



# Retraumatization

## WHAT HURTS?



### SYSTEM

*(Policies, Procedures, Structural and Institutional Racism and Oppression)*

### RELATIONSHIP

*(Power, Control, Subversiveness, Interpersonal Racism and Oppression)*



HAVING TO CONTINUALLY RETELL THEIR STORY



BEING TREATED AS A NUMBER



BEING SEEN AS A LABEL (I.E. ADDICT, SCHIZOPHRENIC)



NO CHOICE IN SERVICE OR TREATMENT



NON-ACKNOWLEDGEMENT OF WORK RELATED STRESS



NO ACCESS TO SERVICES



PRACTICES WITHOUT ACCESSIBILITY CONSIDERATIONS



ISOLATION OR EXCLUSION PRACTICES



MARGINALIZING PRACTICES



PRACTICES WITHOUT CULTURAL CONSIDERATIONS



"ISMS" AND PHOBIAS



NOT BEING SEEN/HEARD



NON-TRANSPARENCY AND VEILED TRUTHS



DOES THINGS FOR RATHER THAN WITH



USE OF PUNITIVE TREATMENT, COERCIVE PRACTICES AND OPPRESSIVE LANGUAGE



RACIAL PROFILING



BEING NON-COLLABORATIVE



VICTIM BLAMING



NON-ACKNOWLEDGEMENT OF HISTORICAL NARRATIVES



MICROAGGRESSIONS



NON-INCLUSIVE LANGUAGE AND MESSAGING



NON-ACKNOWLEDGEMENT OF POWER DYNAMICS

