Education

Dr. Joy DeGruy holds a Bachelor of Science degree in Communication, a master's degree in Social Work (MSW), a master's degree in Clinical Psychology, and a Ph.D. in Social Work Research. Dr. Joy DeGruy is a nationally and internationally renowned researcher, educator, author and presenter. She is an Assistant Professor at Portland State University and the President of JDP Inc. Dr. DeGruy has over twenty-five years of practical experience as a professional in the field of social work. She conducts workshops and trainings in the areas of mental health, social justice and culture specific social service model development.

Published Works

Dr. Joy DeGruy authored the book entitled Post Traumatic Slave Syndrome: America’s Enduring Legacy of Injury and Healing, which addresses the residual impacts of trauma on African Descendants in the Americas. Post Traumatic Slave Syndrome lays the groundwork for understanding how the past has influenced the present, and opens up the discussion of how we can eliminate non-productive attitudes, beliefs and adaptive behaviors and, build upon the strengths we have gained from the past to heal injuries of today.

Post Traumatic Slave Syndrome: “The Study Guide” is designed to help individuals, groups, and organizations better understand the functional and dysfunctional attitudes and behaviors that have been transmitted to us through multiple generations. The Guide encourages and broadens the discussion and implications about the specific issues that were raised in the P.T.S.S. book and provides the practical tools to help transform negative attitudes and behaviors into positive ones.

Dr. DeGruy has published numerous refereed journal articles and has developed the “African American Male Adolescent Respect Scale” an assessment instrument designed to broaden our understanding of the challenges facing these youth in an effort to prevent their over-representation in the justice system.

Randall Robinson, Al Sharpton, and many more have praised the book. Susan Taylor, Editorial Director of Essence Magazine says that “Post Traumatic Slave Syndrome is a master work…Her book is the balm we need to heal ourselves and our relationships. It is the gift of wholeness.” Adelaide Sanford, Vice Chancellor of the Board of Regents for the State of New York states that “Dr. Joy DeGruy’s mesmerizing, riveting book is vital reading for our time…With Dr. DeGruy’s potent words we can and will heal.”
In addition to her pioneering work in the explanatory theory and book, *Post Traumatic Slave Syndrome*, she has developed a *culturally based education model for working with children and adults of color.*