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TITLE: Reframing Our Relationship to Work Trauma

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ABSTRACT (upto 300 words)

This era has shed light on gross inequities and racialized trauma in various work environments, bringing clarity to the dire need for individuals to create healthy boundaries and prioritize self-compassion. Through this commentary, the author seeks three outcomes: (1) to define and understand racialized work trauma, (2) to identify the difference between individual and organizational accountability therein, and (3) to give some guidance on individual practices that help create critical boundaries and healing in one's work life. Guiding questions are as follows: What is racialized work trauma? How does it manifest? What are quick fixes for fostering boundaries? What are some practical solutions to protecting one's psyche?



BIOGRAPHY (upto 300 words)

Dr. Durene I. Wheeler is currently a Professor in the Department of Educational Inquiry & Curriculum Studies, where Dr. Wheeler teaches undergraduate and graduate courses in the Educational Foundations Program (EDFN), Community & Teacher Leaders Program (MATCL), African & African American Studies (AFAM) along with Women's, Gender, & Sexuality Studies (WGSS).

Dr. Wheeler's teaching and research interests include historical intersections of race, class, ability, and gender in U.S. Education, practical application methods of critical and feminist pedagogy, and helping teachers and parents foster socially justice classrooms and school environments. Her current research examines and explores Black Women's Mental and Emotional health related to their roles as workers and parents. She has presented at various International, National, and Regional conferences on intersectionality, social justice in education, culturally conscious classrooms, anti-racist pedagogy and praxis, and equity and Inclusion in the workplace.

Dr. Wheeler is co-editor along with Drs. Perlow, Bethea, and Scott of the anthology *Black Women's Liberatory Pedagogies: Resistance, Transformation, and Healing within and Beyond the Academy*. This text addresses the pedagogical practices of Black women in and outside of the academy across multiple disciplines.

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