

Unpacking Violence: Liberation Within Chaos

Workbook and glossary, presented by D.O.P.E. Collective -
dopewny.org



Trauma and Effects

- Trauma is universal! Regardless...
 - Age
 - Race and ethnicity
 - Gender and sex
 - Class
- ...determined by physically or psychologically stressful events. Resilience differs from person to person
- Complex Trauma - exposure to multiple traumatic events which are usually prolonged, invasive and personal
- Cortisol - the primary stress hormone, increases sugars (glucose) in the bloodstream, enhances your brain's use of glucose and increases the availability of substances that repair tissues.

Trauma Informed Care Principles:

- **Safety**
- **Collaboration**
- **Choice**
- **Trust**
- **Empowerment**

Generational and Historical Trauma

- Descendents from traumatized peoples have higher levels of cortisol
 - Katrina, 9/11, Syrian War, Israeli and Palestinian War(s), the Holocaust, Chattel Slavery, colonialism, etc.
- PTSD is more likely to be passed through the mother via high levels of cortisol in the placenta
- Risks:
 - **PTSD:** a mental health condition triggered by experiencing or seeing a terrifying event.
 - anxiety and depression
 - behavior
 - obesity
 - hypertension
 - insulin resistance
- Systematic violence retraumatize communities and traumatized peoples can continue, even subconsciously, violent behaviors.
 - Ex: LAPD would report cases involving black people and/or sex workers by using the term "N.H.I." meaning "No Human Involved."

Post Traumatic Slave Syndrome (PTSS)

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- Adaptive behavior - conceptual, social, and practical skills that all people learn in order to function in their daily lives; including but not limited to literacy; self-direction; and the concept of numbers, money, and time. Skills for daily navigation.
 - Paranoia of: police, healthcare systems and social workers
 - Parenting / Interpersonal relations
 - Emotional neglect, lack of self-determination and abundant criticism
 - Dr. DeGury conducted a study with 200 young black men within the same neighborhood (half have been incarcerated, the other have not) and found that the most significant predictor of violence was NOT witnessing violence, but was the lack of respect.

- Learned Helplessness - the feeling of loss of control or autonomy in one's life.
 - Belief in not achieving adulthood or short life expectancy
 - High levels of depression
 - Loss of hope

- Internalized Oppression - oppressed group that believes and acts out the stereotypes created about their group.
 - Colorism
 - Intellectualism is closer to whiteness
 - Self-hate

- Horizontal Oppression - oppression that occurs within a specific group by some members towards people who lack the same or similar privileges.
 - Anti-blackness and respectability politics (policing behaviors and values of others to align with the mainstream i.e. colonial values) in the black community
 - Other examples: Femmephobia among LGBTQ+ and binary trans people oppressing non-binary trans people

INCITE! Women of Color Against Violence - www.incite-national.org

Tools for Maintaining Gender Oppression: Denial, Minimizing, Victim-Blaming, Counter-Organizing
 Patriarchy upholds and supports gender oppression. 4 primary tools for maintaining gender oppression and for avoiding accountability are: 1) Denial; 2) Minimizing; 3) Victim-Blaming; and 4) Counter-Organizing.

1. Denial - Our progressive, radical, revolutionary people of color as individuals, organizations and movement (just as the rest of the world) have been pretty good at denying that gender oppression exists.

What can denial look like?:

- Silence Inability to take any action
- Putting issues, acts, or patterns of gender oppression on the back burner (forever)
- Viewing issues, acts, or patterns of gender oppression as individual, personal, private rather than acts of gender oppression requiring public and collective responsibility and solutions
- Writing off sexual harassment or sexual assault as a date, affection, showing that he likes you, flirting, misunderstandings, etc.
- Viewing any issue of gender oppression (which requires more than abstract talk) as bourgeois, middle class, white feminist dividing our movement, playing into the hands of the race/class/nation enemy

2.Minimizing - Our progressive, radical, revolutionary people of color as individuals, organizations and movements (just as the rest of the world) have been pretty good at minimizing gender oppression as an issue or minimizing situations/acts/patterns of gender oppression.

What can minimizing look like?

- Putting issues, acts, or patterns of gender oppression on the back burner (forever)
- Viewing issues, acts, or patterns of gender oppression as individual, personal, private rather than acts of gender oppression requiring public and collective responsibility and solutions
- Writing issues, acts, or patterns of gender oppression off as a misunderstanding
- Writing sexual harassment or assault off as dating, asking someone out
- Writing domestic or intimate partner violence off as fighting, an argument, they have problems, they both have problems, she should just leave him (or her)
- Viewing any issue of gender oppression (which requires more than abstract talk) as taking away from the real and/or important work
- Hoping that it goes away or the people raising or causing the issues go away
- Addressing it very ineffectually (and knowing it)

3.Victim-Blaming - Our progressive, radical, revolutionary people of color as individuals, organizations and movements (just as the rest of the world) have been pretty good at blaming the victim or others who call for accountability when gender oppression as an issue or a situation of gender oppression arises. This blaming the victim or allies is often combined with denial and minimizing.

What can victim-blaming look like?

- Calling the people (usually women) raising the issue of gender abuse, oppression or violence bourgeois, middle class white feminist, dividing the movement, destroying unity, lynching, taking us away from the 'real' or 'serious' work, a race/class/nation enemy
- Blaming women/girls who raise the issue of gender oppression, abuse or violence as 'deserving it,' a flirt, young, wants attention, must have done something wrong, a slut, man-hater, a lesbian/dyke, making a power play
- Blaming women/girls who take a stand against gender oppression as bitches, controlling, angry, man-haters, lesbians/dykes, white feminists
- Turning abusers into victims by naming people (usually men) accused of sexist, abusive, or violent attitudes and behavior as 'victims,' 'nice guys,' 'heroes,' 'important to our work (more important than the women/girls raising the issue or victim to abuse)'

4. Counter-Organizing - Our progressive, radical, revolutionary people of color as individuals, organizations and movements (just as the rest of the world) have been pretty good at using the skills and tactics better used for fighting real enemies against people (usually women/girls/female-identified) who raise the issue of gender oppression, abuse or violence or a situation of gender oppression, abuse or violence.

Basically, this means that our own people (mostly men/boys/male-identified but also women/girls/female-identified) have been good at counter-organizing. And counter-organizing can involve a higher level of the devaluation, deceit, and manipulation which are all also a part of the dynamics of gender oppression and avoidance of accountability.

What can counter-organizing look like?

- Harassing, demeaning, denouncing, gossiping about, spreading rumors and lies about or threatening to do these things to women who raise the issue of gender oppression either as survivors/victims or as allies
- Demoting, firing or threatening to demote or fire women who raise the issue of gender oppression either as survivors/victims or as allies
- Isolating or discrediting persons who raise concerns and/or call for accountability
- Questioning the legitimacy of concerns to detract from the need to be accountable
- Questioning the legitimacy of the accountability process to detract from the need to be accountable
- Accusing others of abuse in order to call attention away from own accountability
- Denying, minimizing, victim blaming, and plain-old lying about doing any of these things when called on it communities; Trans communities oppressing non-binary trans people

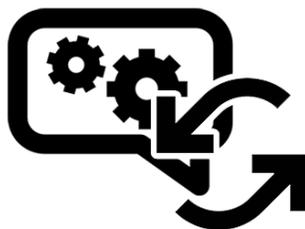


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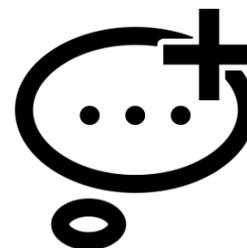
Cognitive Dissonance



**Change your
thought**



**Change your
behavior**



**Add
thoughts**

-OR- Oversimplifying: ignoring, dismissing, erasure

Two Wrongs Don't Make a Right

Combating violence and organizing

Phases of Decolonizing,

"Colonization and Decolonization: A Manual for Indigenous Liberation in the 21st Century" by Zig-Zag

1. Recovery -

reconnecting with one's history, culture and people. Ex: returning to one's community, re-establishing family relations, re-learning culture (art, language, songs, ceremonies, hunting, fishing, dancing, etc.)

2. Mourning -

a time when a people are able to lament their victimization which can be expressed through deep sadness and anger. "The abuse of the mourning phase can continue in mourning, anger, hate and the division of people; getting stuck in victimhood.

3. Dreaming/Reconstruction -

THE MOST CRUCIAL; restructuring involves reassessment of existing institutional power structures and expanding our worldviews and shifting our paradigms to make a better world for all nations. Those who ridicule the dreaming phase usually have short-sighted goals which measured by material gains.

4. Commitment -

committing to your dreams and making the decision to make them reality; combined voices and clear direction.

5. Action -

MUST be done after commitment to be the true will/decision of the people; political/social change.

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Glossary

Ableism: Discrimination in favor of able bodies people, and the disregard for differently/disabled people.

Adaptive Behavior: conceptual, social, and practical skills that all people learn in order to function in their daily lives; including but not limited to literacy; self-direction; and the concept of numbers, money, and time. Skills for daily navigation.

Agency: The capacity to act within one's given environment.

Amilcar Cabral: West African Revolutionary born in Guinea -Bissau (1924) who organized Cape Verdean, and Guinea Bissau's against Portuguese Colonialism from the 1950's-1970's.

Appropriation: The action of taking something for someone's own use, usually without the owner's permission

#BlackGirlMagic: Ideology, that is to represent, the beauty, power, and resilience of all black women, and femmes.

#BlackBoyJoy: The expression of joy and carefreeness embodied by all black men and boys.

Capitalism: An economic system in which a country's trade, natural resources, and means of production are controlled by private owners for profit, rather than by the state.

Cis (Cisgender): Having a gender that aligns the gender that was assigned at birth.

Cognitive dissonance: the state of having inconsistent thoughts, beliefs, or attitudes, especially as relating to behavioral decisions and attitude change.

Colonialism: System of power which is the establishment, exploitation, maintenance, acquisition, and expansion of colony in one territory by a political power from another territory. It is a set of unequal relationships between the colonial power and the colony and often between the colonists and the indigenous population.

Commitment: A pledge, and or obligation to be involved in a certain action.

Communism: An economic system in which a country's trade, natural resources, and means of production are controlled by the community as a whole, in order to eventually get rid of the state

CORE: Congress On Racial Equality

Culture: The beliefs, customs, art, and overall way of life of a particular group, society, gender, and country.

Decolonization: Decolonization is the ending of colonialism and the liberation of the colonized. This requires the dismantling of the colonial government and its entire social system upon which control & exploitation are based. Decolonization, then, is a revolutionary struggle aimed at transforming the entire social system and reestablishing the sovereignty of tribal peoples, in political terms, this means a radical de-centralization of national power (i.e., the dismantling of the nation-state) and the establishment of local autonomy (community and region, traditionally the village and tribal nation).

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Devil's Advocate: a person who advocates an opposing or unpopular cause for the sake of argument or to expose it to a thorough examination.

Dreaming: A goal, solution, idea, or state of being to subscribe to outside of the colonial structure.

Erasure: The act of erasing, or denying.

Frantz Fanon: Caribbean Psychiatrist, and Philosopher born in Martinique (1925), who participated in the Algerian Revolution, and had wrote books, and essays on the process of decolonization.

The Great Plains: An area in the U.S. that covers from the Rocky mountains, to the Missouri River (East to west), and from the Rio Grande(Mexico, and Texas border) to Canada (South to North). Includes the states Texas, Kansas, New Mexico, Oklahoma, Wyoming, Colorado, Nebraska, South Dakota, North Dakota, Nebraska, Alberta, Saskatchewan, and Manitoba.

Hegemony: leadership or dominance, especially by one country, ideology or social group over others

Heteronormative: Ideology, and system of power, that reinforces that heterosexuality is the normal or preferred sexual behavior.

Horizontal Oppression: oppressed group that believes and acts out the stereotypes created about their group.

Interpersonal: relating to or involving relations between people : existing or happening between people

Intracommunal: Within the community

Imperialism: Policy were one country extends, its power and influence via diplomacy, or military force

Internalized Oppression: oppressed group that believes and acts out the stereotypes created about their group.

Dr. Joy DeGury: nationally and internationally renowned researcher, educator, presenter and author of *Post-Traumatic Slave Syndrome (2005)*.

Kwame Ture (Stokely Carmichael): (1941) Caribbean (Trinidad) American Activists, Pan-Africanists, and Revolutionary, who is the creator of the original BPP, and honorable chairman, of Bobby Seale and Huey P. Newton's BPP for self defense.

Learned Helplessness: conceptual, social, and practical skills that all people learn in order to function in their daily lives; including but not limited to literacy; self-direction; and the concept of numbers, money, and time. Skills for daily navigation.

Mao Zedong (Mao Tse tung): (1893) Chinese revolutionary, and founding father of the People's republic of China

Micah Xavier Johnson: Perpetrator of the dallas shooting on July 7, 2016

Mourning: The expression of deep sorrow for something that is lost, typically involving certain rituals, and psychological behaviors that are associated with that lost.

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NBPP: New Black Panther Party (No relation to the BPP founding in 1966 by Huey Newton, and Bobby Seale, or Stokely Carmichael's 1965 BPP)

N.H.I.: No Human Involved, used in LAPD police reports and radio calls during the 80's and 90's

NOI: Nation of Islam

PAIGC: African Party for the Independence of Guinea Bissau and Cape Verde (Partido Africano da Independência da Guiné E Cabo Verde), Political spearheaded in the 1950's, by Amílcar CAbral, as a means to fight Portuguese Colonialism. As well as to establish, a new Nation from the people of Guinea Bissau, and Cape Verde.

Patriarchy: System of power, in which Males, are the dominant group, and Masculinity ("naturally" reserved for males) is deemed as the proper behavior in order to maintain, and achieve that power

Racism: System of power, used to categorize individuals based on ethnic "origin" in order to create a exploitative hierarchy, in which the race that is in control, can exploit the other races within the hierarchy.

Racial hypersegregation : black people living in neighborhoods with barely any white people that are concentrated in old urban cores.

Recovery: Return to a normal state of health mind, or strength.

Revolution: (1): An overthrow, and thorough replacement of an established government, and or political system by the people governed.(2): A well planned change in society and the social structure, which usually begins, and involves violence in the beginning stages of the change.

Sankofa: from the Ghanian Twi language. Literally translated to mean "to go back and get it", sankofa refers to the application of knowledge from the past to create a more positive future. Visually represented by a bird reaching back to retrieve an egg on its back or as a stylized heart.

Sioux: Native Nation, who resided in the Great Plains area of the United States, they followed the pattern of the Buffalo, as well as participated in horticulture to survive. Fought the U.S. Government when their land was being seized, and colonized.

SNCC: Student Non-violent Coordinating Committee

Socialism: An economic system in which which a country's trade, natural resources, and means of production are controlled by the state, with the community in mind , in order to hopefully achieve communism.

Systemic: Of relating to an entire system including, government, housing, employment, education, legal, etc.

Trauma: A very difficult, disturbing, or unpleasant experience that causes someone to have mental, and emotional problems, that affects them in a multitude of ways, usually for a very long time.

White Supremacy: Form of racism that is centered around the racial identity of Whiteness, and the promotion, and validation of European modern, and historical thought, and ideology. It places whiteness and Europeaness as the standard of humanity.

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