

Tips on Healing

Healing from childhood trauma and abuse can be a complex, deeply personal journey, especially for individuals from the global majority - those who have historically faced layers of systemic oppression and cultural stigma in addition to personal trauma. It's crucial that healing approaches are practical, culturally sensitive, and accessible to people from diverse backgrounds. Here are some practical ideas for healing, framed with cultural and community dynamics in mind:

1. Reconnect with Your Culture and Heritage

For individuals from the global majority, the impact of trauma may be intensified by cultural dislocation, historical trauma, or systemic racism. Healing can start by reconnecting with your roots and cultural traditions. Explore your heritage, whether through music, storytelling, rituals, or spirituality as a source of strength and resilience.

- **How to start:** Spend time with elders, engage in cultural celebrations, or learn about the history and traditions of your community. Embrace cultural practices like meditation, drumming, dancing, or storytelling that can help in reclaiming a sense of belonging and pride.

2. Find Safe Spaces for Sharing

In many communities, trauma is often minimised or dismissed due to cultural taboos or societal expectations. Finding a safe space to talk about your experiences can be empowering.

- **How to start:** Look for culturally competent therapists, counsellors, or support groups that are attuned to the realities faced by people from the global majority. You might also find solace in informal spaces, like talking to trusted community leaders, spiritual guides, or a group of friends who understand your experiences.

3. Practice Ancestral Healing and Spirituality

Many people from the global majority come from rich traditions of ancestral veneration and spiritual practices that can help with healing. These practices can be grounding and provide a sense of continuity, reminding you of the strength that runs through your lineage.

- **How to start:** Engage in spiritual practices such as prayer, meditation, offerings to ancestors, or spending time in nature. Revisit rituals from your heritage that focus on healing, protection, and resilience.

4. Use Body-Centered Healing

Trauma is not just emotional but also physical, and it often

<p>Techniques</p>	<p>manifests in the body. For people from cultures where physical forms of expression (e.g., dance, movement, martial arts) are highly valued, body-centered techniques can be transformative.</p> <ul style="list-style-type: none"> • How to start: Explore healing modalities that focus on the body, such as yoga, tai chi, Qigong, or traditional African, Asian, or Indigenous forms of dance. These practices help release trauma stored in the body and bring balance to your mental and emotional state.
<p>5. Create Personal Boundaries and Reclaim Control</p>	<p>People from the global majority often face challenges in asserting their boundaries due to family expectations, collectivist cultural norms, or historical experiences of disempowerment. Part of healing is reclaiming your personal space and autonomy.</p> <ul style="list-style-type: none"> • How to start: Learn to set clear boundaries with those around you, especially in family or community dynamics. For example, if certain conversations or behaviors trigger you, communicate your discomfort respectfully but firmly. Give yourself permission to step back from situations that may cause harm or stress.
<p>6. Channel Creativity as a Form of Expression</p>	<p>Art has long been a medium for healing in communities of the global majority. From murals in urban centers to traditional crafts, creativity allows individuals to express emotions they may not be able to verbalise.</p> <ul style="list-style-type: none"> • How to start: Engage in creative forms of expression, such as drawing, painting, writing, music, or storytelling. Consider creating art inspired by your cultural background or experiences whether it's making traditional crafts or composing music rooted in your heritage.
<p>7. Engage in Collective Healing</p>	<p>Many non-Western cultures emphasise collective healing over individual healing. Trauma, especially generational or historical trauma, often impacts entire communities, and healing in a group can foster a sense of shared understanding and support.</p> <ul style="list-style-type: none"> • How to start: Seek out healing circles, community gatherings, or group therapy sessions where you can share your experiences with others who understand. Consider participating in rituals or events that focus on collective healing, such as communal prayers, talking circles, or

	drumming sessions.
8. Educate Yourself on Generational Trauma	<p>In many cultures, personal trauma is deeply connected to generational or historical trauma, such as colonisation, slavery, or displacement. Understanding the broader context of your pain can be validating and empowering.</p> <ul style="list-style-type: none"> • How to start: Learn about the history of your people and the ways that trauma has been passed down through generations. This can help frame your personal experiences in a larger narrative, helping you realise that you are not alone in your struggles. Books, documentaries, or oral histories from elders can be valuable resources.
9. Embrace Practices of Rest and Restoration	<p>People from the global majority often face systemic pressures—such as racism, economic hardship, or overwork—that can exacerbate trauma. Giving yourself permission to rest and restore is a radical act of self-care.</p> <ul style="list-style-type: none"> • How to start: Create daily or weekly rituals for rest, whether it’s a quiet moment of meditation, time spent in nature, or a few hours set aside for self-care activities. Consider traditional practices like tea ceremonies, baths with herbs, or other forms of restorative care.
10. Seek Professional Support that Understands Your Context	<p>Not all therapists or counselors understand the unique challenges faced by people from the global majority. It’s important to find professionals who respect and understand your cultural background, experiences of racism, and collective trauma.</p> <ul style="list-style-type: none"> • How to start: Look for therapists who specialise in culturally sensitive care or trauma-informed approaches. If therapy feels inaccessible, consider online support groups, culturally competent mental health organisations, or programs in your local community that offer holistic healing services.
11. Practice Self-Compassion and Affirmation	<p>Often, trauma is coupled with feelings of shame, guilt, or self-blame. Part of healing is learning to treat yourself with kindness, knowing that the trauma you experienced was not your fault.</p> <ul style="list-style-type: none"> • How to start: Practice daily affirmations that challenge the negative narratives you might have internalised from childhood. Examples include: “I am enough”, “I am worthy of

	<p>love and respect”, or “I honor my ancestors by healing myself.” Speak these affirmations out loud or write them in a journal.</p>
<p>12. Recognise and Combat Systemic Oppression</p>	<p>Part of healing from trauma, especially for people of the global majority, involves acknowledging and pushing back against the systemic oppression that may have contributed to your pain. Racism, colonisation, and marginalisation can deepen the effects of childhood trauma.</p> <ul style="list-style-type: none">• How to start: Engage in activism, social justice work, or even community-building efforts that address the structural inequalities in your life. Fighting for change can give you a sense of agency and solidarity, helping you reclaim your power and contribute to the healing of future generations.