

Community psychology focuses on social justice, empowerment, and systemic change rather than understanding distress as individual pathology.

This means responding to evolving issues such as the increasing marginalisation and oppression of our trans and non-binary community.

PSCNI made and handed out 100 tote bags to celebrate Trans Pride with a powerful quote from Kai Chen Thom. This quote illustrates how trauma recovery must be approached when working with marginalised and mistreated groups.



Kai Cheng Thom

A white colonial lens assumes that trauma recovery is the reclamation of safety, and that safety is a resource that is there for the taking if we work hard enough at therapy, that resourcing must come from within oneself rather than from the collective, that trauma recovery is feeling safe in society, when in fact society is the source of trauma. Healing from trauma is not possible for people for whom violence and danger are part of everyday life....We are not preparing the body to 'return' to the general safety of society. This would be gas-lighting. We are preparing the body, essentially for struggle – training for better survival and the ability to experience joy in the midst of great danger...We must be prepared to challenge norms, acknowledge danger, embrace struggle, take risks.....to organise together, fight together, live together, love each other