies this. Highly recommend for any Black pupil of psychology! it's direct and simple enough to comprehend, but it's not underwhelming either. She actually is honest enough to declare that because of the broadness of this theory, healing (treatment) can't be simplified to some tasks. Wow! The historical history is relatively refreshing, but to the experienced scholar it's even more of an assessment. I also appreciate her using the DSM to describe her theory while differentiating from a genuine diagnosis. Her book was very thorough and thought provoking. However, the way this book is written makes it unique of everything I've read so far. I warn visitors to apply her theory very gently after reading because behaviors can stem from other influences and personal experiences that aren't racially motivated. And once again I UNDERSTAND that such trauma exist I just wanted to see it in the publication. I am coupling this publication with Isis Papers (which is more scholarly, detailed, and relevant) to gain more understanding of the oppressive program that has developed this cultural syndrome. The language bears both a formal and informal ambiance; Post Traumatic Slave Syndrome I was amazed to identify so many characteristics that I've practiced all my entire life and did not realize the connections to my past history. I highly recommend this reserve to all who have been inheritants and survivors of degradation and miserys suffered in past generations and passed down as steps of security and survival of our race in America and elsewhere. an agonizing gift I was not expecting when I purchased the ... She essentially uses her clinical knowledge and her cultural/spiritual journey to Africa to inform a sociable and self healing for African Americans. THEREFORE I was expecting to read a lot about what I already know about slavery and trauma, given that I am an African American therapist! It's full of many relevant and inspiring quotations from other Black influentials. I was EXPECTING STRONG scientific data that thoroughly proves a "Post Traumatic Slave Syndrome" exist. DeGruy is an educator and for that reason used stories and examples to make meaningful and long lasting impressions on the thoughts of her readers and her technique worked well for me personally! As a Black girl, reading this reserve had a

priceless effect on my identity and personal image; Thought provoking, readable I had seen a few of Dr... A powerful critique of how the public construct of race evolved and how it's impacting lives today 400 years later. an agonizing gift I had not been expecting when I bought the book to support my analysis as a doctoral student. JOY talks on YouTube and made a decision to buy her publication. I had not been disappointed. The book overall is relatively of a starting place for the African American who is seeking to understand themselves, their tradition, and their history. I'd definitely recommend this book to anyone. HOW I THEN FOUND OUT I WAS BLACK Fascinating account of just how slavery provides affected people upon both sides of the coin intended for over 400 years. This woman can be phenomenal and I hope the truth continues to turn out. This reserve is one of my favorites! I think every Dark person should examine this book along with other people who want to gain insight on the influence of slavery, and ongoing racism and oppression on Black people. Kudos to Dr. I appreciate that PTSS is definitely proposed as a THEORY and that she elucidates the semantics of scientific jargon for individuals who may be uninformed... I learned so much from this publication, this changed my understanding on the subject of why certain folks react to certain situations.com (from the suggestions of my mentor) and knew instantly that I wanted to hear more of what this woman had to state. It provides helped me understand why my parents do certain things without understanding why they achieved it. well written difficult to read on the subject of slavery and the ugliness it has had. A must read.end up being/PMVRyD4ULHk?com video at <http://youtu>. Good book but NOT what I expected based on title. This reserve is a great health supplement to her Youtube.. A STARTING PLACE for Black Healing This was a good read. Like I said the reserve is an excellent book but it was not really what I was expecting. I love how the author information current behaviors which have become embedded into African-Americans because of slavery. I love how she defined her visit to southern Africa and how she observed the different behaviors between Africans from the continent and African-Americans. What I really enjoyed was how she differentiated between Black and White Americans particularly when it came to things such as for example relationships. And while she do address how slavery remaining a serious trauma on African-US citizens and went into large depth with it.. Dr. I KNOW it exist as an African-American(research showed it often), but I wanted to see solid data in the reserve. She went over the brutal history even citing some main sources but those main resources weren't directed towards a slave syndrome, even though she do address the pshycological component of it once again no strong data. Yes once again she DID cite resources but they were historical rather than health/psychological. PTSS is actually a cultural syndrome with a possible genetic basis: a rousing and intriguing suggestion to help a collection of people unify and rise to power without using dread as a weapon. Five Stars Recommended by a pal dealing with trauma healing and found this very useful and interesting. eyes opening LOVE this Reserve! Phenomenally Powerful The author is an exceptional scholar and her passion and brilliance resonates throughout this book eye starting LOVE this BOOK WOW!A very important factor that We enjoyed learning through the video that wasn't in the book was that the Statue of Liberty's chains (not demonstrated generally in most photos or about film) was supposed to symbolize America's abolition of slavery in 1865. Must read for all specifically of african descent. Five Stars Great book essential read.



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