

Anti-Racism Toolkit & Support



By Jemma Morris @ [etsy.com/people/loulou2217](https://www.etsy.com/people/loulou2217)

"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

Table of Contents



By Krisette Lacuesta @ [etsy.com/people/krisettelacuesta](https://www.etsy.com/people/krisettelacuesta)

Learn

How Does Racism and Discrimination Impact Healthcare and Mental Healthcare?	3
What Impact Does Racism and Discrimination Have on Mental Health?	4
How Can Racism Impact Therapy?	4

Process

How Can I Work to Be More Understanding Of My Own Unconscious Biases and Cultivate an Anti-Racist Framework?	5
--	---

Practice

How Can I Integrate this into Clinical Work?	6
How Can I Help My Clients to Heal and What Resources Can I Share with My BIPOC Patients?	7

Self-Care

[I still want to do more. What can I do?](#)

Trainings	9
Additional Resources	10

Learn



By Emma Hall @ etsy.com/people/emmawearstripes

“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

- [Seeing Patients: Unconscious Bias in Health Care](#) by Augustus White II
- [The Immortal Life of Henrietta Lacks](#) by Rebecca Skloot
- **Healthy Equity Information**
 - [American Psychiatric Association - Diversity and Health Equity Information](#)
 - [SAMHSA Behavioral Health Equity](#)
- **Watch/Listen**
 - [1619 - Episode 6: How the Bad Blood Started](#)
 - [Code Switch - Why The Coronavirus is Hitting Black Communities Hardest](#)
 - [Unnatural Causes](#) - documentary series exploring racial and socioeconomic inequalities in health

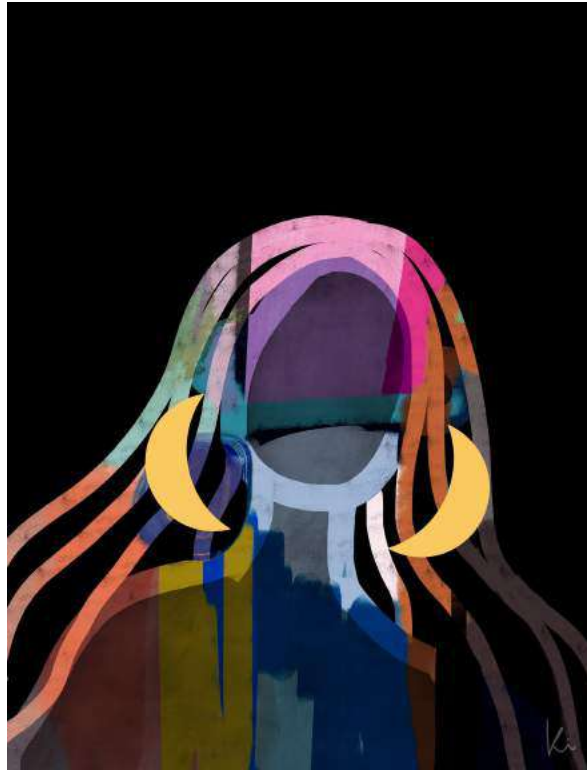
◆ *What Impact Does Racism and Discrimination Have on Mental Health?*

- **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](#)

Process



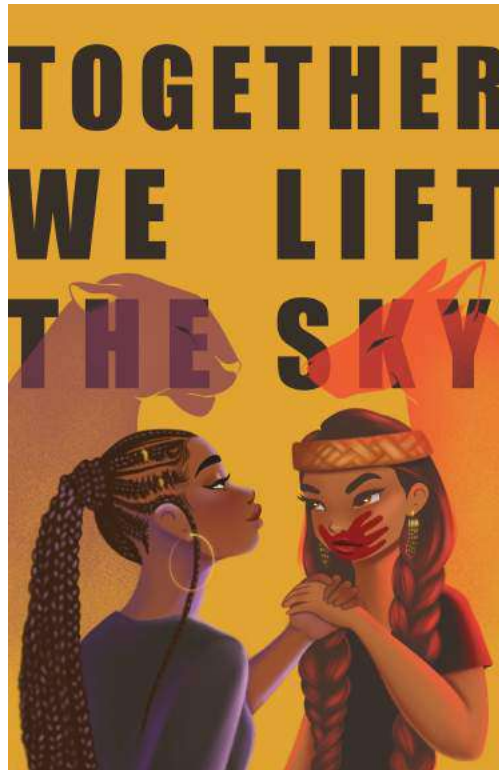
By Ki H @ kiinthismoment.com

“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](#)

Practice



By Paige Pettibon @ [yehawshow.com](https://www.yehawshow.com)

"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 Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing](#) by Anneliese A. Singh
 - [The Unapologetic Guide to Black Mental Health](#) by Rheedra 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](#)

Self-Care

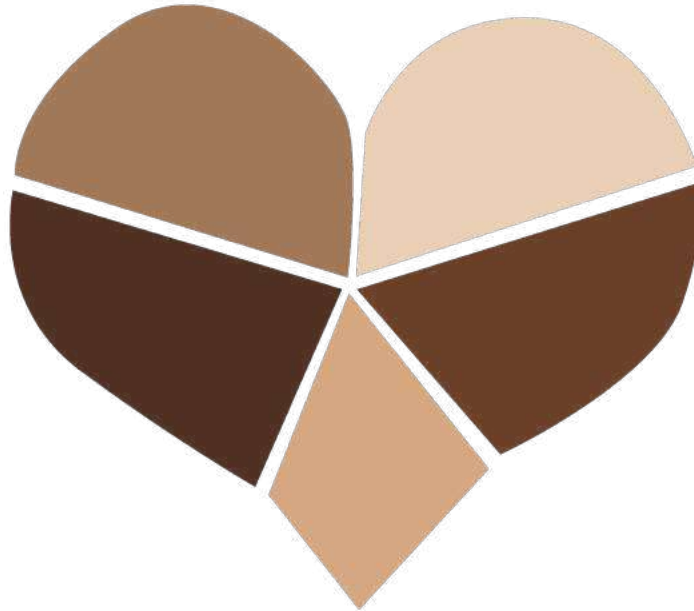


By Christo Musinguzi @ [etsy.com/people/go10xsd](https://www.etsy.com/people/go10xsd)

"You are free to challenge yourself while also being gentle with yourself." – 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](https://www.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'](#)