



**DR. JOY DEGRUY**  
BE THE HEALING

# POST TRAUMATIC SLAVE SYNDROME

America's Legacy Of  
Enduring Injury and Healing

Join us for a screening of a video of Joy DeGruy's '*Post Traumatic Slave Syndrome*' talk followed by dialogue led by Kent Alexander.

Thursday, September 13, 4:30pm to 7:30pm

@ DeCice Hall at the Marian Center, 1365 Northampton St, Holyoke

Registration required at: [www.surveymonkey.com/r/PTSS18](http://www.surveymonkey.com/r/PTSS18)

**More about this workshop:** Recent events have Black people reeling, and the way we respond often goes back to the inhumane treatment of our ancestors. What happens when stressed people lack treatment for generations? How have Black people learned to cope? What adaptive behaviors have we invented, now misinterpreted as "cultural," to survive in a racist and toxic environment? How do we learn to break the cycle, discard irrational behavior and build resilience, thereby keeping ourselves safe? Learn how to begin to break the chains for survival and for the betterment of future generations.



**Kent Alexander** is a consultant whose work focuses on facilitating anti-racism, and "otherness" dialogues, as well as workplace culture. He has worked with many local organizations including Cooley Dickinson Health Center and the Center for Community Resilience after Trauma. He is also a playwright and a student of Somatics.

*A part of the Western Mass RLC and Home & Community Connections Anti-Oppression Series*

