Resources for Buffering Against the Impact of Racial Trauma

**Articles**

Academics for Black Survival and Wellness
[https://www.academics4blacklives.com/](https://www.academics4blacklives.com/)

Black Joy Isn’t Frivolous--It’s Necessary

Mental health practices during collective trauma and how pain moves between generations: an interview with Jennifer Mullan, PhD

Representation Matters: Black Joy is an Act of Resistance

Rest as Reparations: Healing from Trauma

Self-care tips for Black People Struggling

Subversive self-care: Centering Black Women’s Wellness

The Four Bodies: A Holistic Toolkit for Coping with Racial Trauma

**Books**

My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem, LICSW, SEP

The Racial Healing Handbook by Anneliese Singh, PhD, LPC

Restorative Yoga for Ethnic and Race-Based Stress and Trauma by Gail Parker, PhD
**Instagram & Twitter Accounts**
The Black Joy Project @theblackjoyproject
Future Blaqueer LICSW https://twitter.com/healingwhileblk
Prentis Hemphill, Somatic Practitioner @prentis.h
Tricia Hersey @thenapministry
Resmaa Menakem, LICSW, SEP @resmaamenakem
Dr. Jennifer Mullan, Psychologist @decolonizingtherapy
Davia Roberts, Therapist @justdavia
Oumou Sylla, MFT-LP @connectwithoumou
Nedra Glover Tawwab, Therapist @nedratawwab
Gabes Torres, Psychotherapist @gabestorres
Dr. Thema, Psychologist @dr.thema
Dr. Shena Young, Psychologist @embodiedtruthhealing

**Mental Health Directories for Black Therapists and Therapists of Color**
16 Directories for Therapists of Color https://www.justdavia.com/blog/directories-for-therapists-of-color
Inclusive Therapists https://www.inclusivetherapists.com/
Loveland Therapy Fund https://thelovelandfoundation.org/loveland-therapy-fund/

**Playlists and Meditation**

Collective Grief and Healing Playlist by the Nap Ministry
https://open.spotify.com/playlist/5LPHqAE1tq3w6vFr1ZMctT?si=oaF1YQqST3-nAYyorBeO3w

Daydreaming and Dreamspace Playlist by the Nap Ministry
https://open.spotify.com/playlist/21mJ1ByflqHFqSMBffcekt?si=OOv5uvYcQ7i-9jaY2LXqqQ

**Podcasts**
“Notice the Rage, Notice the Silence” Interview with Resmaa Menakem, LICSW, SEP in the On Being podcast with Krista Tippett
https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/

“The Impact of Racial Trauma (episode 134)” in the Therapy for Black Girls podcast
https://therapyforblackgirls.com/podcast/