



Radical Healing for Racial Trauma: Applying Theory to Practice

Bryana French, PhD, LP

Psychological Services

5th Annual Canvas Health/Wilder Foundation
Conference on Psychotherapy and Mental Health

Objectives

At the end of this workshop, the learner will be able to:

- 1.Explain the psychological impact of racism and signs of racial trauma.
- 2.Describe five components of the psychological framework of radical healing from racial trauma.
- 3.Identify differences between traditional coping and radical healing.
- 4.Apply the psychological framework of radical healing to clinical case examples.

There are no known conflicts of interest for this presentation

The views shared in this presentation are of Dr. Bryana French and do not represent the views of the University of St. Thomas or any of its units

Agenda

- 1 Introduction & Community Building
- 2 Radical Healing: Resisting Racial Oppression Lecture & Clinical Application
- 3 Lunch
- 4 Radical Healing: Imagining Possibilities Lecture & Clinical Application
- 5 Appreciative Pause and Q & A

The Process

I'll start each segment by providing some information & ideas

I'll use small groups to delve deeper into each of the topics

Small groups will be organized by affinity groups based in salient identities

I'll have an anonymous sli.do poll open throughout for you to post questions, comments, concerns, reactions, issues etc.

Affinity Groups

- I am offering the opportunity to be in small groups based on racial identities
- For those on Zoom, please indicate your racial identity if you want to be in an affinity group with shared identities
- To do this, click on the 'Participants' icon in the banner at the bottom of Zoom
- Hover over your name & add any pronouns you wish to use to describe yourself & add how you see your racial identity
- I will then place you in small groups with people who have shared identities



"I am from",
way of a
reflecting on
identity

Some Possible Prompts...

- The sound of....
- The touch of...
- The smell of...
- The values of...
- The taste of...
- The sight of...
- The idea of...

Introductions and Community Building

We asked you to come with a response to some of the prompts, or with ones you developed yourself

- The touch of...The smell of...The values of...The taste of...The sight of...The idea of...

1. Read your response to these prompts out to your group members
2. Share where you work
3. Tell people (briefly) about any experiences you've had addressing racial trauma in counseling
4. Share any expectations or hopes you have about what the workshop will cover
5. Post expectations & hopes shared to sli.do, Code **97482**



RADICAL HEALING

COLLECTIVE



Increasing racial diversity



U.S. will be a majority BIPOC country by 2045 (U.S. Census Bureau, 2016)

BIPOC youth already outnumber Whites



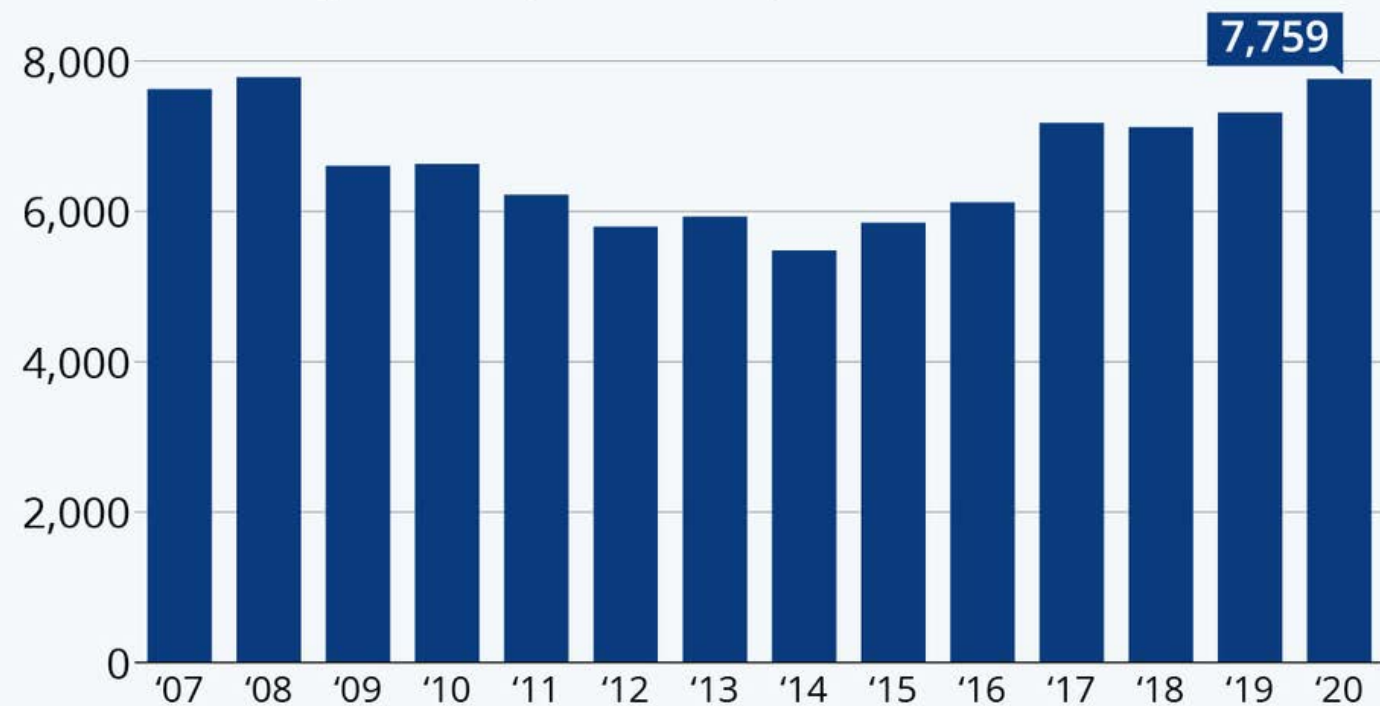
Racial Awakenings



Racial Backlash

U.S. Hate Crime At New Decade High

Total number of hate crime incidents recorded by the FBI (2007-2020)



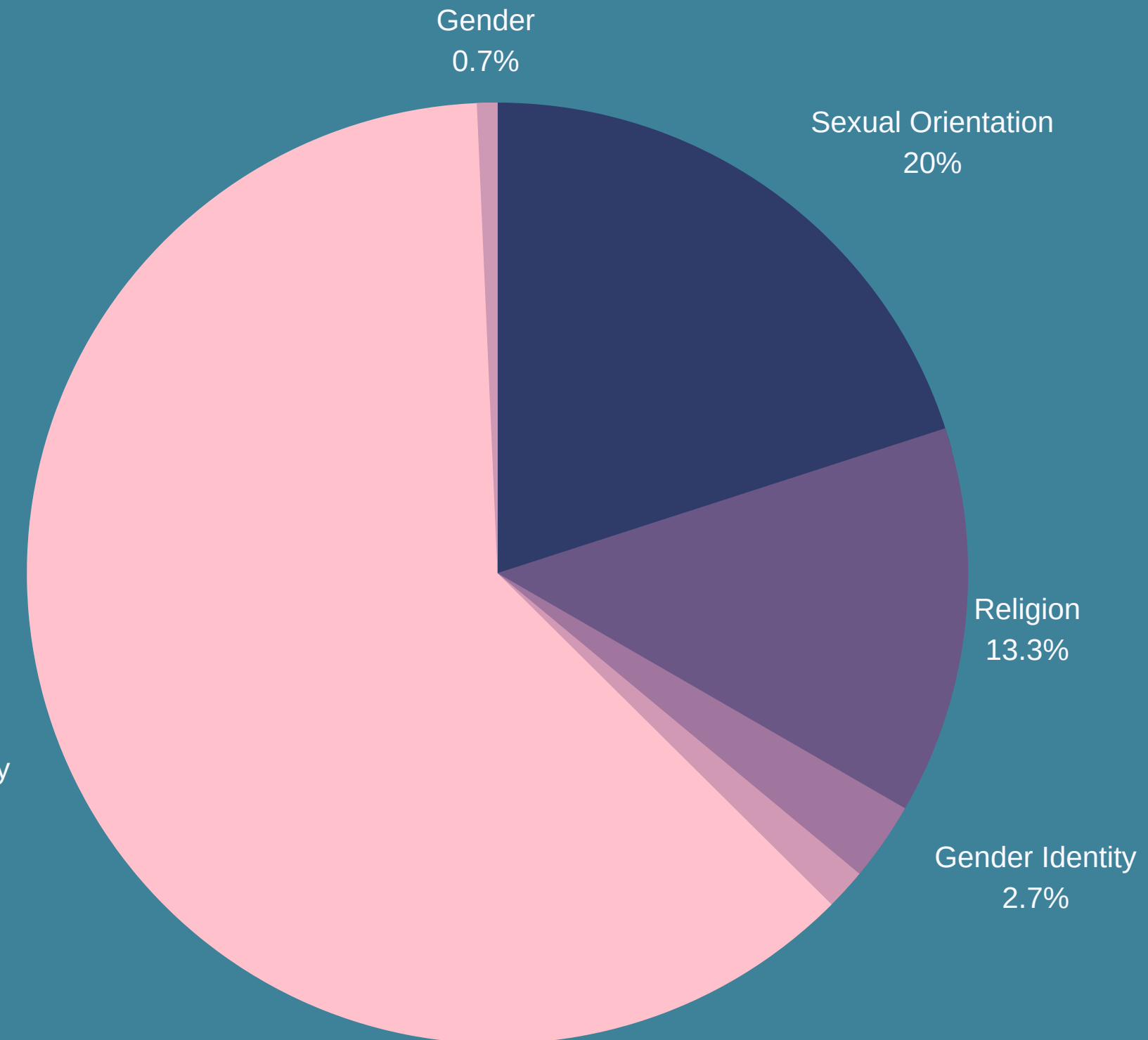
The FBI defines a hate crime as a "criminal offence against a person or property motivated in whole or in part by an offender's bias against a race, religion, disability, sexual orientation, ethnicity, gender, or gender identity".

Source: FBI



statista

Race/Ethnicity/Ancestry
61.9%



FBI 2020 Hate Crime Statistics

Historical Trauma

Maria YellowHorse Braveheart, Joy De Gruy, Rachel Yehuda, Resmaa Menakem



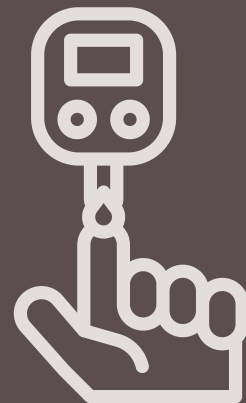
Physical Impacts of Racism

Carter & Pieterse, 2020

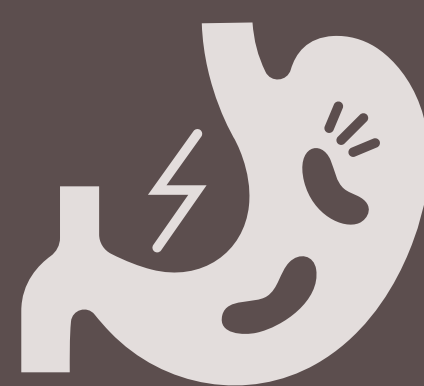
High blood
pressure



Diabetes



Stomach
Ulcers



Pain



Migraine
Headaches



Excess body
fat



Increased
substance use



Psychological Impacts of Racism

Carter & Pieterse, 2020

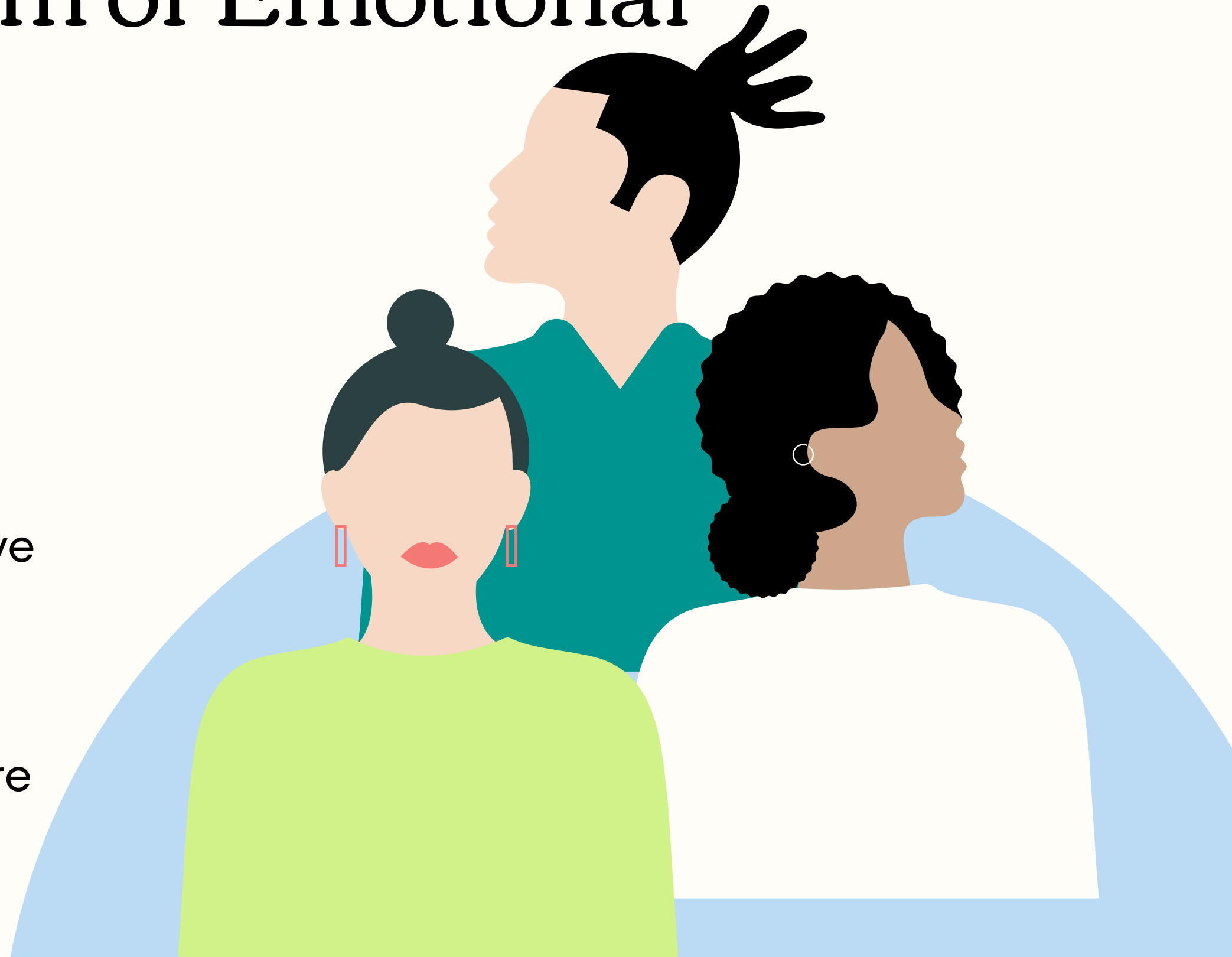
- Decreased general well being
- Increased anger and negative affect
- Higher psychological distress
- Lower self-esteem
- Increased depression
- Increased anxiety




Racial Traumatic Stress Injury: A Nonpathological form of Emotional Distress

Carter & Pieterse, 2020

- 1 Experience racism (individual, institutional, or cultural)
- 2 Experienced as negative/harmful, memorable & sudden, or cumulative
- 3 BIPOC show higher exposure to stressful life events and more severe symptoms



Toward a Psychological Framework of Radical Healing in Communities of Color

The Counseling Psychologist
2020, Vol. 48(1) 14–46
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journals.sagepub.com/home/tcp


Bryana H. French¹ , Jioni A. Lewis²,
Della V. Mosley³, Hector Y. Adames⁴,
Nayeli Y. Chavez-Dueñas⁴, Grace A. Chen⁵,
and Helen A. Neville⁶

Abstract

Advancing beyond individual-level approaches to coping with racial trauma, we introduce a new psychological framework of radical healing for People of Color and Indigenous individuals (POCI) in the United States. We begin by providing a context of race and racism in the United States and its consequences for the overall well-being of POCI. We build on existing frameworks rooted in social justice education and activism and describe a form of healing and transformation that integrates elements of liberation psychology, Black psychology, ethnopological psychology, and intersectionality theory. We briefly review these conceptual foundations as a prelude to introducing a psychological framework of radical healing and its components grounded in five anchors including: (a) collectivism, (b) critical consciousness, (c) radical hope, (d) strength and resistance, and (e) cultural authenticity and self-knowledge. We conclude with a discussion of the applications of radical healing to clinical practice, research, training, and social justice advocacy.

¹University of St. Thomas, Minneapolis, MN, USA

²University of Tennessee, Knoxville, TN, USA

³University of Florida, Gainesville, FL, USA

⁴Chicago School of Professional Psychology, Chicago, IL, USA

⁵Private Practice, Menlo Park, CA, USA

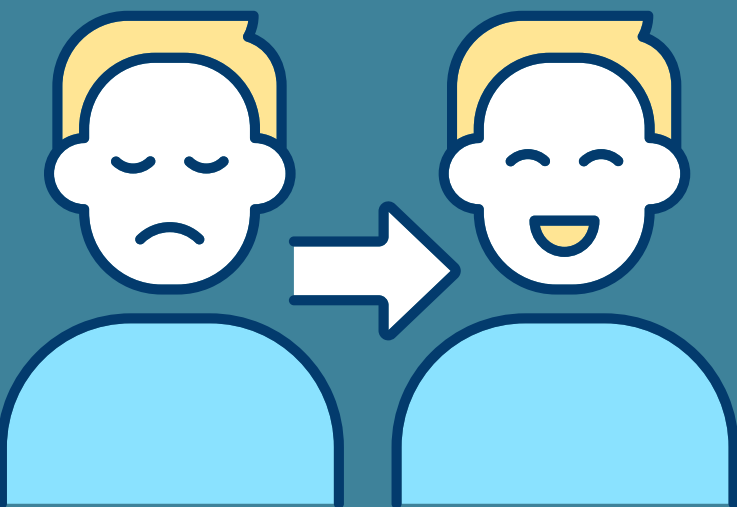
⁶University of Illinois at Urbana-Champaign, Champaign, IL, USA

Toward a Psychological Framework of Radical Healing in Communities of Color

French et al., 2020

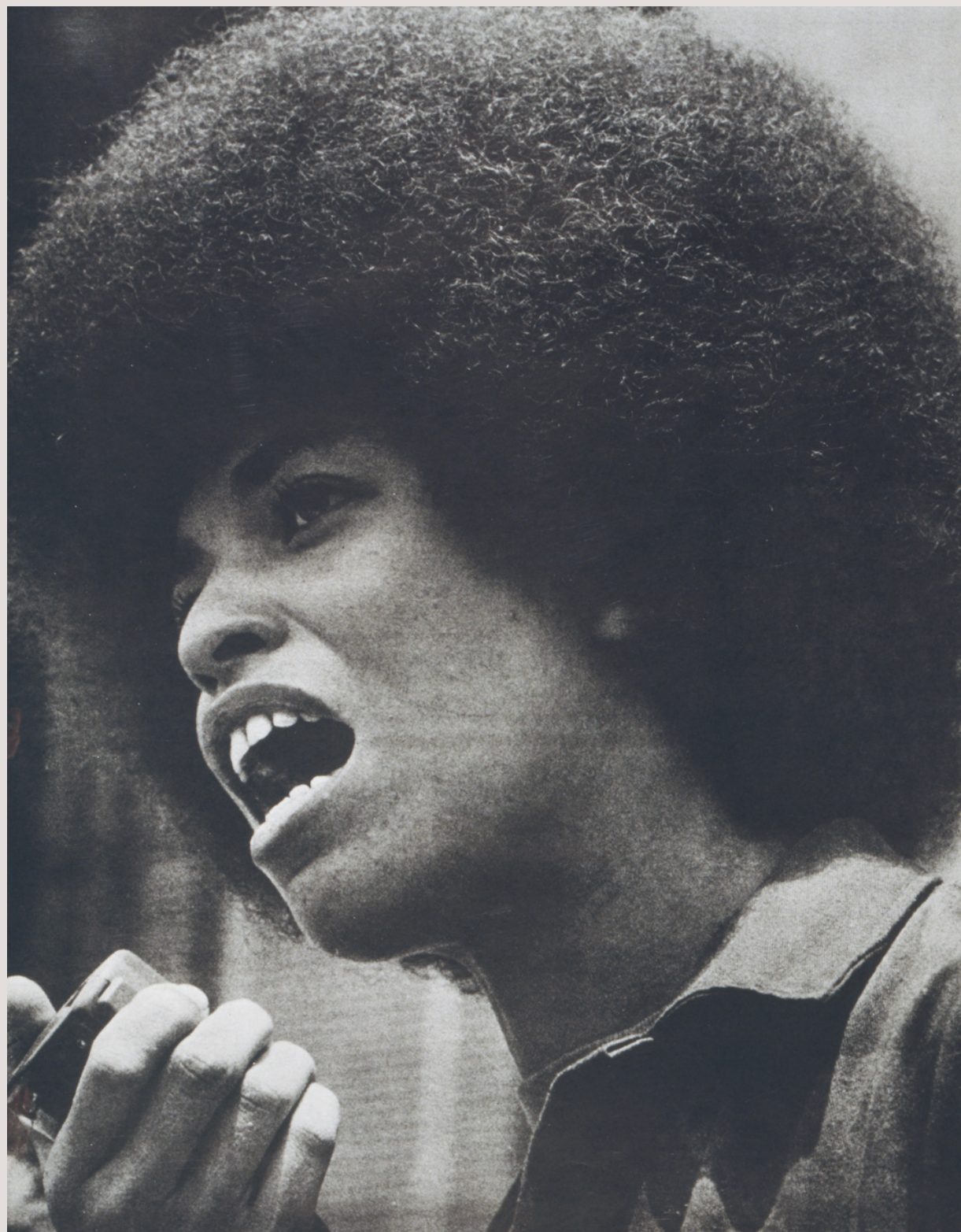
Distinguishing Coping from Healing

Ginwright, 2010; Heilborn & Guttman, 2000; Neville, 2017; Watts, 2004



Coping	Healing
Surviving	Thriving
Individualism	Collectivism
No Critical Consciousness	Critical Conscious Development
Symptom Reduction	Communal Resistance & Creation





“

Radical simply means
grabbing something
by the root

Angela Davis

Conceptual Foundations for a Psychology of Radical Healing

Liberation
Psychology

Black
Psychology

Ethnopolitical
Psychology

Intersectionality
Theory

1

Theory I: Liberation Psychology

- Liberation psychology centers the struggle of oppressed individuals in society

- Offers a radical interpretation of mental and physical liberation from colonialism classism, & racism

- Central aspect of liberation psychology is the development of concientizacion or critical consciousness



Theory II:

2 Black Psychology

- Self-Determination
 - Needed to develop a psychology that adequately addresses the unique needs of individuals of African descent
- Creation of a Psychology Grounded in
 - The cultural and ethnic authenticity of Black people
- Includes an Analysis of Identity
 - As a critical component of mental liberation
- Resisting Eurocentric Assumptions
 - Promoting empowered self-definitions



Theory III: Ethnopolitical Psychology



An Ethnopolitical Approach to Working With People of Color

Lillian Comas-Díaz
Transcultural Mental Health Institute

North Americans have been expected to abdicate their ethnic backgrounds and blend into a single homogeneous identity. However, the United States President's Initiative on Race (1998) concluded that the greatest challenge facing North Americans is to

Editor's Note

Lillian Comas-Díaz received the Award for Distinguished Senior Career Contributions to the Public Interest. Award winners are invited to deliver an award address at the APA's annual convention. This award address was delivered at the 108th annual meeting, held August 4–8, 2000, in Washington, DC. Articles based on award addresses are not peer reviewed, as they are the expression of the winners' reflections on the occasion of receiving an award.

November 2000 • American Psychologist

- A framework for psychological healing from the trauma that may result from racism, oppression, colonization, and cultural imperialism.
- “Encourages healing and transformation through the development of critical consciousness and sociopolitical action.
- Aims to decolonize people of color, reformulate their ethnic identity, and promote racial reconciliation, personal transformation, and societal change ”(Comas-Díaz, 2007, p. 92).

4

Theory IV: Intersectionality



Grounded in the HERSTORY of Black feminism, which dates back to the mid-nineteenth century.

The Combahee River Collective (1977), a group of Black feminists, highlighted the influence of interlocking forms of racism, sexism, and classism on the lives of Black women.

Kimberlé Williams Crenshaw (1989) coined the term intersectionality when she articulated the unique position of Black women in antidiscrimination law.

Focuses on developing a structural analysis of oppression that moves beyond a single-axis framework of one marginalized identity (e.g., race) to a more nuanced understanding of interlocking systems of oppression.



The Psychology of Radical Healing Framework



French, B.H., Lewis, J.A., Mosley, D., Adames, H.Y., Chavez-Dueñas, N.Y., Chen, G.A., & Neville, H.A. (2020).
Toward a psychological framework of radical healing in communities of color. *The Counseling Psychologist*, 48(1), 14-46.

“

What does
"radical healing"
mean to you?



Dr. Nabil El-Ghoroury



Dr. Sharon Bethea

Collectivism & Social Support

- Collectivism connects personal liberation with the broader BIPOC community
- The power of connection and belonging to one's ethnic group

In the Process of Radical Healing:

- Allows BIPOC to create a counter-space for healing
- Authenticity and comradery can flourish
- Offer refuge in the context of ongoing racism
- Sharing one's story as a way of testifying and building solidarity with others



If you have come to help me you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together.
– Lilla Watson, Aboriginal Activist

Critical Consciousness

- Three components of critical consciousness (Watts, Diemer, & Voight, 2011)
 - critical reflection
 - political efficacy
 - critical action

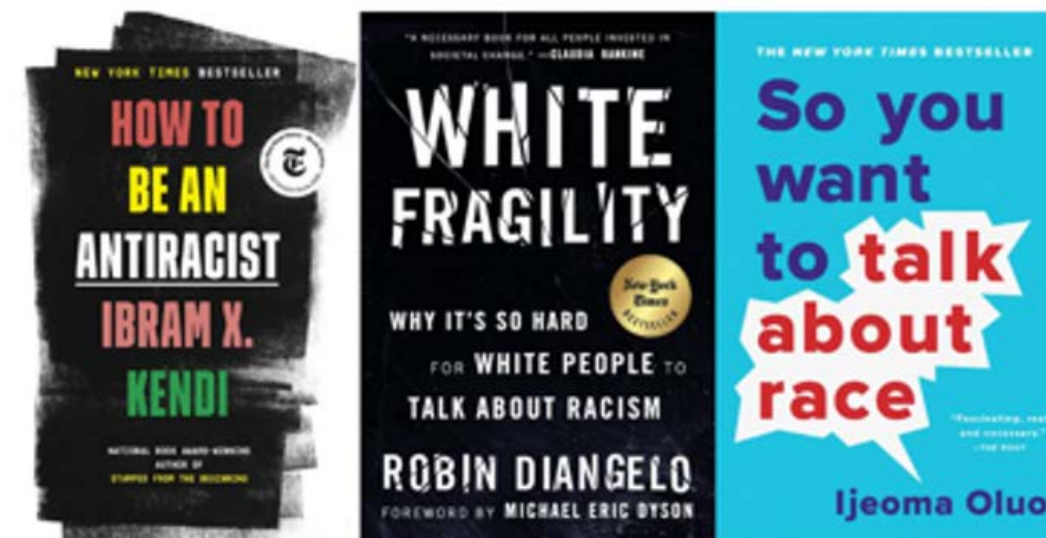
In the Process of Radical Healing:

- It is important for an individual's actions to be authentic, reflect their truth, and align with their identities and contexts (French et al., 2020)

People Are Marching Against Racism. They're Also Reading About It.

Books on the subject have soared up best-seller lists as protests continue across the country.

Give this article

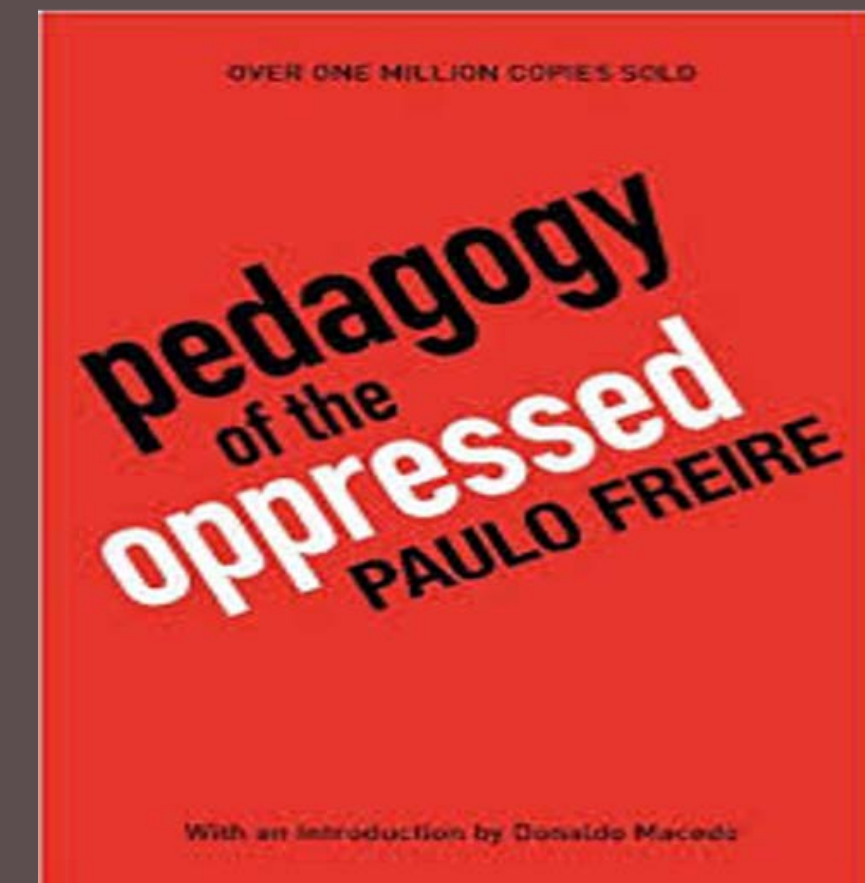


Books by Ibram X. Kendi, Robin DiAngelo and Ijeoma Oluo have jumped onto best-seller lists in recent days.



By Elizabeth A. Harris

Published June 5, 2020 Updated Nov. 18, 2020



Strength & Resistance

- Resilience:
 - An individual's ability to use available resources to adapt to or overcome adversities (Earnshaw, Bogart, Dovidio, & Williams, 2015; Richaud, 2013)
- Language of Strength and Resistance:
 - Reflect BIPOC's commitment to living joy-filled lives despite a critical awareness of racial trauma and oppression.
- In the Process of Radical Healing:
 - Assess individual and community resources for growth
 - Works individually or collectively to resist injustices and/or promote wellness and healing from hardships



Standing Rock Water Protector – Image from PBS

Break



Resisting Oppression

Imagining Possibilities

Testimony

- Provide opportunity to create meaning of individual and collective experiences of oppression.

Community-Based Healing

- Expand conceptualization of what “healing” is and where it can take place.
- Collaborate with respected Indigenous and spiritual healers to provide alternative therapeutic spaces.

Radical Healing Ethics

- Seek to assess power dynamics.
- Recognize bidirectional benefits of the relationship.
- Value bearing witness to patients.

Applying Radical Healing in Practice

Radical Healing in Psychotherapy: Addressing the Wounds of Racism-Related Stress and Trauma

Hector Y. Adames¹, Nayeli Y. Chavez-Dueñas¹, Jioni A. Lewis², Helen A. Neville³,
Bryana H. French⁴, Grace A. Chen⁵, and Della V. Mosley⁶

¹ Department of Counseling Psychology, The Chicago School of Professional Psychology

² Department of Counseling, Higher Education, and Special Education, University of Maryland, College Park

³ Department of Educational Psychology and African American Studies, University of Illinois at Urbana-Champaign

⁴ Graduate School of Professional Psychology, University of St. Thomas

⁵ Independent Practice, Menlo Park, California, United States

⁶ The WELLS Healing Center, Durham, North Carolina, United States

There is a large body of research on the importance of addressing culture in psychotherapy. However, less is known about providing critically conscious and racially affirmative therapy for Black, Indigenous, and People of Color (BIPOC) clients in the context of ongoing systemic racism and racism-related stress and trauma, especially in the sociopolitical context of the United States. This article introduces and illustrates the *Keeping Radical Healing in Mind Therapeutic Approach* using a sample therapy session. To contextualize the therapeutic approach, we outline the need for antiracist and liberatory approaches to psychotherapy and describe in detail the *Psychology of Radical Healing* theoretical framework. The clinical stance that underpins the *Keeping Radical Healing in Mind Therapeutic Approach* includes helping clients develop, internalize, and nurture (a) Critical Consciousness, (b) Cultural Authenticity and Self-Knowledge, (c) Radical Hope and Envisioning Possibilities, (d) Collectivism, and (e) Strength and Resistance. To better meet the needs of BIPOC clients, the stance requires clinicians to develop their critical consciousness of systemic racism and interlocking forms of oppression. The clinical case of “Brenda,” a Black woman experiencing the effects of racism-related stress while raising a young Black boy, is presented.

Clinical Impact Statement

Question: The current article explores a psychotherapeutic approach titled, *Keeping Radical Healing in Mind*, developed to address racism-related stress and trauma among Black, Indigenous, and People of Color (BIPOC) clients. **Findings:** Grounded in the literature, the authors introduce and describe a therapeutic approach anchored in the *Psychology of Radical Healing* (PRH) theory and illustrate its utility and applicability through a case example and clinical exchanges. **Meaning:** Psychotherapists are encouraged to conceptualize interventions for BIPOC clients using PRH to support clients to internalize, develop, and nurture (a) Critical Consciousness, (b) Cultural Authenticity and Self-Knowledge, (c) Radical Hope and Envisioning Possibilities, (d) Collectivism, and (e) Strength and Resistance. **Next Steps:** Encourage more clinicians to adopt a *Keeping Radical Healing in Mind* therapeutic stance when working with BIPOC clients experiencing racism-related stress and trauma.

Keywords: liberation psychology, radical healing, intersectionality, racial trauma, racism

Hector Y. Adames  <https://orcid.org/0000-0003-2169-1165>
Nayeli Y. Chavez-Dueñas  <https://orcid.org/0000-0002-3721-3937>
Jioni A. Lewis  <https://orcid.org/0000-0003-1719-4895>
Helen A. Neville  <https://orcid.org/0000-0001-8053-0519>
Bryana H. French  <https://orcid.org/0000-0002-3823-7463>
Grace A. Chen  <https://orcid.org/0000-0001-7279-0206>
Della V. Mosley  <https://orcid.org/0000-0002-6404-6863>

conceptualization and writing of original draft and equal role in writing of review and editing. Helen A. Neville played supporting role in visualization and equal role in conceptualization and writing of review and editing. Bryana H. French played supporting role in conceptualization and equal role in writing of review and editing. Grace A. Chen played supporting role in conceptualization and equal role in writing of review and editing. Della V. Mosley played supporting role in conceptualization and equal role in writing of review and editing.

Radical Healing in Psychotherapy: Addressing the Wounds of Race-Related Stress and Trauma

Adames et al., 2022

Apology to People of Color for APA's Role in Promoting, Perpetuating, and Failing to Challenge Racism, Racial Discrimination, and Human Hierarchy in U.S.

Resolution adopted by the APA Council of Representatives on October 29, 2021

The need for anti-racist, liberatory approaches to therapy



Take a day to heal from the lies you've told yourself and the ones that have been told to you
Maya Angelou

Resisting Self-Blame for Racism and Oppression

Internalized Racism

Believing racist and white supremacist values, images, and ideologies

- reduction in personal self-worth, psychological well-being, and life satisfaction
- increased feelings of hopelessness and stress
- physical ailments (e.g., obesity, vascular disease)

Antidote:

Resisting self-blame for racism

- questioning and deconstructing harmful racist narratives
- naming racism and oppression as the problem rather than a deficiency within the self is life-affirming and healing
- Better contextualize source of distress in oppression
- Recognize problematic nature of oppressive systems that cause harm

Therapeutic Approach: Common Factors

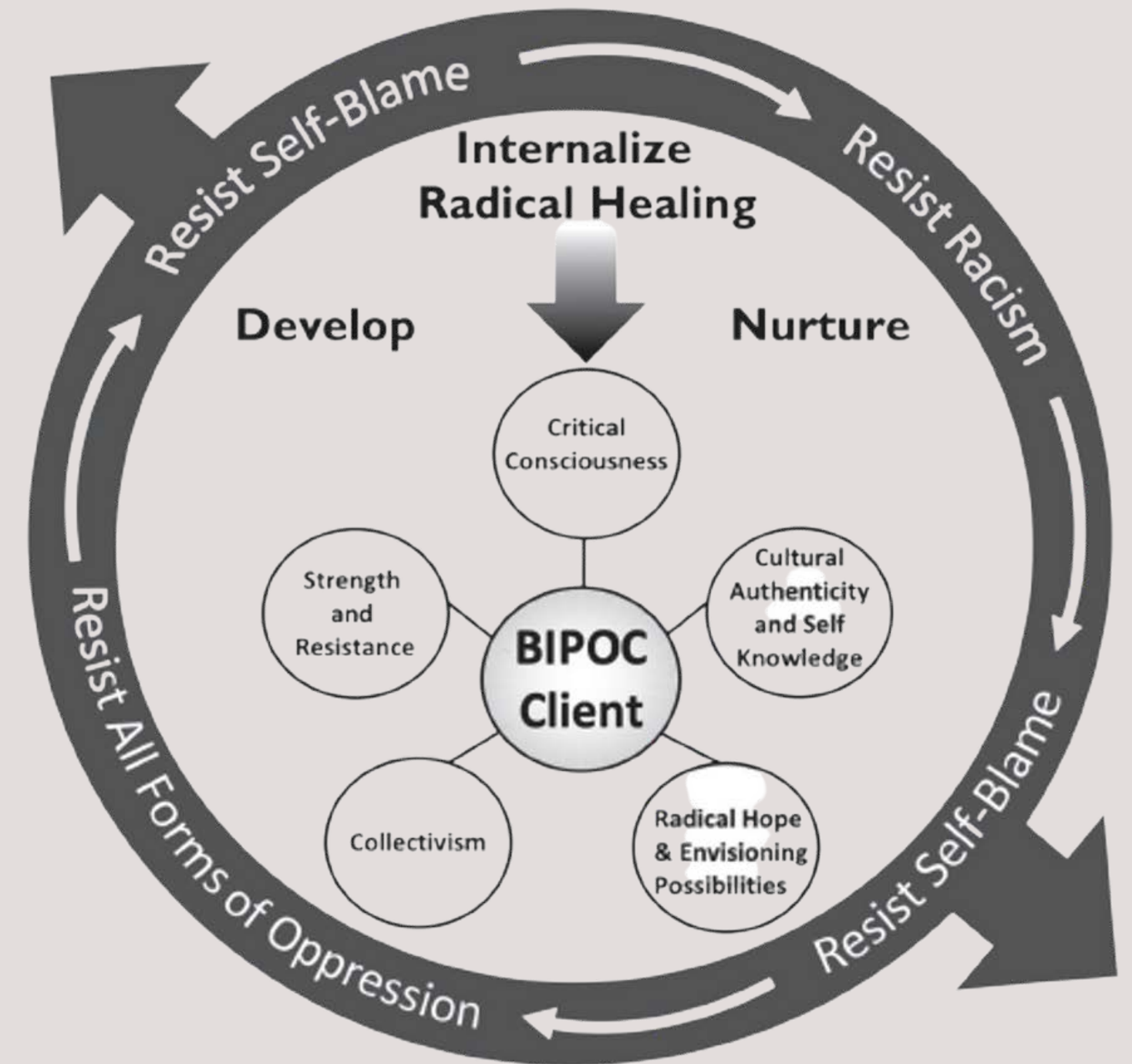
Limitation:

Fails to explicitly
center healing
from racial
oppression

- Several actions of effective therapists include
 - providing an acceptable and flexible etiology of the client's distress,
 - developing a treatment plan that is congruent with the etiology provided to the client,
 - not avoiding complex and challenging content in therapy,
 - being aware of the client's demographics and context,
 - therapists being aware of their internal processes (Wampold, 2011, 2015),
 - the therapeutic alliance between clients and therapists (Norcross & Lambert, 2018; Wampold & Budge, 2012).

Therapeutic Approach: Keeping Radical Healing in Mind

- Create a space where BIPOC can learn and explore how racism-related stress and trauma impact their lives
- Strength-based, culturally relevant, and racially responsive treatment
- Clients are viewed not only as oppressed people but also as beings with strengths and agency, who will flourish
- Radical healing is about existing in both spaces of resisting oppression and moving toward freedom



Adames et al., 2022

- Support clients in developing, internalizing, and nurturing the five anchors that stem from the PRH
- Develop or strengthen awareness of clients' complex existence that moves from being unidimensional to multidimensional beings
- Create a liberatory and racially affirming stance
 - facilitates acknowledging, understanding, and accepting what racism invokes in BIPOC clients
 - without self-blame or blaming Communities of Color
- Help clients name the various sources of stress
 - which may help protect BIPOC clients from internalizing and owning ideologies and practices designed to devalue, shame, and destroy them.
- Create space in and outside of therapy for clients to envision and work toward a liberated future.

Therapeutic Approach: Keeping Radical Healing in Mind

Requires a therapeutic stance of curiosity, unassuming openness, and responsiveness to the interlocking ways BIPOC clients are oppressed—a more effective practice than simply matching therapists and clients by race and ethnicity

Case Example

How you would use the radical healing framework in your work?

Case Study (Adames et al., 2022)

Sheila is a 32-year-old African American cisgender woman who is affectionately attracted to women and men. She sought treatment for symptoms related to anxiety, which she has experienced on and off since her early 20s but worsened in the past year during the COVID-19 pandemic.

She discussed constantly being worried, unable to concentrate, and “always feeling on edge.” Also, Sheila reported difficulty falling asleep, loss of appetite, and having frequent stomach aches. Her primary care physician encouraged Brenda to seek therapy since her physical exam and lab work were unremarkable.

Sheila lives with her mother and her 6-year-old son Chris who has been attending school remotely for the past year. During this period, Sheila's themes centered around her need to project an image of strength.

Small Group Activity

Identify ways to support
each of the following:

Social Support and
Collectivism

Critical Consciousness

Strength & Resistance

Lunch





Resisting Oppression

Imagining Possibilities



Cultural Authenticity and Self Knowledge

- Relying on Western psychology's theories of health and wellness is incomplete and potentially oppressive for BIPOC (Guthrie, 1988)
- Returning to ancestral roots (Moodley & West, 2005)
- Self-affirmation and racial pride (e.g., Quintana et al, 2012)

In the Process of Radical Healing:

- Resists colonized knowledge and practices as the only way of knowing
- Honors ancestral wisdom and cultural teachings (Parham, 2009)
- Requires a sense of self-definition and cultural authenticity in which BIPOC are not defined by their oppressors

Radical Hope & Envisioning Possibilities

Radical Hope:

- Necessary Condition of Working to Improve Human Existence
 - there must be some sense that the struggle is not in vain (Ginwright, 2016)
 - Fosters Visions of what is Possible for a More egalitarian Future
 - and people of all class backgrounds must define this vision (Neville, 2017)
- An Act of Courage
 - when you face devastation and head toward an unimaginable future with the belief that something good will emerge (Lear, 2008)
- In the Process of Radical Healing:
 - Can use hope as fuel to imagine possibilities for the present and future of the collective (French et al., 2020)



The future is dark. Is this the darkness of the tomb – or of the womb? Revolutionary love is the call of our times.



ARTICLE

Radical hope in revolting times: Proposing a culturally relevant psychological framework

Della V. Mosley , Helen A. Neville, Nayeli Y. Chavez-Dueñas, Hector Y. Adames, Jioni A. Lewis, Bryana H. French

First published: 26 December 2019 | <https://doi.org/10.1111/spc3.12512> | Citations: 16

[Read the full text >](#)



PDF



TOOLS



SHARE

Abstract

Growing research supports the link between individual expressions of hope and psychological well-being. In this paper, we draw on psychological theories of hope, racial and ethnic studies, and the literature on radical healing to propose a framework of radical hope. Although the proposed multidimensional framework integrates cultural practices of People of Color in the United States, it is flexible enough to be adapted to other contexts. The paper begins by providing a brief review of the literature that conceptualizes the concept of hope in the field of psychology as a prelude to comparing the concept to the interdisciplinary notion of radical hope. Based on this body of work, we then introduce a culturally relevant psychological framework of radical hope, which includes the components of collective memory as well as faith and agency. Both components require an orientation to one of four directions including individual orientation, collective orientation, past orientation, and future orientation. The

Radical Hope in Revolting Times: Proposing a Culturally Relevant Psychological Framework

Mosley et al., 2020



HOPE: A TRADITIONAL PSYCHOLOGY PERSPECTIVE (Miller & Powers, 1988)

“Hope is an anticipation of a future which is good, based on mutuality (relationships with others), a sense of personal competence, coping ability, psychological well-being, purpose and meaning in life, and a sense of the possible.”

RADICAL HOPE

“The healing process fosters hope, which is an important prerequisite for meaningful civic engagement and social change. Together, healing and hope inspire youth to understand that community conditions are not permanent, and that the first step in making change is to imagine new possibilities.”

Shawn Ginwright (2011)



WHAT DOES
RADICAL
HOPE MEAN
TO YOU?

Parker



#RadicalHopeRising



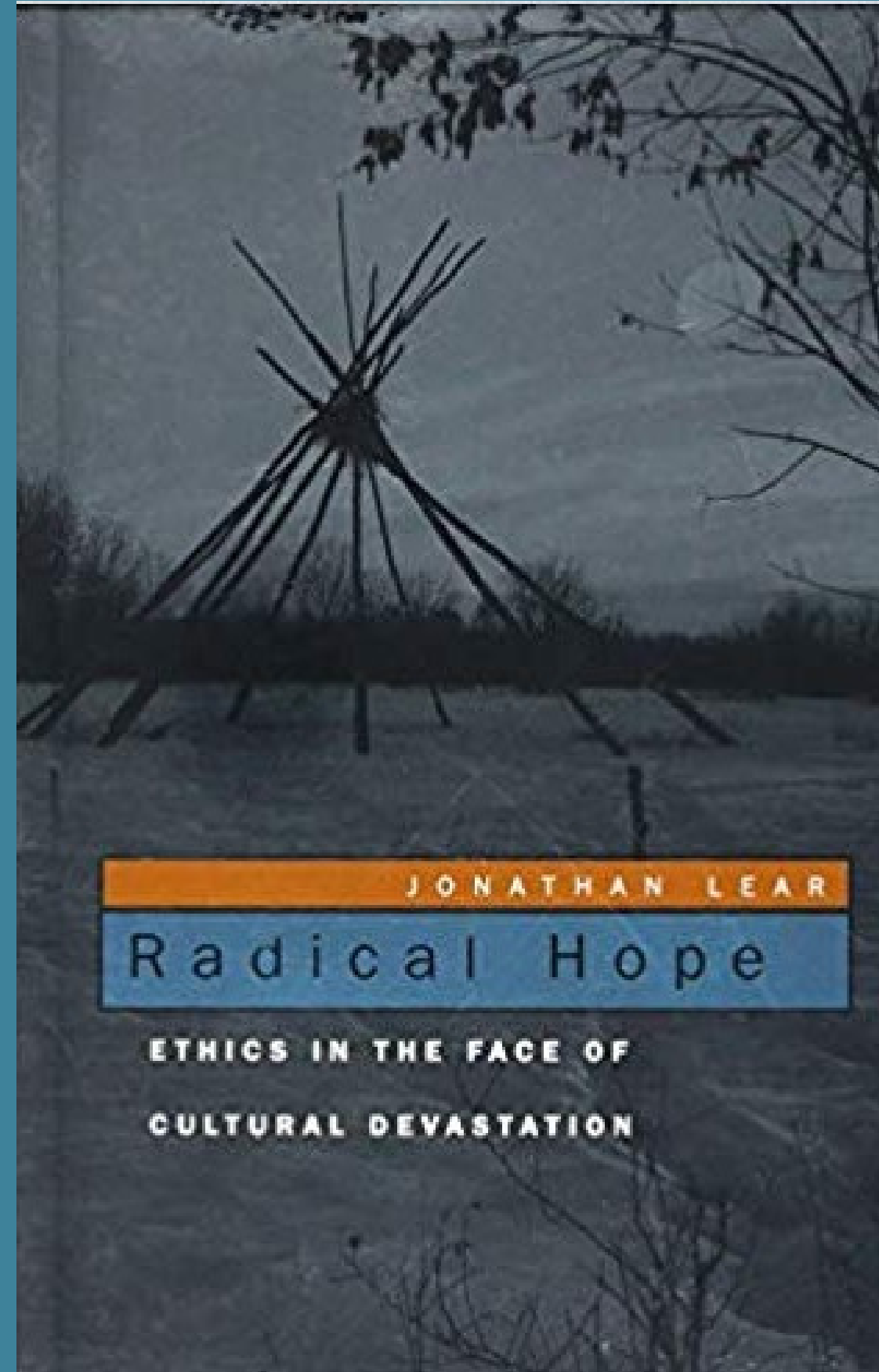
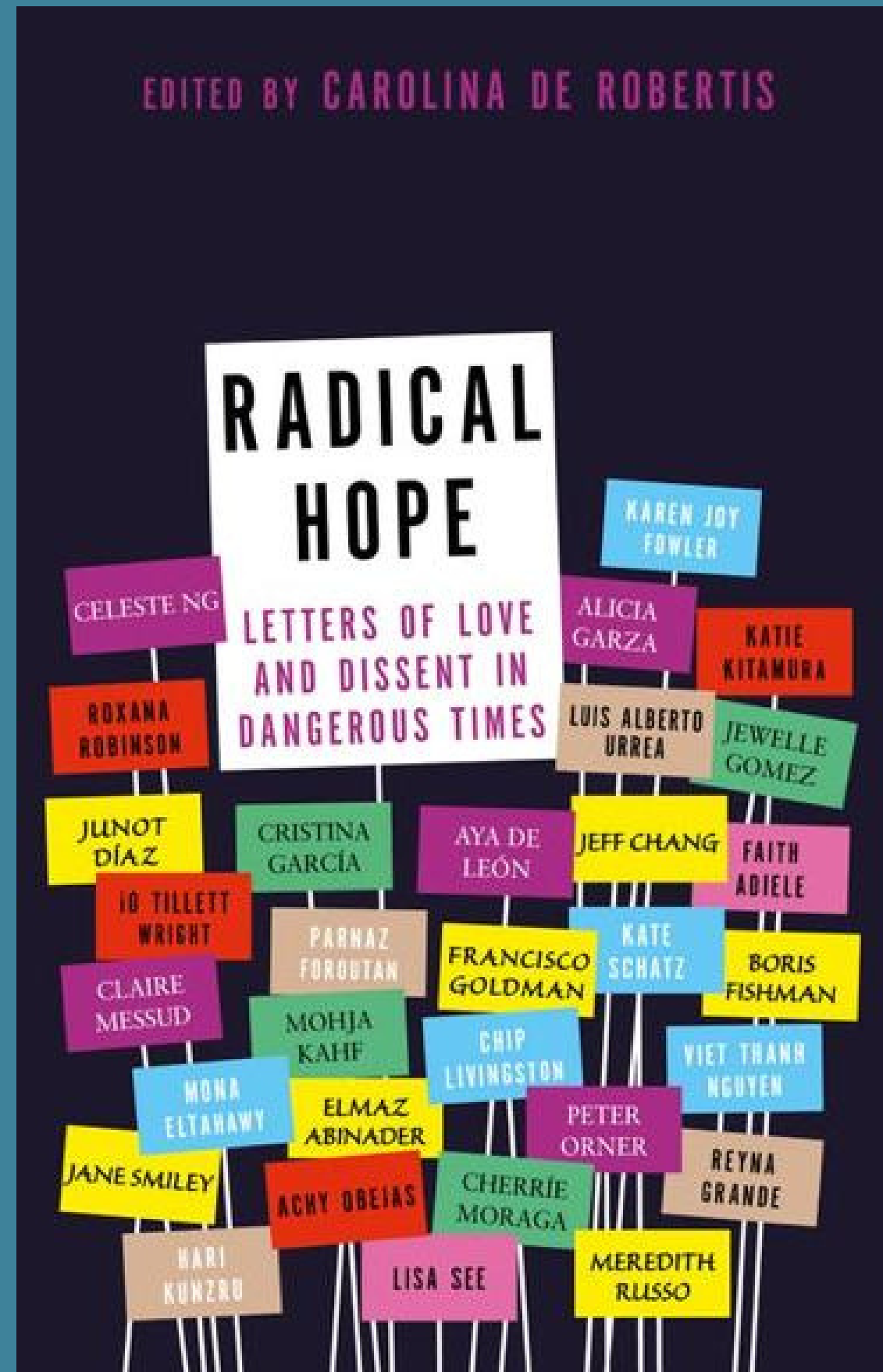
Hector Y. Adames @HYAdames · May 6

[#RadicalHopeRising](#) 🌞

Uplifting messages from my clinical seminar class. These brilliant students are using psychological science & cultural knowledge to address societal problems and improve people's lives. Our future healthcare providers give me hope! [#EquityFlattensTheCurve](#)



Helen Neville, 2021



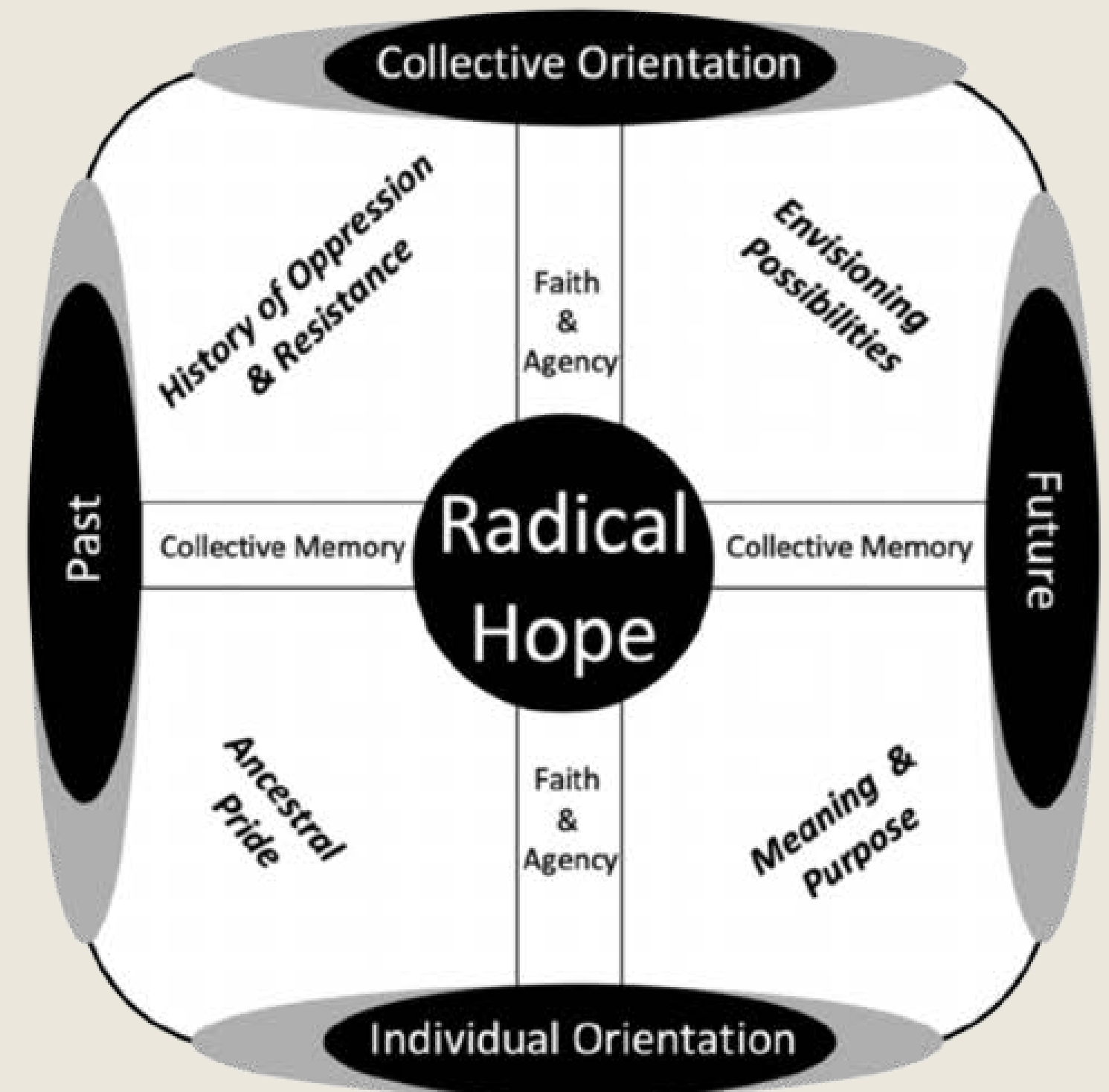
Radical Hope Roots

Radical Hope
requires one to
be oriented in all
temporal
moments at
once.
Jewel Gomez

A PSYCHOLOGICAL MODEL OF RADICAL HOPE

Mosley, Neville, Chavez-Dueñas, Adames, Lewis, & French (2019)

“**Radical Hope** involves the steadfast belief in the collective capacity contained within Communities of Color to heal and transform oppressive forces into a better future despite the overwhelming odds.”





Ancestral Pride

Envisioning Possibilities





Meaning and Purpose

The answer to having a better life is not about getting a better life, it's just about changing how we see the one we have right now.

-Rev. angel Kyodo Williams

EMERGING RESEARCH ON RADICAL HOPE

French et al., Manuscript Under Review

Qualitative Study

Purpose

- explore BIPOC perceptions of radical hope as described by Mosely et al. (2020).
- targeted mental health professionals given their psychological training and professional understanding of hope as a psychological construct.
- We were also interested in how Mosley et al.'s framework of radical hope resonated with people with little psychological training given its importance for all.

Methodology

Design

- Critical Methodologies (Guenther, 2020; Muthanna, 2019)
- Healing Methodologies Lee et al., 2021)

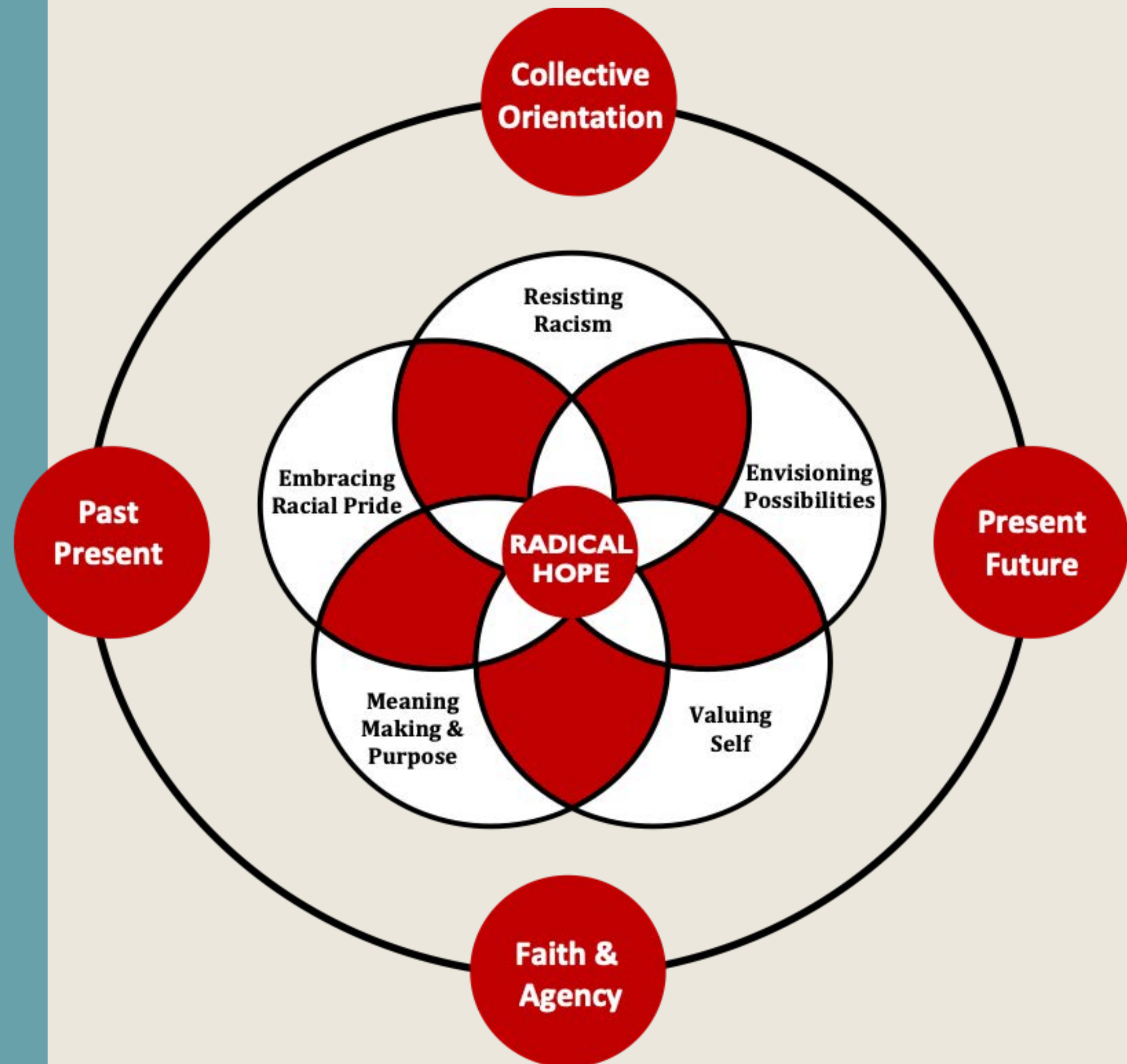
Participants & Data Sources

- 11 interviews BIPOC MH professionals
- 2 focus groups with 18 BIPOC adults
- Ages: 18-61; 72% cis-Women,
- 52% Black, 10% Multiracial, 7% Latinx/e/a/a, 7% AMENA, 3% AAPI

Analysis

- Abductive analytical approach (Timmerman & Tavory, 2012).
- Thematic Analysis (Braun & Clarke)

Findings



Collective Orientation

Collective Orientation refers to an orientation toward the past and the present and consisted of two subthemes: collective memory and community giving. Collective Orientation was primarily captured by participants' description of collective memory or how people remember their racial/ethnic group's common past.



Thinking about my own connection to the Philippines in the ways that colonization and imperialism impacted people there and trying to pull apart the ways that it impacted us and the ways that we make sense of it today there and in the diaspora. I think those have actually been really important to my understanding of hope and the ways that we can currently make life for ourselves better.

– Belen, Filipina American

Faith and Agency

Faith and Agency refers to a belief that a more egalitarian collective future is possible through current and future actions. This theme has a present and future orientation .



Really strong sense of faith here – have to believe there's something better. Even if not in our lifetime. And the ancestors knew that. Spiritual because you can't see it, but you can feel it... it's kinda like the only thing that explains centuries upon centuries of people trying to take [us] out. - Jackie, African American



Eula Mae: I know I don't want to live in this world. I know I'd like to change this world. I'm going to live another day so I can do something... I'm either going to make it happen or I'm not... Or I'm helping because I don't mean by myself, right?



Avery: I'm thinking that hope is the fuel to get through today and get through tomorrow, and it's what helps to power the action and the strategy. Because hope itself is not enough, but the strategy and the action may also not be enough. So, I think together they really allow us to do a lot more than we think we might be able to do right now.

Embracing Racial Pride

The theme of Embracing Radical Pride refers to the importance of a sense of pride in one's racial or ethnic background as a source of radical hope.



“...gaining confidence in doing that day-to-day sort of thing, and knowing where you are, knowing from where you come from basically helps you in thinking about where you're going” – R, Dominican

“I think it's [racial pride] definitely something that needs to be taught and valued by your family members. And it's important that you be in spaces that value that rich ancestry... I've witnessed people not having that sense of pride... you can just see moments of them really grappling with their identity and [you think] “wow... you may not have been taught to appreciate different things about like your lineage and it's showing.” – Jackie, African American

Meaning Making & Purpose

Meaning making centered on how people come to understand difficult experiences, particularly experiences of racial oppression.

Whereas purpose entailed finding or living with purpose for the future.



When I think purpose of what keeps you going... what's in front of me. When I think meaning ... it's like what was the point of what I went through, the meaning of the trials... like how do I make sense of what's happened already? If people think about the meaning part, it may change how they view some of what has happened to them - Grace, Asian American

"Mental health professionals often say they go into this because they want to help people and I'm no different. So as long as I've had a positive impact on people's happiness and well-being that gives my life meaning and purpose ... I acknowledge the bleakness of the times we live in, but also in doing this together, find inspiration from each other to keep looking for and holding on to hope." - Luna, Asian American

Resisting Racism

Often emphasizing the importance of collective memory of one's racial/ethnic group, participants discussed the importance of learning about the history of one's people, including their strengths and forms of resistance as critical in adopting a stance of radical hope



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History:

Bringing it to the present when I feel discouraged now about the election that happened; when I feel discouraged about the fact that half the people in this country could want to continue this madness. Alright, what I have to think about is what did the mothers and fathers of those girls that were killed in that church. And why did they continue? Why did John Lewis continue after they beat them to a pulp?... I mean, then thinking about how I am going to deal with these crazy people isn't quite as daunting. It's like, okay, we can do this.... This is hard. This is not easy. It's discouraging, but I can do this. - Bill, Black Man

Contemporary:

What J9 was saying reminded me of the farmers' protest in India that's going on right now, which is such a massive amount of people from one of the most disenfranchised populations. So seeing the enormity of that, I think, makes me hopeful, not just because of volume, but because of other farmers in other places that are saying, "We are in solidarity with you as farmers." So yeah, I think seeing that from the immense sort of privilege and luxury that I occupy as a student in grad school. - GSZ, Sri Lankan

Envisioning Possibilities

Envisioning Possibilities was a component of radical hope and refers to the process of striving towards a different and more humane future.



I think of a term I've heard in my studies... is radical dreaming... [T]he way I think about radical dreaming is that it's kind of against the current existence that we have, which is like colonial, capitalist, against the white supremacist, capitalist patriarchy that we exist in... And so, when I think of radical hope, I think radical in opposition to that in the context of hope. And so, what are we dreaming of? What are we hoping for that pushes back on our current existence? – Taylor, Mexican American
“...where people feel well loved, healthy, joyful, peace, where there's pleasure and creation, and rest in a good balance of all of those things, so we're not operating in like a capitalist mandate for productivity, just for the sake of it, but we get to like be patient enough with ourselves to create.” _
Tonja, Black Woman

Valuing Self

The theme of Valuing Self refers to the importance of prioritizing one's own and collective sense of wellness as an aspect of radical hope.

**“CARING FOR MYSELF IS
NOT SELF-INDULGENCE, IT
IS SELF-PRESERVATION,
AND THAT IS AN ACT OF
POLITICAL WARFARE.”**

~AUDRE LORDE



Living Authentically

“In thinking about what liberation means to me, personally, I think that would mean not needing to conform to the White way of thinking and doing things.” – Alex, Asian

“I think liberation looks like us just not having to think about White people all the time. I think that would be a great world to live in.” – Avery, Asian

Practicing Self-Care and Healing

When I think about hope... the other actors that come to mind for me are our faith and resilience. And I almost think of hope almost akin to things like self-care and self-compassion are the intangibles that, that we tend to feed ourselves with. And in times of tremendous hardship – Henry, North African

Break

ENVISIONING POSSIBILITIES

FOR
OURSELVES

FOR OUR
CLIENTS



EMBODYING RADICAL HEALING

What does radical healing mean to you? Complete the following sentences: To me, radical healing...

- Looks like...
- Smells like...
- Sounds like...
- Feels like...
- Tastes like...

In small groups:

- Describe why this represents radical healing to you
- Combine across the group
- Be ready to share your group's embodiment of radical healing

Application: Returning to
Sheila



Small Group Activity

How could you foster:

Collectivism

Racial and cultural pride

Radical hope



PSYCHOLOGY OF RADICAL HEALING SYLLABUS



APA Division 45 President Dr. Helen A. Neville and her Presidential Task Force present a Twitter chat and three-part webinar series to dialogue about radical healing and how to promote healing through social justice.

Tweet with us. Talk with us. Heal with us.

Radical Healing
Twitter Chat
#RadicalHealingChat
March 28, 2018
8 PM ET

Featuring Drs. Hector Y. Adames,
Nayeli Y. Chavez-Dueñas,

Join from PC, Mac, iOS or Android:
<https://go.hq.nasa.gov/501964994>

**Students of Color
Navigating
Spaces:**
Healing Through
Social Justice
March 30
2018
12 Noon ET

Community Based Practices:
Healing Through Social Justice
April 2018
Date & Time Coming Soon!

Radical Research:
Healing Through Social Justice
May 2018


The Psychology of Radical Healing Collective
Healing through Social Justice

The Psychology of Radical Healing

What can psychology tell us about healing from racial and ethnic trauma?

Posted Mar 05, 2018

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By Helen A. Neville, Hector Y. Adames, Nayeli Y. Chavez-Dueñas, Grace A. Chen, Bryana H. French, Jioni A. Lewis, & Della V. Mosley, *The Psychology of Radical Healing Collective*

These are stressful times. Whenever we turn on the

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Psychology of Radical Healing Dissemination



Radical Healing: Next Steps

- Radical Hope Scale Development
- Researching and Developing Radical Healing Interventions
- Psychology of Radical Healing Collective Documentary Film and tour
 - Dr. Matt Miller's SPOKENProject

Appreciative Pause

Pause

Pause and think about something that another participant did or said today that you appreciated.

Reflect

Maybe this was a new idea, a personal affirmation, a question posed, a resource shared, a practice suggested, an expression of support or empathy and so on.

Share

When you're ready, speak your appreciation for that action out loud for the whole workshop to hear

Identify

Refrain from referring to something the facilitator did in this activity

Bryana French, PhD, LP

Thank you!

Bryana.French@stthomas.edu