

# SHOW NOTES

**How We Heal: Strategies for Tackling Community Trauma**  
*with Howard Pinderhughes, PhD*

## IN THIS EPISODE

Join **Dr. Howard Pinderhughes** and host **Brenda Gazzar** as they discuss innovative programs that are helping to heal community trauma. Is community healing simply psychological and emotional, or is it more? What is the role of the community in the healing process? How could our healthcare system go beyond treating the individual to promoting community wellness?

## WE DISCUSS

### Healing the intergenerational rift (1:25)

“...I've worked with the **Healing Generations Institute**, which is with the **National Compadres Network**, and the **Brotherhood of Elders** here in Oakland, to do healing circles that are culturally based, that help to **provide spaces both for individual healing**, but also people to come together **and have community healing** around an incident that may have occurred.”

### Restorative justice (1:44)

“Restorative justice is another example of projects that we've worked on as a way to kind of **move past the blame and punishment**...to engage in resolution of issues and problems in ways that will provide more of a sustained relationship and healing and move things to a second level.”

## The healthcare system & the individual service model (5:19)

“...getting everybody to have access to quality healthcare is the first step in the process. We've heard a lot about **trauma-informed care** over the last five to 10 years, and that's critical in terms of understanding how that happens. Um, but I think what health care needs to do is look at it **beyond the individual service model...**”

## Helpful Links

[Prevention Institute](#)

[Healing Generations Institute/National Compadres Network](#)

[Brotherhood of Elders Network](#)

[Restorative Justice for Oakland Youth: RJOY](#)

[Roots of Success](#)

[The Healing Project](#), Yerba Buena Center for the Arts

[Cal-Care, AB 1400](#), Guaranteed Health Care for All Act

## Episode Transcript

Read the full [episode transcript](#)

## Guest Biography

This episode our guest is Howard Pinderhughes, Ph.D., vice-chair of [Prevention Institute](#)'s board of directors, chair and professor in the [Department of Social and](#)

[Behavioral Sciences](#), University of California San Francisco, and research associate at the [Center for Research on Social Change](#), University of California Berkeley.

Read [Dr. Pinderhughes' biography](#).

## Get Involved / Take Action

[Prevention Institute](#) *Learn more about promoting health equity and healthcare justice*

[Subscribe to HEAL California](#) *for health policy news with a California focus*

[Join the CalCare Campaign](#) *to learn more about AB1400, the Guaranteed Health Care for All Act*

[Join Health Care for All California](#) *to keep up with local actions to support California single-payer health care.*

[Join Healthy California Now](#) *- a coalition working toward a California single-payer system. Individual and organizational membership available*

[Join Physicians for a National Health Program](#) (PNHP) *to join the national campaign to improve and expand Medicare to all residents of the U.S.*