

Resources on Racism for Mental Health Professionals

The following list of resources is far from exhaustive but can be a jumping off point for professionals who want to learn more and improve their practice in the context of current events. The Center for Promoting Recovery and Resilience acknowledges that traditional mental health training programs and providers have historically not engaged deeply with the impact of racism (or other forms of oppression) in the experience of mental health, the barriers to obtaining care caused by racism, and the ways in which those systems perpetuate racism and cause further harm to those seeking support. In order to truly be trauma-informed, we must look at the impact of racism on our clients, their families and communities, ourselves, and our systems.

This document is organized into sections: specific mental health resources, general education on racism and antiracism, information on talking with children, and information on the current protests.

Intersections of Racism, Trauma, & Mental Health

Resmaa Menakem on Race and Trauma

“The best laws and diversity training have not gotten us anywhere near where we want to go. Therapist and trauma specialist Resmaa Menakem is working with old wisdom and very new science about our bodies and nervous systems, and all we condense into the word “race.”” (51 minutes, audio only)

<https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/>

Racial Trauma Toolkit from Boston College

<https://www.bc.edu/bc-web/schools/lynch-school/sites/isprc/isprc-advisory-board.html>

NCTSN Position Statement on Racial Injustice & Trauma

In addition to this position statement, the NCTSN has resources on historical trauma, race and trauma in the classroom, and implementing trauma-informed culturally competent care.

<https://www.nctsn.org/resources/racial-injustice-and-trauma-african-americans-us-nctsn-position-statement>

Assessing Race Based Traumatic Stress

This 2007 journal article discusses assessment for race based traumatic stress

https://facstaff.necc.mass.edu/wp-content/uploads/2012/01/racism_and_psychological_injury_articl.pdf

Understanding Racial Trauma Informed Interventions

Very brief article on race and trauma informed interventions

https://www.socialworktoday.com/news/pp_020619.shtml

Coping While Black

The NPR Podcast Code Switch (an excellent resource) takes a look at racism as a source for trauma. (4 minutes, audio with option to read)

<https://www.npr.org/sections/codeswitch/2015/07/02/419462959/coping-while-black-a-season-of-traumatic-news-takes-a-psychological-toll>

Using TF-CBT for Cultural Trauma

This journal article proposes a method for using TF-CBT to address cultural trauma.

<https://files.eric.ed.gov/fulltext/EJ1215487.pdf>

Healing Racial Trauma

<https://static1.squarespace.com/static/545cdfce4b0a64725b9f65a/t/54da3451e4b0ac9bd1d1cd30/1423586385564/Healing.pdf>

Role of Racial Trauma in Psychotherapy

Dr. Monnica Williams of the Center for Mental Health Disparities (currently at UConn, formerly at University of Louisville) presentation slides.

https://ctacny.org/sites/default/files/trainings-pdf/the_role_of_racial_trauma_in_psychotherapy.final_.7.23.pdf

Talking about Race in Trauma Psychotherapy

<https://societyforpsychotherapy.org/talking-about-race-in-trauma-psychotherapy/>

General Education on Racism

**largely geared toward White folks because we are the ones who need to do the work*

Racial Disparity in America

This article (and accompanying graphics) look at the racial gaps across a variety of social metrics (home ownership, wealth, education, etc.). It busts some myths about which states may be hardest hit by the structural impacts of racism.

<https://www.zippia.com/advice/racial-disparity-worst-states/>

Ted Talks to Help You Understand Racism in America

This collection of video talks, varying in length, explores topics related to race and racism in America.

https://www.ted.com/playlists/250/talks_to_help_you_understand_r

AntiRacism Resource List

This well-organized resource list includes definitions, important foundational information, books to read, online sources, and ways to take action.

https://docs.google.com/document/d/1S5uckFHCA_XZkxG0Zg5U4GQGbY_RkIZARwu43fqJH0E/preview?pru=AAABcqQalEw*P8cjSDUbx97mvZjKJdaMsw

Being AntiRacist

This resource from the National Museum of African American History & Culture contains articles, infographics, videos from leading thinkers, self-reflection exercises, and more.

<https://nmaahc.si.edu/learn/talking-about-race/topics/being-antiracist>

Being Nice will Not End Racism

Robin DiAngelo, author of White Fragility (9 minutes, video)

<https://www.youtube.com/watch?v=9Jin7ISV85s&feature=youtu.be>

How White People Can Show Up for Friends and Colleagues

This very short article from Colorlines (in general an excellent resource on race related news and discussions) provide a short list of things White people can do to show up for Black people in our lives.

<https://www.colorlines.com/articles/dear-white-people10-ways-you-can-show-your-black-friends-and-colleagues>

KET Programming

KET compiles many of their programs that address race and racism. Includes some resources specific to children.

<https://www.ket.org/raceinamerica/>

Talking About Racism with Children

Sesame Street's Town Hall on Racism

Sesame Street recently did a town hall with CNN on racism (two parts for a total of 27 minutes). This is great for children, but really a good starting point for anyone. The second link are shorter cuts that can be used for specific purposes or for young people who need shorter video.

<https://www.cnn.com/2020/06/06/app-news-section/cnn-sesame-street-race-town-hall-app-june-6-2020-app/index.html>

<https://www.cnn.com/2020/06/06/us/cnn-sesame-street-town-hall-racism-trnd/index.html>

Talking About Race with Young Children

This is a 20-minute audio only story from NPR. It includes a few written resources as well.

<https://www.npr.org/2019/04/24/716700866/talking-race-with-young-children>

Something Happened In Our Town

This book and accompanying resources from Embrace Race provides a structure to talk to young children about racial injustice. Embrace Race has a number of excellent resources to use with children and parents.

<https://www.embracerace.org/resources/something-happened-in-our-town-addressing-racial-injustice-with-young-children>

Talking to Kids About Racism

An article sourced from a school counselor and a children's book author, this has both practical tips and some children's book recommendations.

<https://www.nytimes.com/2020/06/05/us/talking-to-kids-about-racism.html>

Helping Kids Cope with Racism and Violence in the News

This article from the Child Mind Institute (a solid resource on a number of topics) provides advice for parents and a very comprehensive list of additional resources and book recommendations.

<https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news/>

Books for Littles

Books for Littles critically reviews books on a wide variety of topics and always with justice and equity in mind.

<https://booksforlittles.com/>

Aggregated Resource on Working with Kids from the Center for Racial Justice

This list has links on everything from how to analyze children's books for racism and to school curriculum.

<https://centerracialjustice.org/resources/resources-for-talking-about-race-racism-and-racialized-violence-with-kids/>

Beyond the Golden Rule

A book for parents to consider how to talk about bias and prejudice in developmentally appropriate ways.

https://www.tolerance.org/sites/default/files/general/beyond_golden_rule.pdf

Understanding Current Protests

Don't Let Them Bad-Mouth Rebellion or Riots: How We Name Movements Matters

Speak On It is a Teen Vogue column by Jenn M. Jackson, whose queer Black feminist perspective explores how today's social and political life is influenced by generations of racial and gender (dis)order.

<https://www.teenvogue.com/story/dont-badmouth-rebellion-riots-name-movements>

How to Respond to Riots Never Solve Anything

This short article provides some concrete ways to respond to family, friends, and colleagues who may be responding to protests in ways that reinforce white supremacy and racism.

<https://soletstalkabout.com/2020/05/28/how-to-respond-to-riots-never-solve-anything/>

The Pandemic is Why Protests Must Continue

An article based on a statement from public health professionals on racism as a public health issue and its intersection with the pandemic.

<https://slate.com/technology/2020/06/protests-coronavirus-pandemic-public-health-racism.html>

What a World without Prisons Could Look Like

This TED talk, given by Deanna VanBuren imagines a different world, one without mass incarceration. (15 minutes, video)

https://www.ted.com/talks/deanna_van_buren_what_a_world_without_prisons_could_look_like?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Alternatives to Policing

<https://www.rollingstone.com/politics/politics-news/police-brutality-cop-free-world-protest-199465/>

On Bail Funds

<https://www.theringer.com/2020/6/8/21283604/protests-bail-funds-organizing-social-media>

On Why Filming the Police has not Reduced Violence

https://www.technologyreview.com/2020/06/03/1002587/sousveillance-george-floyd-police-body-cams/?utm_source=pocket-newtab

How to Be in The Struggle Beyond the Streets

For a wide variety of reasons, not everyone can, wants to, or should be in the streets engaged in direct action protest. This article lays out ways to become involved outside of attending protests.

https://issuu.com/nlc.sf.2014/docs/beyondthestreets_final