

Resources for Buffering Against the Impact of Racial Trauma

Articles

Academics for Black Survival and Wellness

<https://www.academics4blacklives.com/>

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

<https://www.self.com/story/black-joy>

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

<https://www.gq.com/story/therapist-treating-protest-trauma>

Representation Matters: Black Joy is an Act of Resistance

<https://www.schoollibraryjournal.com/?detailStory=representation-matters-black-joy-act-resistance-publishing-disparities>

Rest as Reparations: Healing from Trauma

<https://www.nytimes.com/2020/06/18/style/self-care/healing-trauma-racism-wellness.html>

Self-care tips for Black People Struggling

https://www.vice.com/en_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week

Subversive self-care: Centering Black Women's Wellness

<https://thefeministwire.com/2012/11/subversive-self-care-centering-black-womens-wellness/>

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

<https://medium.com/nappy-head-club/the-four-bodies-a-holistic-toolkit-for-coping-with-racial-trauma-8d15aa55ae06>

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

Black Lives Matter Loving Kindness Meditation <http://drcandicenicole.com/2016/07/black-lives-matter-meditation/>

Collective Grief and Healing Playlist by the Nap Ministry
<https://open.spotify.com/playlist/5LPHqAE1tq3wj6vFr1ZMcT?si=oaF1YQgST3-nAYyorBeO3w>

Daydreaming and Dreamspace Playlist by the Nap Ministry
<https://open.spotify.com/playlist/21mJ1ByflqHFgSMBffcekt?si=OOv5uvYcQ7i-9jaY2LXgqQ>

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/>