



## Anti-Racism Resources

*Compiled by WAMFT Board of Directors 2020 with WAMFT Ethics, Training and Standards Committee*

These resources are designed to promote critical thought and education around racism and may not fully represent WAMFT's position on this complex topic. Read WAMFT's statement regarding Black Lives Matter [here](#).

### Intersections of Racial Trauma and COVID

*Psychological Trauma: Theory, Research, Practice, and Policy* [Open Access Special Issue] <https://psycnet.apa.org/PsycARTICLES/journal/tra/12/5>

### General Anti-Racism Resources

“AAMFT Statement on MFT Responsibility to Counter Racism” [blog post]  
<https://blog.aamft.org/2020/06/aamft-statement-on-mft-responsibility-to-counter-racism.html>

“At Home with Brittany Packnett Cunningham” [AAMFT At Home Series]  
[https://www.aamft.org/Events/At\\_Home\\_Series.aspx?WebsiteKey=8e8c9bd6-0b71-4cd1-a5ab-013b5f855b01](https://www.aamft.org/Events/At_Home_Series.aspx?WebsiteKey=8e8c9bd6-0b71-4cd1-a5ab-013b5f855b01)

“Notice the Rage; Notice the Silence” by Resmaa Menakem | On Being with Krista Tippett [podcast]  
<https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/>

“Brené with Sonya Renee Taylor on ‘The Body is Not an Apology’” | Unlocking Us with Brené Brown [podcast]  
<https://brenebrown.com/podcast/brene-with-sonya-renee-taylor-on-the-body-is-not-an-apology/>

“Removing the Cape: Black Superwomen and Depression” by DeAnna Harris-McKoy and Taimyr Strachan <https://aamft.typepad.com/files/removingthecape.pdf> (x-posted from AAMFT resource page)

“Mental Health and Black Adolescents” by Ashley Hicks White  
<https://aamft.typepad.com/files/blackadolescents.pdf> (x-posted from AAMFT resource page)

“Episode 31: Healing Racial Trauma” | The AAMFT Podcast [podcast]  
[https://open.spotify.com/episode/4k84B4zHZfhRe77rhvBfYP?si=pfOTiyQaT\\_qAaNxzZSEtfq](https://open.spotify.com/episode/4k84B4zHZfhRe77rhvBfYP?si=pfOTiyQaT_qAaNxzZSEtfq)

### **Films/Movies:**

*I Am Not Your Negro* directed by Raoul Peck from texts by James Baldwin

*13th* (film): 2016 documentary by Director Ava Duvernay

### **Instagram:**

antiracismcalendar

### **Books:**

*A Collar In My Pocket: The Blue Eyes Brown Eyes Exercise* by Jane Elliott

*Teaching to Transgress: Education as the Practice of Freedom* by bell hooks

*Socioculturally Attuned Family Therapy: Guidelines for Equitable Theory and Practice* by Teresa McDowell, Carmen Knudson-Martin, & J. Maria Bermudez

*How to be An Antiracist* by Ibram X. Kendi

*Notes of a Native Son* by James Baldwin

*Beyond Inclusion, Beyond Empowerment: A Developmental Strategy To Liberate Everyone* by Leticia Nieto with Margot F. Boyer

## **Talking with Children about Anti-Racism**

“Building Blocks of Resilience: Talking to Your Kids About Racism” by Shardé McNeil Smith & Chelsea Hetherington

<http://familyresiliency.illinois.edu/system/files/Talking%20to%20Your%20Kids%20About%20Racism.pdf>

“Anti-racism Resources” compiled by Sarah Sophie Flicker & Alyssa Klein

[https://docs.google.com/document/d/1BRIF2\\_zhNe86SGgHa6-VIBO-QgirlTwCTugSfKie5Fs/preview?pru=AAABcpTPuF4\\*Kq3J5CiDfhEMRpryNWO00Q](https://docs.google.com/document/d/1BRIF2_zhNe86SGgHa6-VIBO-QgirlTwCTugSfKie5Fs/preview?pru=AAABcpTPuF4*Kq3J5CiDfhEMRpryNWO00Q) (x-posted from AAMFT resource page)

## **Resources for Therapists Who Are Identifying as Black, Indigenous, and/or a Person of Color**

“This ish is exhausting’: Acknowledging the Emotional Labor of Black MFTs” by Joslyn Armstrong

[https://higherlogicdownload.s3.amazonaws.com/AAMFT/b49ef514-ecc1-460d-976b-b929d8024102/UploadedFiles/ubfcXMcT4q4nIQDhrkln\\_Armstrong.pdf](https://higherlogicdownload.s3.amazonaws.com/AAMFT/b49ef514-ecc1-460d-976b-b929d8024102/UploadedFiles/ubfcXMcT4q4nIQDhrkln_Armstrong.pdf) (x-posted from AAMFT resource page)

“First Person” by Cherry Tolbert <https://aamft.typepad.com/files/tobert.pdf> (x-posted from AAMFT resource page)

“The Experiences of Couple/Marriage and Family Therapists of color: A Survey Analysis” by Kara S. Erolin & Elizabeth Wieling

<https://onlinelibrary.wiley.com/doi/abs/10.1111/jmft.12456?campaign=wolearlyview>

## **Self-Care Resources for Clients Who Are Identifying as Black, Indigenous, and/or a Person of Color**

“Radical Self-Care” by Kerry Ann Rockquemore

<https://www.insidehighered.com/advice/2015/05/06/essay-how-faculty-members-can-keep-focus-ed-amid-so-much-disturbing-news?width=775&height=500&iframe=true> (x-posted from AAMFT resource page)

“Creative Ways to Face the Black Shadow” by Marlene F. Watson

<http://www.drmarlenefwatson.com/strategies-for-healing/> (x-posted from AAMFT resource page)

<https://www.facebook.com/KindredCommunity/>

[www.healingforactivists.com](http://www.healingforactivists.com)

## **Resources for White-Identifying Therapists**

“Black Lives Matter to Systemic Family Therapists” by Steven M. Harris

<https://onlinelibrary.wiley.com/doi/10.1111/jmft.12445>

“6 Crucial Steps to Decolonize Your Therapy Practice’ by Shawna Murray Browne [webinar]

<https://kindred-wellness-llc.mykajabi.com/6-crucial-steps-to-decolonize-your-therapy-practice?cid=6c6f69dd-2bef-4c5f-ad40-0b01dc42c883&eoid=397504>

“Our Role As Systemic Therapists in Dismantling Systemic Racism” by Danielle Samuel  
[https://higherlogicdownload.s3.amazonaws.com/AAMFT/b49ef514-ecc1-460d-976b-b929d8024102/UploadedFiles/tcPW4rZiShGZ4B6fyLgo\\_Samuel.pdf](https://higherlogicdownload.s3.amazonaws.com/AAMFT/b49ef514-ecc1-460d-976b-b929d8024102/UploadedFiles/tcPW4rZiShGZ4B6fyLgo_Samuel.pdf) (x-posted from AAMFT resource page)

“The Relevance of Social Justice for Today’s Therapists” by Nicole Perryman  
<https://aamft.typepad.com/files/socialjustice.pdf> (x-posted from AAMFT resource page)

“Courageous Conversations...With Our Clients” [blog post] by Danesha B. Deloatch and Theresa M. Wray  
<https://blog.aamft.org/2015/09/courageous-conversations-with-our-clients.html>  
(x-posted from AAMFT resource page)

<https://www.tinaschermersellers.com/post/healing-for-activists>

## **Resources to Give to White-Identifying Clients Who Want to Learn More**

“Setting Up Camp in People’s Heads: How Small Acts of Anti-Racism Can Add Up To Big Change” by Shantal Marshall  
<https://medium.com/@shantalrenee/setting-up-camp-in-peoples-heads-how-small-acts-of-anti-racism-can-add-up-to-big-change-dca6fcf45cb8>

“Anti-Racism Resources” compiled by Sarah Sophie Flicker & Alyssa Klein  
[https://docs.google.com/document/d/1BRIF2\\_zhNe86SGgHa6-VIBO-QgirITwCTugSfKie5Fs/preview?pru=AAABcpTPuF4\\*Kq3J5CiDfhEMRpryNWO0Q](https://docs.google.com/document/d/1BRIF2_zhNe86SGgHa6-VIBO-QgirITwCTugSfKie5Fs/preview?pru=AAABcpTPuF4*Kq3J5CiDfhEMRpryNWO0Q) (x-posted from AAMFT resource page)

“Talking About Whiteness” by Eula Biss | On Being with Krista Tippett [podcast]  
<https://onbeing.org/programs/eula-biss-talking-about-whiteness/>