

Resources List

Racial Trauma in America - Panel Discussion

6/4/20

(provided to WAMFT for member education by Astrik Price, LMFT)

Resources recommended by Dr. Carla Smith:

- [Dr. Janet Helms - Institute](#)
- Trainers that do trainings specifically for white allyship

Resources recommended by Dr. Makungu Akinyela:

- [Nancy Boyd Franklin](#)
- [Kenneth Hardy](#) - Books on supervision, couples work, family therapy

Resources recommended by Dr. Harrison Davis:

- [Color of Change](#) - an advocacy group
- [Two Therapists and a Microphone](#) podcast

Resources recommended by Dr. Karla Sapp:

- [Counselors for Social Justice](#) - ACA Group
- [Association for Multicultural Counseling and Development](#)

Resources recommended in the Chat Feed:

Reading:

- 12 Black-Owned Bookstores You Can Support Right Now ([link](#))
- "Narrative therapy and cultural democracy: A testimony view" by Dr. Makungu Akinyela ([link](#))
- "The Price for Their Pound of Flesh: The Value of the Enslaved, from Womb to Grave, in the Building of a Nation" by Daina Ramey Berry ([link](#))
- "Thick - and Other Essays" by Tressie McMillan Cottom ([link](#))
- Anything by Ta-nehisi Coates

- “Why I'm No Longer Talking to White People About Race” by Reni Eddo-Lodge ([link](#))
- “Waking up White and Finding Myself in the Story of Race” by Debby Irving ([link](#))
- “Post Traumatic Slave Syndrome” by Joy DeGruy ([link](#))
- “How to Be Less Stupid About Race” by Crystal Marie Fleming ([link](#))
- “Learning to Be White: Money, Race and God in America” by Thandeka ([link](#))
- “How to be Anti-Racist” by Ibram X. Kendi ([link](#))
- “Me and White Supremacy” by Layla F. Sadd ([link](#))
- “White Fragility: Why It's So Hard for White People to Talk About Racism” by Robin DiAngelo ([link](#))
- “The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma” by Bessel Van Der Kolk ([link](#))
- “My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies” by Resmaa Menakem ([link](#))
- “Shifting: The Double Lives of Black Women in America” by Charisse Jones, Kumea Shorter-Gooden ([link](#))
- “So You Want to Talk About Race” by Ijeoma Oluo ([link](#))
- “White Privilege: Unpacking the Invisible Knapsack” by Peggy McIntosh ([link](#))
- “My White Friend Asked Me on Facebook to Explain White Privilege. I Decided to Be Honest” by Lori Lakin Hutcherson ([link](#))
- “Mental Health among African Americans: Innovations in Research in Practice” by Dr. Erlanger Turner ([link](#))

Listening:

- [Brene Brown speaks with Dr Ibram X. Kendi](#) –he also wrote the book “How to Be Antiracist” that Astrik recommends as simple and straightforward
- [Seeing White](#) on Scene on Radio White Scenes
- [1619 Podcast](#) by NY Times^[P]_[SEP]
- Kenneth Hardy Interview on Diversity, Social Justice, and Psychotherapy ^[L]_[SEP] <https://www.psychotherapy.net/interview/kenneth-hardy>
- Ted Talk: [How Can We Make Racism a Solvable Problem and Improve Policing](#)
- Webinar put on by CIBHS. <https://www.embracerace.org/resources>

- 10 Documentaries to Watch About Race Instead of Asking a Person of Colour to Explain Things For You ([link](#))

Resources for Talking to Children:

- <http://www.childrenscommunityschool.org/wp-content/uploads/2018/02/theyre-not-too-young-1.pdf>
- <https://www.theconsciouskid.org/> is a resource to get books for children regarding race
- <https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news/>
- A possible resource from the Child Mind Institute:
https://www.facebook.com/watch/live/?v=673076123472542&ref=watch_permalink
- This is more geared towards white parents of white children, but I have found this useful:
https://www.ahaparenting.com/ask-the-doctor-1/talking-with-children-about-racism-police-brutality-and-protests?fbclid=IwAR0-9CR1CP8j006lPK3krzLH1CiCh_Jp6bsO_lbt59vwRsl-bqdtO2W0JrU
- “I Am Enough” by Grace Byers ([link](#))
- A Mighty Girl - Search Engine for Age-Appropriate Books.
<https://www.amightygirl.com/books>

Additional Resources:

- <https://docs.google.com/document/u/0/d/1H-Vxs6jEUByXyIMS2BjGH1kQ7mEuZnHpPSs1Bpaqmw0/mobilebasic?fbclid=IwAR00tCLE6JDWbhggFeF5VbSq1sT0bNs1BLKhmCcoRJekbQyaqvkCZ4TVb7Y>
- https://docs.google.com/document/d/1BRIF2_zhNe86SGgHa6-VIB0-QgirlTwCTugSfKie5Fs/mobilebasic
- <https://thedaringadventurelife.wordpress.com/antiracist-antiracism-resources/>
- A great resource in the DC/MD/VA area is the Challenging Racism organization in Arlington, VA. They specifically teach facilitation skills to manage challenging and controversial conversations among diverse groups. www.challengingracism.org
- Great trainer, coach, consultant info: <https://jewelofjustice.com/> if you're interested in racial justice leadership development.

- Here's a list of black-owned bookstores:
https://aalbc.com/bookstores/list.php?fbclid=IwAR0RYg9N3D0JINF1KTM27yvY1b1miVSv-Kb_HMu8KY3ldbjPigUinNM0OZo
- SURJ (showingupforracialjustice.org) is a nationwide organization for white people to learn how to dismantle racism within their own white communities. SURJ NOVA, for example, offers opportunities for education, activism, and protesting. This is a starting place for white people to educate themselves and discover ways they can make a difference as a better ally.
- Whitney Parnell is the co-founder and CEO of an organization called [Service Never Sleeps](#). They offer a great workshop on White Allyship.
- https://www.researchgate.net/publication/324696664_White_Privilege_What%27s_a_Family_Therapist_To_Do
- You may have seen that the National Museum of African American History and Culture put out some resources that are super helpful. I would direct parents to this website that has a ton of great resources:
<https://nmaahc.si.edu/learn/talking-about-race/audiences/parent-caregiver>