

From Darkness to Light: Navigating Trauma with BIPOC Ancestral Wisdom

Dr. Masica Jordan Alston

In a world where 70% have encountered trauma, Dr. Masica Jordan Alston shares her journey of overcoming adversities, including racial traumas, by harnessing ancestral wisdom. Her talk presents a resilience framework, drawing from both personal experience and evidence-based practices akin to BIPOC ancestral strategies. This aligns with the TEDxBowieStateUniversity theme of "Legacy Ignited: Fueling the Torchbearers of Transformational Change," showcasing the power of legacy in navigating life's challenges. Dr. Masica connects her narrative with the theme, illustrating how ancestral wisdom fuels transformational change. She encourages embracing pain, practices, and passions as avenues to discover purpose, advocating for peer support and leveraging historical wisdom to turn trauma into strength. Her message aims to inspire action towards healing, resilience, and purposeful living, lighting a path for future torchbearers to effect positive change within themselves and their communities.