

Healing Interpersonal and Racial Trauma

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Recommended Readings and Online Resources

Recommended Readings

1. **Metzger, I.**, Moreland, A., Garrett, R., Quiones, K., Spivey, B., Hamilton, J., & Lopez, C. M. (2023). [Black Moms Matter: A Qualitative Approach to Understanding Ethnic Differences in Service Utilization at a Children's Advocacy Center Following Childhood Abuse](#). *Child Maltreatment*.
2. **Metzger, I.**, Anderson, R., Are, F., & Ritchwood, T (2020). [Healing interpersonal and racial trauma: Integrating Racial Socialization into TF-CBT for African American Youth](#). *Child Maltreatment*, 26(1), 17-27.
3. Wang, M.-T., Henry, D. A., Smith, L. V., Huguley, J. P., & Guo, J. (2020). [Parental ethnic-racial socialization practices and children of color's psychosocial and behavioral adjustment: A systematic review and meta-analysis](#). *American Psychologist*, 75(1), 1–22.
4. Anderson, R., **Metzger, I.**, Applewhite, K., Sawyer, B., Jackson, W., Flores, S., McKenny, M., & Carter, R. (2020). [Hands Up, Now What?: Participant Reactions to Family and School Racial Socialization Interventions to Reduce Racial Stress for Black Youth](#). *Journal of Youth Development*. 93-109.
5. Coard, S. I., Wallace, S. A., Stevenson, H. C., & Brotman, L. M. (2004). [Towards culturally relevant preventive interventions: The consideration of racial socialization in parent training with African American families](#). *Journal of Child and Family Studies*, 13(3), 277-293.
6. Neblett, E. W., White, R. L., Ford, K. R., Philip, C. L., Nguyễn, H. X., & Sellers, R. M. (2008). [Patterns of racial socialization and psychological adjustment: Can parental communications about race reduce the impact of racial discrimination?](#) *Journal of Research on Adolescence*, 18(3), 477-515.
7. Williams, M. T., **Metzger, I. W.**, Leins, C., & DeLapp, C. (2018). [Assessing racial trauma within a DSM–5 framework: The UConn Racial/Ethnic Stress & Trauma Survey](#). *Practice Innovations*, 3(4), 242.
8. Phipps, R., & Thorne, S. (2019). [Utilizing Trauma-Focused Cognitive Behavioral Therapy as a Framework for Addressing Cultural Trauma in African American Children and Adolescents: A Proposal](#). *Professional Counselor*, 9(1), 35-50.

9. **Metzger, I.**, Blevins, C., Calhoun, C., Ritchwood, T., Gilmore, A., Stewart, R., Bountress, K. (2017). [An Examination of the Impact of Maladaptive Coping on the Association between Stressor Type and Alcohol Use in College.](#) *Journal of American College Health*, 65, 534-541.
10. **Metzger, I.**, Cooper, S. M., Flory, K., & Zarrett, N. (2013). [Culturally Sensitive Risk-Behavior Prevention Programs for African American Adolescents: A Systematic Analysis.](#) *Clinical Child and Family Psychology Review*, 16, 187-212.
11. **Metzger, I.**, Cooper, S. M., Ritchwood, T. D., Onyeuku, C., & Griffin, C. B. (2017). [Profiles of African American College Students' Alcohol Use and Sexual Behaviors: Associations with Stress, Racial Discrimination, and Social Support.](#) *The Journal of Sex Research*, 54(3), 374-385.
12. **Metzger, I.**, Cooper, S., Griffin, C. B., Golden, A., Opara, I., & Ritchwood, T., (2020). [Parenting Profiles of Academic and Racial Socialization: Associations with Academic Engagement and Perception of Academic Ability of African American Adolescents.](#) *Journal of School Psychology*, 82;36-48
13. **Metzger, I.**, Salami, T., Carter, S., Halliday-Boykins, C. A., Anderson R. E., Jernigan, M. M., & Ritchwood, T. (2018). [African American Emerging Adults' Experiences with Racial Discrimination and Drinking Habits: The Moderating Roles of Perceived Stress.](#) *Cultural Diversity and Ethnic Minority Psychology*.
14. Anderson, R. E., & Stevenson, H. C. (2019). [RECASTing racial stress and trauma: Theorizing the healing potential of racial socialization in families.](#) *American Psychologist*, 74(1), 63–75.
15. Wingood, G. M., & DiClemente, R. J. (2008). [The ADAPT-ITT model: a novel method of adapting evidence-based HIV Interventions.](#) *JAIDS Journal of Acquired Immune Deficiency Syndromes*, 47, S40-S46.
16. Gómez, J. M., & Gobin, R. L. (2020). [Black women and girls &# MeToo: Rape, cultural betrayal, & healing.](#) *Sex Roles*, 82(1), 1-12.

TF-CBT and Racial Socialization Implementation Manual

Metzger, Dandridge, Cohen, & Mannarino (2023)

This manual (TF-CBT+RS) addresses strategies for integrating racial socialization into Trauma-Focused Cognitive Behavioral Therapy (TF-CBT, Cohen, Mannarino & Deblinger, 2017) for Black youth ages 3-17 years and their parents and/or other caregivers who experience racial-related stress or trauma as well as other types of significant trauma. Preliminary evidence from clinicians suggests significant increases in clinicians' perceived self-efficacy related to treating racial trauma. Additionally, Black youth who have completed treatment using TF-CBT+RS have reported highly significant improvement in PTSD symptoms. The manual is available to download for free online.

<https://www.drishametzger.com/tf-cbt-rs-implementation-manual>

The C.A.R.E. Package for Racial Healing

Metzger, I. W. (2021). Strive Publishing.

The C.A.R.E. Package for Racial Healing focuses on “Cultivating Awareness, Resilience, and Empowerment” for Black youth! The C.A.R.E. Package includes tools and resources to help Black teens explore racial identity, racial socialization, relaxation, emotion regulation, cognitive coping, and behavioral strategies for coping with experiences with racial stressors. Dr. Metzger is the C.A.R.E. Package Companion, and she guides readers along the way.

Have fun with the C.A.R.E. Package, print it, and share it for free

<https://www.drishametzger.com/care-package-for-racial-healing>

It can also be purchased from the publisher: <https://www.strivepublishing.com/books-by-strive/the-care-package-for-racial-healing>

You can buy the C.A.R.E. Package from Amazon https://www.amazon.com/R-Package-Racial-Healing-Cultivating/dp/1948529165?ref=ast_author_mpb

Racial Trauma Guide

Metzger, I. W., Rodriguez, V., La Barrie, D., Zegarac, M., Bartolomeo, L., Adesogan, T., Jean, K., Rea, K., Swygert, L., & Spivey, B. (2020, 2021 updated).

The Racial Trauma Guide provides education about racial stressors and symptoms of racial trauma, tips for coping with racial trauma, suggestions for being a better ally, ways to discuss race in white families, and resources for coping. The Racial Trauma Guide was developed by the Racial Trauma Task Force at the University of Georgia.

<http://www.drishametzger.com/racial-trauma-guide>

#RacismHurts Public Health Messaging Campaign

Metzger, I. W., Racial Trauma Task Force, (2021, 2022 updated).

Racial trauma can result from racial stressors including microaggressions, discrimination, and violence fueled by racial prejudice. Racial trauma can cause both physical and mental health symptoms, such as anxiety, high blood pressure, anger, and hopelessness, and harmful behaviors like withdrawing from prosocial activities, substance use and delinquency. We can cope with and heal from racial trauma through individual and collective actions like peacefully protesting, unplugging from social media, and practicing self-care. The #RacismHurts Public Health Messaging Campaign discusses the harmful effects of racial stressors and spreads awareness about ways to cope with our friends, families, and neighbors. The Public Health Messaging Campaign links (via QR code) viewers to the Racial Trauma Guide.

<https://www.drishametzger.com/public-health-campaign>

Black & EMPOWERED Podcast

Metzger, I. W., (2020-present)

The best thing about being Black is our ability to adapt, overcome, and thrive. On the [Black & EMPOWERED Podcast](#), we highlight Black excellence, talk about the science of physical, mental, and behavioral health, and interview experts in the field. Every two weeks, join the EMPOWER lab as we continue to focus on Engaging Minorities in Prevention, Outreach, Wellness, Education, and Research. If you are a student, organizational leader, thinker, healer, creator, or anyone who would like to explore how to best utilize your personal strengths, resources, and talents, then this is the podcast for you! Your host, Dr. Isha Metzger, is a part of the University System of Georgia, but the opinions expressed are not reflective of the institution. The content of this podcast does not constitute therapy.

<https://blackandempowered.podbean.com>

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Web 2.0

Smith, D., de Arellano, M., **Metzger, I. W.**, & Stewart, R. (2018).

TF-CBT Web 2.0 was built following the principles outlined in “Treating Trauma and Traumatic Grief in Children and Adolescents, 2nd Edition,” the most recent, gold standard treatment manual for Trauma-Focused Cognitive-Behavior Therapy. Clinicians in training can access this course through the Medical University of South Carolina for training on each of the P.R.A.C.T.I.C.E. components (Psychoeducation, Relaxation, Affect Identification & Regulation, Cognitive Coping, Trauma Narration & Processing, In Vivo Mastery, Conjoint Sessions, and Enhancing Safety).

<https://tfcbt2.musc.edu/>

Additional Online Resources

A wide array of Online Resources and Media available that contains suggestions on children's books to award-winning podcasts, articles, documentaries, provider directories, and more educational materials are available online at <https://www.drishametzger.com/online-resources>. <https://www.drishametzger.com/online-resources> provides a central hub from which to locate meaningful resources that parents, caregivers, researchers, and clinicians can apply in their lives and within their communities.

In addition, Featured Resources (psychoeducation, factsheets, and infographics) developed by The EMPOWER Lab are available that visitors are welcome to download, print, and share for free:

[Bipolar Disorder](#)

[Mental Health in College](#)

[Finding a Black Therapist](#)

[Confidentiality](#)

[Suicide Awareness](#)

[Substance Misuse](#)

[HIV Myths & Facts](#)

[Racial Trauma](#)

[Racism Hurts](#)

[Be an Ally Against Racism](#)

[Learning about You \(patient handout\)](#)

[Learning about You \(therapist how-to guide\)](#)

[Learning About You: Race, Culture & Identity \(patient handout\)](#)

[Learning About You: Race, Culture & Identity \(therapist how-to guide\)](#)

[FAST-T Caregiver Racial Socialization Handout](#)

[Coping with the Stress of Racism \(for Teens\)](#)

[Coping with the Stress of Racism \(for Kids & Teens\)](#)

[How to Talk to Kids about Police Violence](#)

[Microaggressions Infosheet](#)

[PTSD & Racial Trauma Similarities](#)

[What is Grief?](#)

[Trauma Infosheet](#)

[Anxiety Coping Techniques](#)

[Long-term Anxiety Reduction](#)

[How to Apply to Graduate School](#)

[Healing After an Attempt](#)

[Racial Socialization](#)

[Racial Socialization: Racial Pride](#)

[Racial Socialization: Racial Barriers](#)

[Racial Socialization: Racial Achievement](#)

[Racial Socialization: Racial Equality](#)

[Racial Socialization: Spirituality & Religion](#)

[Racial Socialization: Family Involvement](#)

[HIV Basics](#)

[Racial Identity Development](#)

[Progressive Muscle Relaxation](#)
[How Can You Help BIPOC Youth as a White Therapist?](#)
[How to Talk to Kids About Police Violence](#)
[More HIV Basics](#)

Social Media

The EMPOWER Lab on Instagram <http://www.instagram.com/TheEMPOWERLab>

The EMPOWER Lab on Facebook [The EMPOWER Lab on Facebook](#)

The EMPOWER Lab on Twitter/X <https://twitter.com/TheEMPOWERLab>

Black and EMPOWERED on Instagram <https://www.instagram.com/black.and.empowered/>

The EMPOWER Lab and Black and EMPOWERED also disseminate resources on social media that are beneficial to youth, caregivers, and educators, and clinicians, including (amongst dozens):

[988 for Suicide](#)
[Be an Ally](#)
[Racial Trauma Psychoeducation](#)
[Trauma](#)
[File it Method for Anxiety](#)
[Applying to Graduate School](#)
[How do we Stop Anti-Black Police Brutality](#)
[How are PTSD and Racial Trauma Similar](#)
[What is Grief](#)
[Promoting a Positive Racial Identity](#)
[Healing after an Attempt](#)
[How to Find your Polling Location](#)
[Microaggressions](#)
[Are you Sleeping Well](#)
[How to Get out of Bed when Depression is Keeping you Down](#)
[5 Things we Need to Stop Telling our Black Children](#)
[How Can you Help BIPOC Youth as a White Therapist](#)
[5 Stages of Racial Identity Development](#)
[Steps for Progressive Muscle Relaxation](#)
[Fight/Flight/Freeze/Fawn Responses](#)
[How to Talk about Police Violence with Kids](#)
[What is Racial Trauma](#)
[What to do when Someone you know is Having Suicidal Thoughts](#)
[What are the Fight/Flight/Freeze/Fawn Responses?](#)