Anti-Racism Toolkit & Support

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“The beauty of anti-racism is that you don’t have to pretend to be free of racism to be an anti-racist. Anti-racism is the commitment to fight racism wherever you find it, including in yourself. And it’s the only way forward.” — Ijeoma Oluo
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“We have to talk about liberating minds as well as liberating societies.” – Angela Davis

How Does Racism and Discrimination Impact Healthcare and Mental Healthcare?

● Articles
  ○ Racial Disparity and the Pathologizing of People of Color in Mental Health Diagnoses and Psychological Assessment
  ○ Racism in healthcare: Its relationship to shared decision-making and health disparities
  ○ Racial disparities in psychotic disorder diagnosis: A Review of empirical literature
  ○ Why Racism, Not Race, Is a Risk Factor for Dying of COVID-19

● Books
  ○ Eliminating Race-Based Mental Health Disparities: Promoting Equity and Culturally Responsive Care Across Settings by Monica Williams, Daniel Rosen, and Jonathan Kanter
  ○ Medical Apartheid: The Dark History of Medical Experimentation on Black Americans From Colonial Times to the Present by Harriett Washington
What Impact Does Racism and Discrimination Have on Mental Health?

- **Articles**
  - Racism's Psychological Toll
  - Uncovering the Trauma of Racism: New Tools for Clinicians
  - Racial Trauma: Theory, Research, and Healing
  - The Impact of Racism on Child and Adolescent Health

- **Books**
  - Post-Traumatic Slave Syndrome by Dr. Joy DeGruy
  - My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem

- **Watch/Listen**
  - Legacies of Pain and Resilience: Clinical Implications for Understanding Historical Trauma and Race
  - Race-based Traumatic Stress and Psychological Injury
  - Therapy for Black Girls Podcast – Session 134: The Impact of Racial Trauma

How Can Racism Impact Therapy?

- **Articles**
  - How Therapists Drive Away Minority Clients
  - How Well-Meaning Therapists Commit Racism
  - Decolonizing mental health: The importance of an oppression-focused mental health system

- **Watch/Listen**
  - Race and Trauma: The Role of Racial Trauma in Psychotherapy
  - Race, Poverty & Trauma: Microaggressions and the Therapeutic Alliance
“It's up to all of us—Black, white, everyone—no matter how well-meaning we think we might be, to do the honest, uncomfortable work of rooting it out. It starts with self-examination and listening to those whose lives are different from our own.” – Michelle Obama

How Can I Work to Be More Understanding Of My Own Unconscious Biases and Cultivate an Anti-Racist Framework?

- **Articles**
  - How Mindfulness Can Defeat Racial Bias
  - Dual Pathways to a Better America: Preventing Discrimination and Promoting Diversity
  - Don't Talk About Implicit Bias Without Talking About Structural Racism

- **Watch/Listen**
  - Identity, Bias, and Cultural Humility: Connecting to Ourselves and Others

- **Action**
  - Implicit Bias Test
“If you are fortunate to have opportunity, it is your duty to make sure other people have those opportunities as well.” – Kamala Harris

How Can I Integrate this into Clinical Work?

- **Read**
  - [The Link Between Experiences of Racism and Stress and Anxiety for Black Americans: A Mindfulness and Acceptance-Based Coping Approach](#)
  - [You Committed a Microaggression: Now What?](#)
  - [Multicultural and Social Justice Counseling Competencies: Practical applications in counseling](#)

- **Assessment and Interview Tools**
  - [DSM-5 Cultural Formulation Interview](#)
  - [UConn Racial/Ethnic Stress & Trauma Survey (UnRESTS)](#)
  - [Trauma from Discrimination Interview & Discrimination Trauma Scale](#)
How Can I Help My Clients to Heal and What Resources Can I Share with My BIPOC Patients?

- **Articles**
  - Family Care, Community Care and Self Care Tool Kit: Healing in the Face of Cultural Trauma
  - Healing the Hidden Wounds of Racial Trauma

- **Books**
  - The Unapologetic Guide to Black Mental Health by Rheeda Walker

- **Watch/Listen**
  - Mending Racialized Trauma: A Body Centered Approach with Resmaa Menakem

- **Meditation**
  - Liberate Meditation
  - UCLA Guided Meditations (English and Spanish)
  - Center for Healing Racial Trauma - Guided Meditations

- **Other resources**
  - The Safe Place - minority mental health app geared towards the Black Community
  - Resources for Black Healing - list of healing resources, including mental health resources and self-care tips
  - Racism Recovery Plan
Sel-Care

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“Yo re  to lge se w al in n wi yel.” — Morgan Harper Nichols

- 101 Ways to Take Care of Yourself When the World Feels Overwhelming
- The Road to Resilience – American Psychological Association
- Meditation resources (also see above for resources that can be provided to patients):
  - Ten Percent Happier - free access for healthcare providers
  - Headspace - free if you have an individual NPI
- Therapy Resources:
  - Therapy Resources for People of Color - therapy resources specializing in working with BIPOC and queer folks
  - Psychology Today
  - Black Therapists Rock
  - Inclusive Therapists
  - National Queer and Trans Therapists of Color Network
I still want to do more. What can I do?

By Krisette Lacuesta @ etsy.com/people/krisettelacuesta

“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.” – Barack Obama

Trainings

- Dr. Joy DeGruy - African American Multi-Generational Trauma & Implementing Models of Change: Create Meaningful Change in Your Community - Spring 2020
- Decolonizing Therapy for Black Folk (Virtual Training Intensive) - July 17-20, 2020
- CTAC Self Learning
- Cultural Somatics Training Institute: Racialized Trauma Course [free]
- A Collective Virtual Journey: Decolonizing Therapy for Black Folks - September 15, 2020
- Psyc Your Mind - Absorption of All Colors
- DRIEP Anti-Racism Training - available through June 30, 2020
- ARTIC - Advanced Equity Skills for Clinicians - June 20, 2020
Race and Cultural Diversity in American Life and History
Improving Cultural Competency for Behavioral Health Professionals

Additional Resources

- Anti-racism resources - list of books, articles, podcasts, movies, etc.
- Anti-racisms resources in Spanish
- Scaffolded Anti-Racist Resources
- Where Change Started - self-guided education for becoming anti-racist
- Institutionalized Racism: A Syllabus
- Psych Hub - Race, Racism, & Mental Health Resources