

# ECONOMIC 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

# APPROPRIATION OF CULTURAL RESOURCES, TRADITIONS, KNOWLEDGE

1. Taking credit for a targeted group's ideas
2. Manipulation of information and traditions
3. Treating someone as "less than" because of their level of education
4. Minimizing someone's status or title
5. Forcing members of the targeted group to change their interpersonal style and communication to fit others
6. Forcing members to fit others to prove themselves
7. Intellectual abuse and assertion of one's privilege over targeted group

# SPIRITUAL ABUSE

1. Distortion and denial of religious and spiritual views
2. Use of religion to disempower groups of people

# RACE SOCIALIZATION VIA CULTURAL ABUSE

1. Colorism
2. Not allowing one to observe or practice their own culture/practices
3. Forcing one to adopt a language that is not their own
4. Concealment of one's race
5. Denial of one's physical appearance
6. Denial of one's religious beliefs
7. Pathology of activism and reaction

# PSYCHOLOGICAL ABUSE

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
6. Condemning the body and its beauty
7. Lack of ownership of the role and its holder
8. Use of privilege plays

# SEXUAL VIOLENCE

1. Sexual assault
2. Systematic sexualization of certain groups of women and men
3. Racial sexual harassment

# PHYSICAL VIOLENCE

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

# SYSTEMATIC RESOURCE DENIAL

1. Denial of educational rights instead of providing resources (e.g., corner stores)
2. Denial of environmental resources (e.g., corner stores)
3. Denial of food and ownership via forced migration
4. Denial of medical rights via mass incarceration
5. Denial of collective ownership via frequent recidivism and separation due to separation from parent figures, frequent changes of caregivers, or involvement with child welfare services
6. "Wanted table" - mistral homicide or suicide through denial of needs



# Power and Control Wheel of Historical Trauma

**Produced in collaboration with Gimel Rogers, Psy.D.**

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



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