PSYCHOLOGICAL ABUSE
SEXUAL VIOLENCE
PHYSICAL VIOLENCE
SYSTEMATIC RESOURCE DENIAL
ECONOMIC ABUSE
APPROPRIATION OF CULTURAL RESOURCES, TRADITIONS, KNOWLEDGE
SPIRITUAL ABUSE
RACIOCIALIZATION VIA CULTURAL ABUSE

1. Feeling that one cannot advocate for oneself because of direct or indirect retaliation and implication of noncompliance from the oppressive system
2. Limiting access of economic advancement and financial stability through: payday loan centers, title pawns, cash checking — exuberant interest rates and neverending cycle of using those systems

1. Taking credit for a targeted group's ideas and traditions
2. Manipulating information and providing disinformation because of level of education
3. Treating someone as “less than” due to communication or status or title
4. Forcing members of the targeted group to prove themselves or group to qualify or prove themselves
5. Intellectual Abuse and assertion of one’s privilege over targeted group

1. Genocide
2. Wartime experiences of political violence
3. The dehumanizing institution of enslavement and camps
4. In/duction of violence that occurs in the prison and jail systems
5. Coercion and threat through terror and torture (e.g., the effects of policing)

1. Denial of educational rights
2. Denial of environmental resources (e.g., corner stores)
3. Denial of land ownership and rights of ownership instead of ownership via forced migration
4. Denial of freedom of movement (e.g., mass incarceration)
5. Denial of freedom of movement due to family disruption and separation
6. Denial of freedom of movement due to recurrent experience of caregiving, or family involvement with child welfare services
7. "Mentalicide" - mental homicide or suicide through denial of needs

1. Shaming
2. "Just get over it" or "It's not as bad as it seems"
3. Blaming/minimizing/denying
4. Create vacant esteem - the state of believing oneself to have little or no worth
5. Use of Microaggressions and minimizing their use or dismissing objections when used
6. Condemning the body and its beauty
7. Lack of ownership of the role the holder of privilege plays

1. Colorism
2. Not allowing one to observe or participate in their cultural practices
3. Forcing one to adopt a culture to be accepted into the larger society or structure
4. Confiscation of land
5. Banning language
6. Denial of biopsychosocial consequences of oppression
7. Pathology of activist and activism

1. Distortion and denial of religious and spiritual views and practices of groups of people
2. Use of religion to disempower groups of people
3. Use of religion to oppress groups of people
4. Use of religion to justify discrimination or oppression
5. Use of religion to disempower groups of people
6. Use of religion to disempower groups of people
7. Use of religion to disempower groups of people
Power and Control Wheel of Historical Trauma

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For additional resources, or to view the accompanying webinar, please visit https://cirinc.org/diversity/resources.html

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