

Glossary of Terms and Phrases

1. Coping

Coping is the conscious and unconscious efforts we put in to solve problems and reduce stress. It is the mind's built-in mechanism for troubleshooting that aims to restore its optimum state.

SOURCE | MADHULEENA ROY CHOWDHURY, WHAT IS COPING THEORY? POSITIVE PSYCHOLOGY

2. Healing

The process of becoming whole again. Healing is the pathway to restore well-being for those who have experienced trauma and suffering. Healing from trauma is found in awareness and actions that address the conditions that created the trauma in the first place. Moreover, healing is experienced collectively and in relationship with others.

SOURCE | SHAWN GINWRIGHT, THE FUTURE OF HEALING: SHIFTING FROM TRAUMA INFORMED CARE TO HEALING CENTERED ENGAGEMENT

3. Healing Justice

A framework that identifies how we can holistically respond to and intervene on generational trauma and violence, and to bring collective practices that can impact and transform the consequences of oppression on our bodies, hearts, and minds.

SOURCE | CARA PAGE AND THE KINDRED HEALING JUSTICE COLLECTIVE; BEAM

4. Intergenerational Trauma

Also referred to as multigenerational or trans-generational trauma, this concept speaks to the significant mental and psychological impact over hundreds of years that has been transmitted generation over generation and remains unaddressed. Intergenerational trauma is often spoken about in connection with post-traumatic slave syndrome.

SOURCE | DR. JOY DEGRUY LEARY

5. Intersectionality

Intersectionality is an analytic sensibility, a way of thinking about identity and its relationship to power. Originally articulated on behalf of Black women, the term brought to light the invisibility of many constituents within groups that claim them as members, but often fail to represent them. Intersectional erasures are not exclusive to Black women. People of color within LGBTQ movements, girls of color in the fight against the school-to-prison pipeline, women within immigration movements, trans women within feminist movements, and people with disabilities fighting police abuse — all face vulnerabilities that reflect the intersections of racism, sexism, class oppression, transphobia, able-ism, and more. Intersectionality has given many advocates a way to frame their circumstances and to fight for their visibility and inclusion.

SOURCE | KIMBERLE CRENSHAW (WASHINGTON POST, 2015)

Glossary of Terms and Phrases

6. Meditation

Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective. You're not trying to turn off your thoughts or feelings. You're learning to observe them without judgment. And eventually, you may start to better understand them as well.

SOURCE | HEADSPACE

7. Resilience

Resilience is the ability to navigate adversity and bounce back from difficult life events. Being resilient does not mean that an individual doesn't experience stress, emotional upheaval, or suffering. Rather, resilience includes working through challenges, emotional pain, and trauma to increase one's capacity to move through challenge.

SOURCE | KATIE HURLEY, EVERYDAY HEALTH

8. Trauma

Trauma is the response to a deeply distressing or disturbing event, series of events, or set of circumstances that can be experienced as emotionally or physically harmful and life threatening with lasting adverse effects on an individual's functioning and mental, physical, emotional and spiritual well-being. Trauma often overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes one's sense of self, and hinders one's ability to feel the full range of emotions.

SOURCE | SAMHSA-HRSA CENTER FOR INTEGRATED HEALTH SOLUTIONS

9. Trigger

Something that sets off a memory tape or flashback, transporting the person back to the event of the original trauma and causing the individual to experience overwhelming emotions, physical symptoms, or thoughts. The individual can react to triggers with an emotional intensity similar to the time of the trauma. When victims of a trauma experience the symptoms of a trigger, they may or may not relive an event; most triggers cause less potent reactions.

SOURCE | SASKATOON SEXUAL ASSAULT & INFORMATION CENTRE

10. Somatic Therapy

Somatic therapy is a body-based approach to nurture self-awareness, self-connection, and self-empowerment. Somatic therapy centers the body as the starting point for self-inquiry and as a resource for healing. Our body has been our companion since birth. It records, holds, and expresses truths about ourselves and our experiences that our mind wasn't able to perceive or work out. Somatic therapy enables you to tune into and experience your body as a source of trustworthy information about yourself and your experiences.

SOURCE | SOMATIC PHILLY