

**Enslaved  
The Addicting of  
Minorities  
in America**

# Trauma is defined as:

- “A serious injury or shock to the body, as from violence or an accident.
- An emotional wound or shock that creates substantial, lasting damage to the psychological development of a person, often leading to neurosis.
- An event or situation that causes great distress and disruption.

# Connecting Trauma & Addiction

Trauma and Addiction  
Shared Commonalities

## Signs & Symptoms:

Denial  
Repressed feelings  
Compulsive behavior

## Complications:

Physical/medical problems  
Emotional problems (low self-esteem)  
Relationship problems  
Spiritual degeneration

# The Narrow Road

- We see addiction/trauma through a very narrow lens.
- It is viewed as an individual problem, at best, it is viewed as a family problem.
- We view addiction/trauma as an internal problem that needs to be fixed so the client can get well.
- We view addiction/trauma as an anomaly happening to a small segment of the population.
- We view addiction/trauma in terms of people, not population.

# Understanding the big picture.

- Why is alcoholism much more prevalent among Native Americans as apposed to the rest of the country?
- Why are women 25 times more likely to suffer from eating disorders than men?
- Why are there more Black and Latino men in prison for drug related offences than white?
- Why is it that Americans consume over 50% of all natural resources being used?

# Using Trauma As A Weapon

- There is no better way (from a militaristic viewpoint) to control a population, or populations, than to traumatize (physically, mentally or emotionally) them to the extent that they must medicate themselves (be it with substances or behavior) to survive.
- Only human beings possess the ability to inflict such harm onto one another.

# Examples of Population Trauma

- The attempted genocide of the Native Americans
- The enslavement of the Black race
- The treatment of women and children as property
- The treatment of all non-white races as second class citizens
- The criminalizing of the Latino culture
- Pathologizing the gay and lesbian community

# Examples of Population Control

- Providing massive amounts of alcohol to early Native American cultures. (destabilizing their structural integrity)
- The U.S. government (C.I.A. and others) covertly selling heroin and cocaine in Black neighborhoods during the 1960's and 1970's in an attempt to derail the civil rights movement.
- The suppression of women's rights and the mass amount of prescription medication targeted toward women.
- The racial profiling of Latinos (and Blacks) and the continued efforts to allow drugs to flow in those communities.



# U.S. Census Statistics for 2000

## Total Population

72% White

12% Black

13% Latino

4% Asian

## College Education

35% White

13% Black

10% Latino

44% Asian

## Poverty Level

6% White

25% Black

23% Latino

12% Asian

## Unemployment

2.5% White

8% Black

6% Latino

3% Asian

# Why is this important?

- If we begin to understand the “Big Picture” we are one step closer to understanding how deep the wounds of addiction/trauma run.
- It is then possible to begin to deconstruct the limiting ideas that have been taught to us from birth.
- Then we can begin to show true empathy, letting go of our old ideas and biases.
- This will free us to do the work that is necessary to be of maximum service to our fellow man/woman.