



























CHAPTER TAKEAWAYS

- Trauma and racism are inextricably linked, as racism permeates so many facets of American life. For Black clients, while they may not readily identify racism or race-based stress as central to their presenting problem, a clinician can consider it in conceptualizing their case if they have reason to believe that it will help them better understand their client's experience.
- Racial trauma is *not* a diagnosis. Rather, racial trauma can impact the severity of diagnosable mental health conditions, and conceptualizing a case using a racial trauma lens may aid the clinician in taking approaches to care that are culturally responsive.
- While clinicians may have concerns about broaching subjects such as race and other cultural factors impacting their clients, raising such topics may help to promote more connection between them and clients who are experiencing distress that might be linked to racism, discrimination, or microaggressions.