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PSYCHOLOGY OF RADICAL HEALING SYLLABUS



The Psychology of
Radical Healing Collective

*"It is our duty to fight for our freedom.
It is our duty to win.
We must love each other and support each other.
We have nothing to lose but our chains."*

– Assata Shakur (p. 52)

For centuries, People of Color and Indigenous individuals (POCIs) have resisted oppression and contributed to freedom and democracy. Our communities are resilient and rich in strengths in the form of family, civic institutions, cultural traditions, ancestral victories, and resistance struggles. Our strengths inspire us to thrive despite our very own humanity being repeatedly attacked through historical and contemporary acts of police brutality, draconian immigration practices, and exclusionary school policies. Racial and ethnic oppression along with other intersecting forms of bigotry and discrimination (e.g., sexism, homonegativity, transnegativity, xenophobia, Islamophobia, class exploitation) materialize in health disparities and life opportunities of POCIs. Yet, while POCIs are collectively hurt by oppression, we are not defined by such acts of inhumanity and subjugation.

The Psychology of Radical Healing Collective emerged out of a presidential initiative of the Society for the Psychological Study of Culture, Ethnicity and Race, a Division of the American Psychological Association (APA). The purpose of the Collective is to promote healing through the active process of studying and practicing social justice.

Radical Healing in Psychology involves being or becoming whole in the face of identity-based “wounds” or trauma (French et al., 2019). As such, radical healing incorporates strategies that address the root causes of identity-based wounds by building on the strengths of individuals and communities while also engaging in practices that promote resilience and wellbeing.

As a Collective we aim to link arms with others to co-create a shift in psychology that (a) integrates a strength-based approach to healing, (b) honors cultural traditions, (c) moves beyond a focus on solely the individual, (d) encourages critical thinking about the structures that shape the lives of people, and (e) motivates and support POCIs to take actions that celebrate life and optimize one's sense of agency.

We developed the Psychology of Radical Healing Syllabus to assist in these efforts. The syllabus highlights and pays tribute to the intellectual tradition of radical scholars, activists, and practitioners that lay the foundation for the study of radical healing. We have included foundational texts, emerging frameworks, multimedia links, and proposed assignments designed to encourage a deeper and revolutionary exploration of radical healing in psychological theory, research, practice, and action. We hope faculty, community agencies, community members, and students of life adopt the syllabus as part of their journeys to build, expand, and promote a radical and decolonial healing praxis.

References:

French, B. H., Lewis, J. A., Mosley, D. V., Adames, H. Y., Chavez-Dueñas, N. Y., Chen, G. A., & Neville, H. A. (2019). Toward a psychological framework of radical healing in Communities of Color. *The Counseling Psychologist*. <https://doi.org/10.1177/0011000019843506>

Shakur, A. (1987). *Assata: An autobiography*. Chicago, IL: Lawrence Hill Books.

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HISTORICAL AND CURRENT SOCIOPOLITICAL CONTEXT

READINGS

Alexander, M. (2010). The rebirth of caste. In *The new Jim Crow: Mass incarceration in the age of colorblindness* (pp. 20-58). New York, NY: New Press.

American Psychological Association (2017). *Stress in America: The state of our nation*. Stress in America Survey. Retrieved from <http://www.apa.org/news/press/releases/stress/2017/state-nation.pdf>

French, B. H., Lewis, J. A., Mosley, D. V., Adames, H. Y., Chavez-Dueñas, N. Y., Chen, G. A., & Neville, H. A. (2019). Toward a psychological framework of radical healing in Communities of Color. *The Counseling Psychologist*. <https://doi.org/10.1177/0011000019843506>

Helms J. E. (2016). An election to save White heterosexual male privilege. *Latina/o Psychology Today*, 3(2), 6-7. Retrieved from <http://www.nlpa.ws/latina-o-psychology-today>

Ryan, J. (2016). 'This is a whitelash': Van Jones' take on the election results. CNNPolitics. Retrieved from <https://www.cnn.com/politics>

RECOMMENDED BOOKS

Dunbar-Ortiz, R. (2014). *An indigenous peoples' history of the United States*. Boston, MA: Beacon Press.

Ledwidge, M., Verney, K., & Parmar, I. (2014). *Barack Obama and the myth of a post-racial America*. New York, NY: Routledge.

MULTIMEDIA

DuVernay, A., Averick, S., Barish, H. (Producers), & DuVernay, A. (Director). (2016). *13th* [Motion picture]. United States: Kandoo Films.

Adelman, L. (Producer), Herbes-Sommers, C., Strain, T. H., Smith, L. (Producers and Directors) (2003). *Race: The power of an illusion* [Motion Picture]. United States: California Newsreel.

WEEK 2

EFFECTS OF RACISM, RACIAL TRAUMA, AND HEALING

READINGS

- Ainslie, R. C. (2013). Intervention strategies for addressing collective trauma: Healing communities ravaged by racial strife. *Psychoanalysis, Culture & Society, 18*(2), 140-152. <https://doi.org/10.1057/pcs.2013.3>
- Alvarez, A. N., Liang, C. T. H., & Neville, H. A. (Eds.). (2016). *Cultural, racial, and ethnic psychology book series. The cost of racism for people of color: Contextualizing experiences of discrimination*. Washington, DC, US: American Psychological Association. <http://dx.doi.org/10.1037/14852-000>
- Brondolo, E., Ng, W., Jean-Pierre, K. L., & Lane, R. (2016). Contextualizing the cost of racism for people of color: Theory, research, and practice. In A. N. Alvarez, C. Liang, & H. A. Neville (Eds.), *Racism and Mental Health*. Washington, DC: American Psychological Association.
- Brave Heart, M. Y. H. (2000). Wakixuyapi: Carrying the historical trauma of the Lakota. *Tulane Studies in Social Welfare, 21*, 245-266.
- Bryant-Davis, T., & Ocampo, C. (2005). The trauma of racism: Implications for counseling, research, and education. *The Counseling Psychologist, 33*(4), 574-578. doi:10.1177/0011000005276581
- Carter, R. T. (2007). Racism and psychological and emotional injury: Recognizing and assessing race-based traumatic stress. *The Counseling Psychologist, 35*(1), 13-105. <https://doi.org/10.1177/0011000006292033>
- Duran, E., Firehammer, J., and Gonzalez, J. (2008). Liberation psychology as the path toward healing cultural/soul wounds. *Journal of Counseling & Development, 86*(3), 288-295. doi:10.1002/j.1556-6678.2008.tb00511.x
- Greer, T. M., & Chwalisz, K. (2007). Minority-related stressors and coping processes among African American college students. *Journal of College Student Development, 48*(4), 388-404. <http://dx.doi.org/10.1353/csd.2007.0037>
- Helms, J. E., Nicolas, G., & Green, C. E. (2010). Racism and ethnoviolence as trauma: Enhancing professional training. *Traumatology, 16*, 53-62. <http://dx.doi.org/10.1177/1534765610389595>
- Williams, D. R., & Neighbors, H. (2001). Racism, discrimination and hypertension: Evidence and needed research. *Ethnicity & Disease, 11*(4), 800-816. <https://www.ethndis.org/edonline/index.php/ethndis/index>
- Yehuda, R., Halligan, S. L., & Bierer, L. M. (2001). Relationship of parental trauma exposure and PTSD to PTSD, depressive and anxiety disorders in offspring. *Journal of Psychiatric Research, 35*(5), 261-270. [https://doi.org/10.1016/S0022-3956\(01\)00032-2](https://doi.org/10.1016/S0022-3956(01)00032-2)

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American Psychological Association (2018, August 28). *Racism in America* [Video file]. Retrieved from <https://www.apa.org/res/about/index.aspx>

Butler, S. (Producer), & Butler, S. (Director) (2014). *Cracking the codes: The system of racial inequity* [Motion Picture]. United States: World Trust.

WEEK 3

RADICAL HEALING IN EDUCATION AND SOCIOLOGY

READINGS

Ginwright, S. A. (2010). *Black youth rising: Activism and radical healing in urban America*. New York, NY: Teachers College Press

Ginwright, S. A. (2016). Hope and healing in urban education: *How urban activists and teachers are reclaiming matters of the heart*. New York, NY: Routledge.

MULTIMEDIA



“How are we creating a pathway for young people in urban environments, and suburban environments, and rural environments? What are the opportunity structures that are available in your school and your afterschool program to actually allow for you to walk toward that path to your future goal orientation?”

– Shawn Ginwright, 2016 dare to disrupt! Keynote

National Summer Learning Association. (2016, November 17). *2016 dare to disrupt! Keynote - Shawn Ginwright, Ph.D.* [Video file]. Retrieved from <https://www.youtube.com/watch?v=vXVnkZhyAdk>

WEEK 4

FOUNDATIONAL THEORIES: LIBERATION PSYCHOLOGY PART I

READINGS

Comas-Diaz, L. (2007). Ethnopolitical psychology: Healing and transformation. In E. Aldarondo (Ed.), *Advancing social justice through clinical practice* (pp. 91-118). Mahwah, NJ: Lawrence Erlbaum Associates Publishers.

Fanon, F. (1961). *The wretched of the earth*. (C. Farrington, Trans.). New York, NY: Grove Press.

Freire, P. (1970). *Pedagogy of the oppressed*. New York, NY: Herder and Herder.

Martín-Baró, I. (1994). *Writings for a liberation psychology*. Cambridge, MA: Harvard University Press.

Prilleltensky, I. (2003). Understanding, resisting, and overcoming oppression: Toward psychopolitical validity. *American Journal of Community Psychology*, 31(1-2), 195-201. doi:10.1023/A:1023043108210

MULTIMEDIA

FriereProject (2012, April 30). *Paulo Freire documentary seeing through Paulo's glasses: Political clarity, courage and humility* [Video file]. Retrieved from <https://www.youtube.com/watch?v=U4jPZe-cZgc>

Nash, M. (Producer), & Julien, I. (Director). (1995). *Frantz Fanon: Black skin white masks* [Motion Picture]. United Kingdom: California Newsreel.

WEEK 5

FOUNDATIONAL THEORIES: LIBERATION PSYCHOLOGY PART II

READINGS

Adams, G., Dobles, I., Gómez, L. H., Kurtiş, T., & Molina, L. E. (2015). Decolonizing psychological science: Introduction to the special thematic section. *Journal of Social and Political Psychology, 3*(1), 213-238. <https://doi.org/10.5964/jspp.v3i1.564>

Cross, W. E., Jr., & Vandiver, B. J. (2001). Nigrescence theory and measurement: Introducing the Cross Racial Identity Scale (CRIS). In J. G. Ponterotto, J. M. Casas, L. A. Suzuki, & C. M. Alexander (Eds.), *Handbook of multicultural counseling* (2nd ed., pp. 371–393). Thousand Oaks, CA: SAGE Publications, Inc.

Thompson, C. E., & Alfred, D. M. (2009). Black liberation psychology and practice. In H. A. Neville, B. M. Tynes, & S. O. Utsey (Eds.), *Handbook of African American Psychology* (pp. 483–494). Thousand Oaks, CA: SAGE Publications.

White, J. L. (1970, September). Toward a Black psychology. *Ebony Magazine, 25*(11), 44-52.

RECOMMENDED BOOKS

Dunbar-Ortiz, R. (2014). *An indigenous peoples' history of the United States*. Boston, MA: Beacon Press.

Ledwidge, M., Verney, K., & Parmar, I. (2014). *Barack Obama and the myth of a post-racial America*. New York, NY: Routledge.

MULTIMEDIA

DuVernay, A., Averick, S., Barish, H. (Producers), & DuVernay, A. (Director). (2016). *13th* [Motion picture]. United States: Kandoo Films.

Adelman, L. (Producer), Herbes-Sommers, C., Strain, T. H., Smith, L. (Producers and Directors) (2003). *Race: The power of an illusion* [Motion Picture]. United States: California Newsreel.

WEEK 6

FOUNDATIONAL THEORIES:
INTERSECTIONALITY

MULTIMEDIA



Crenshaw, K. (2016, October). *Kimberlé Crenshaw: The urgency of intersectionality* [Video file]. Retrieved from

https://www.ted.com/talks/kimberle_crenshaw_the_urgency_of_intersectionality?language=en

Crenshaw, K. (Host), & Sharpe Levine, J. (Producer). *Intersectionality matters!* Podcast retrieved from <https://www.stitcher.com/podcast/juliana-sharpelevine/intersectionality-matters-2>

READINGS

Cole, E. R. (2009). Intersectionality and research in psychology. *American Psychologist*, *64*(3), 170–180. doi:10.1037/a0014564

Collins, P. H. (2000). *Black feminist thought: Knowledge, consciousness, and the politics of empowerment* (2nd ed.). New York, NY: Routledge.

Collins, P. H., & Bilge, S. (2016). *Intersectionality*. Cambridge, UK: Polity Press.

Combahee River Collective. (1995). Combahee River Collective statement. In B. Guy-Sheftall (Ed.), *Words of fire: An anthology of African American feminist thought* (pp. 232–240). New York: New Press. (Original work published 1977)

Crenshaw, K. W. (1989). Demarginalizing the intersection of race and sex: A Black feminist critique of antidiscrimination doctrine, feminist theory, and antiracist politics. *University of Chicago Legal Forum*, *1989*, 139–167.

Hancock, A. M. (2016). *Intersectionality: An intellectual history*. New York, NY: Oxford University Press.

May, V. M. (2015). *Pursuing intersectionality, unsettling dominant imaginaries*. New York, NY: Routledge.

WEEK 7

A PSYCHOLOGY OF RADICAL HEALING: COLLECTIVISM

READINGS

Battle, M. (1997). *Reconciliation: The Ubuntu theology of Desmond Tutu*. Cleveland, OH: Pilgrim Press.

Hodge, D., Limb, G., & Cross, T. (2009). Moving from colonization toward balance and harmony: A Native American perspective on wellness. *Social Work, 54*(3), 211-219.
<https://doi.org/10.1093/sw/54.3.211>

Johnson, J. H., Jr., & Oliver, M. L. (2013). Interethnic minority conflict in urban America: The effects of economic and social dislocations. *Urban Geography, 10*(5), 449-463. doi:10.2747/0272-3638.10.5.449

Triandis, H. C., Bontempo, R., Villareal, M. J., Asai, M., & Lucca, N. (1988). Individualism and collectivism: Cross-cultural perspectives on self-ingroup relations. *Journal of Personality and Social Psychology, 54*(2), 323-338.
<http://dx.doi.org/10.1037/0022-3514.54.2.323>

MULTIMEDIA

Houska, T. (2018, April). *Tara Houska: The Standing Rock resistance and our fight for indigenous rights*. [Video file]. Retrieved from: https://www.ted.com/talks/tara_houska_the_standing_rock_resistance_and_our_fight_for_indigenous_rights?language=en

Readings on interethnic conflict:

Jones-Correa, M. (Ed.). 2005. *Governing American cities: Inter-ethnic coalitions, competition, and conflict*. New York, NY: Russell Sage Foundation.

Nagda, B. R. A., & Zúñiga, X. (2003). Fostering meaningful racial engagement through intergroup dialogues. *Group Processes & Intergroup Relations, 6*(1), 111-128.
<https://doi.org/10.1177/1368430203006001015>

WEEK 8

A PSYCHOLOGY OF RADICAL HEALING: CRITICAL CONSCIOUSNESS

READINGS

Freire, P. (1970). *Pedagogy of the oppressed*. New York, NY: Herder and Herder.

Liu, W. M., Liu, R. Z., Garrison, Y. L., Kim, J. Y. C., Chan, L., Ho, Y. C. S., & Yeung, C. W. (2019). Racial trauma, microaggressions, and becoming racially innocuous: The role of acculturation and White supremacist ideology. *American Psychologist*, *74*(1), 143-155. doi:10.1037/amp0000368

Prilleltensky, I. (2003). Understanding, resisting, and overcoming oppression: Toward psychopolitical validity. *American Journal of Community Psychology*, *31*(1-2), 195-201. doi:10.1023/A:1023043108210

Watts, R. J., Abdul-Adil, J. K., & Pratt, T. (2002). Enhancing critical consciousness in young African American men: A psychoeducational approach. *Psychology of Men & Masculinity*, *3*(1), 41-50.

Watts, R. J., Diemer, M. A., & Voight, A. M. (2011). Critical consciousness: Current status and future directions. *New Directions for Child & Adolescent Development*, *2011*(134), 43-57. doi:10.1002/cd.310

MULTIMEDIA

Grellety, R., Peck, H. (Producers), & Peck, R. (Producer and Director). (2017). *I am not your Negro* [Motion Picture] United States: Magnolia Pictures and Amazon Studios.



WEEK 9

A PSYCHOLOGY OF RADICAL HEALING: SELF KNOWLEDGE

READINGS

Hodge, D. R., Limb, G. E., & Cross, T. L. (2009). Moving from colonization toward balance and harmony: A Native American perspective on wellness. *Social Work, 54*(3), 211-219.
<https://doi.org/10.1093/sw/54.3.211>

Parham, T. A. (2009). Foundations for an African American psychology: Extending roots to an ancient Kemetian past. In H. Neville, C. Tynes, & S. Utsey, (Eds.), *Handbook of African American Psychology*. Thousand Oaks, CA: SAGE Publications.

Quintana, S. M., Chew, A., & Schell, G. (2012). Counseling psychology theory and research on race and ethnicity: Implications for a psychological science of diversity. In N. A. Fouad, J. A. Carter, & L. M. Subich (Eds.), *APA Handbook of counseling psychology* (Vol. 1). Washington, DC: American Psychological Association.

RECOMMENDED BOOK

Moodley, R., & West, W. (Eds.). (2005). *Integrating traditional healing practices into counseling and psychotherapy*. Thousand Oaks, CA: SAGE Publications.

MULTIMEDIA

Wide Angle Studios (2011, August 11). *Culture matters: Indigenous perspectives on behavioral health care* [Video file]. Retrieved from https://www.youtube.com/watch?v=yfdCaFEls_c

“Knowledge of culture influences when and how people seek help, who they want help from, how long they stay in treatment, and how they renew their cultural self as a way to heal.”

– Holly Echo-Hawk, *Culture matters: Indigenous perspectives on behavioral health care*

WEEK 10

A PSYCHOLOGY OF RADICAL HEALING: HOPE

READINGS

Diaz, J. (2016, November 21). Under President Trump, radical hope is our best weapon. *The New Yorker*. Retrieved from <https://www.newyorker.com/>

Newman, J. (2014). Radical hope—surprising will. *Settler Colonial Studies*, 4(4), 357-367. <https://doi.org/10.1080/2201473X.2014.911652>

Swanson, D. M. (2015). Ubuntu, radical hope, and an onto-epistemology of conscience. *Journal of Critical Southern Studies*, 3, 96-118.

RECOMMENDED BOOKS

De Robertis, C. (Ed.). (2017). *Radical hope: Letters of love and dissent in dangerous times*. New York, NY: Vintage Books.

Friere, P. (1992). *Pedagogy of hope*. New York, NY: Bloomsbury Publishing.

McKesson, D. (2018). *On the other side of freedom: The case for hope*. New York, NY: Viking.

MULTIMEDIA

Tippett, K. (Host) & Percy Ruíz, L. M. (Producer). (2017, September 14). Junot Diaz: Radical hope is our best weapon. *On Being Podcast with Krista Tippett*. Podcast retrieved from <https://onbeing.org/programs/junot-diaz-radical-hope-is-our-best-weapon-sep2017/>

Gundavaram, T. (2017, February 26). *Against racism*. [Video file]. Retrieved from <https://www.youtube.com/watch?v=9CbKjNWS864>

The mother in me asks, what if? What if this darkness is not the darkness of the tomb but the darkness of the womb? What if our America is not dead but a country that is waiting to be born? What if the story of America is one long labor? What if all of our grandfathers and grandmothers are standing behind us now? Those who survived occupation and genocide, slavery and Jim Crow, detentions and political assault. What if they are whispering in our ear today, tonight, "you are brave." what if this is our nation's great transition?

– Valarie Kaur, *Against Racism*

WEEK 11

A PSYCHOLOGY OF RADICAL HEALING: STRENGTH AND RESISTANCE

READINGS

Chavez-Dueñas, N. Y., Adames, H. Y., Perez-Chavez, J. G. & Salas, S. P. (2019). Healing ethno-racial trauma in Latinx immigrant communities: Cultivating hope, resistance, and action. *American Psychologist*, 74(1), 49-62. <http://dx.doi.org/10.1037/amp0000289>

Klar, M., & Kasser, T. (2009). Some benefits of being an activist: Measuring activism and its role in psychological well-being. *Political Psychology*, 30(5), 755-777. doi:10.1111/j.1467-9221.2009.00724.x

Thomas, E. F., & Louis, W. R. (2013). Doing democracy: The social psychological mobilization and consequences of collective action. *Social Issues & Policy Review*, 7(1), 173-200. doi:10.1111/j.1751-2409.2012.01047.x

MULTIMEDIA

APA RESilience Initiative.
Retrieved from
<https://www.apa.org/res/about/index.aspx>



WEEK 12

APPLICATIONS FOR CLINICAL PRACTICE

READINGS

Adames, H. Y., Chavez-Dueñas, N. Y., Sharma, S., & La Roche, M. J. (2018). Intersectionality in psychotherapy: The experiences of an AfroLatinx queer immigrant. *Psychotherapy, 55*(1), 73-79. doi:10.1037/pst0000152

Gone, J. P. (2004). Mental health services for Native Americans in the 21st century United States. *Professional Psychology: Research and Practice, 35*(1), 10-18. <http://dx.doi.org/10.1037/0735-7028.35.1.10>

Grills, C. N., Aird, E. G., & Rowe, D. (2016). Breathe, baby, breathe: Clearing the way for the emotional emancipation of Black people. *Journal of Cultural Studies and Critical Methodologies, 16*(3), 333-343. <http://dx.doi.org/10.1177/1532708616634839>

Sue, D. W., Capodilupo, C. M., Torino, G. C., Bucceri, J. M., Holder, A. M. B., Nadal, K. L., & Esquilin, M. (2007). Racial microaggressions in everyday life: Implications for clinical practice. *American Psychologist, 62*(4), 271-286. doi:10.1037/0003-066X.62.4.271

Vasquez, M. J. T. (2013). Ethics for a diverse world. In J. Frew, & M. D. Spiegler (Eds.), *Contemporary psychotherapies for a diverse world* (pp. 19-38). New York, NY: Routledge/Taylor & Francis Group.

RECOMMENDED READINGS

Adames, H. Y., & Chavez-Dueñas, N. Y. (2017). *Cultural foundations and interventions in Latino/a mental health: History, theory, and within group differences*. New York, NY: Routledge/Taylor & Francis Group.

Bryant-Davis, T., & Comas-Díaz, L. (Eds.). (2016). *Womanist and mujerista psychologies: Voices of fire, acts of courage*. Washington, DC: American Psychological Association.

MULTIMEDIA

The Psychology of Radical Healing Collective [Healing Through Social Justice]. (2019, February 18). *Community based healing practices healing through social justice* [Video file]. Retrieved from <https://www.youtube.com/watch?v=uqZ-BwWjbMg>

"I think about the embodiment of fear in a person's heart rate, in their stomach, in their silence. If there is a wish that I have, it is that we do more practices of embodiment and recognize that sometimes before your mind even can come up with coherent thoughts, people have bodies that are responding to conversations that feel threatening to them."

– Dr. Consuelo Cavalieri, Community-Based Practices Webinar

WEEK 13

APPLICATIONS FOR RESEARCH

READINGS

Awad, G. H., & Cokley, K. O. (2010). Designing and interpreting quantitative research in multicultural counseling. In J. G. Ponterotto, J. M. Casas, L. A. Suzuki, & C. M. Alexander (Eds.), *Handbook of multicultural counseling* (3rd ed.). Thousand Oaks, CA: SAGE Publications.

Cole, E. R. (2009). Intersectionality and research in psychology. *American Psychologist*, 64(3), 170–180. doi:10.1037/a0014564

Lewis, J. A., & Grzanka, P. R. (2016). Applying intersectionality theory to research on perceived racism. In A. N. Alvarez, C. T. H. Liang, & H. A. Neville (Eds.), *Cultural, racial, and ethnic psychology book series. The cost of racism for people of color: Contextualizing experiences of discrimination* (pp. 31-54). Washington, DC, US: American Psychological Association. <http://dx.doi.org/10.1037/14852-003>.

Smith, L. T. (2012). Decolonizing methodologies: *Research and indigenous peoples* (2nd ed.). New York, NY: Palgrave Macmillan.

MULTIMEDIA

The Psychology of Radical Healing Collective [Healing Through Social Justice]. (2019, February 18). *Radical research webinar - Healing through social justice initiative* [Video file]. Retrieved from <https://www.youtube.com/watch?v=zpj3jjirosBk>

“When I was thinking about what area could I intervene on the individual level I was thinking about coping strategies. And when I think about what area I could intervene on the systemic level, its anti-racism work. So I see that as the next step in this process.”

– Dr. Candice Hargons, *Radical Research Webinar*

WEEK 14

APPLICATIONS FOR ADVOCACY

READINGS

Ratts, M. J. (2011). Social justice counseling: Toward the development of a fifth force among counseling paradigms. *Journal Of Humanistic Counseling, Education & Development*, 48(2), 160-172. <https://doi.org/10.1002/j.2161-1939.2009.tb00076.x>

Toporek, R. L., Gerstein, L. H., Fouad, N. A., Roysircar, G., & Israel, T. (Eds.). (2006). *Handbook for social justice in counseling psychology*. Thousand Oaks, CA: SAGE Publications.

Toporek, R. L., Lewis, J. A., & Crethar, H. C. (2009). Promoting systemic change through the ACA Advocacy Competencies. *Journal of Counseling & Development*, 87(3), 260-268. <https://psycnet.apa.org/doi/10.1002/j.1556-6678.2009.tb00105.x>

Vera, E. M., & Speight, S. L. (2007). Advocacy, outreach, and prevention: Integrating social action roles in professional training In E. Aldarondo (Ed.), *Advancing social justice through clinical practice* (pp. 373-389) Mahwah, NJ: Lawrence Erlbaum Associates Publishers.

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Counseling Psychology Division of the American Psychological Association.

[D17CounselingPsych]. (2017, May 31). *Applying psychology to policy and advocacy* [Video file].

Retrieved from <https://www.youtube.com/watch?v=O5qzu4r3egs>

APA Science Advocacy Toolkit (nd). Retrieved from <http://advocacy.apascience.org/>



WEEK 15

WRAP UP, REFLECTION, CALL TO ACTION

READING

Counseling Psychology Division of the American Psychological Association. [D17CounselingPsych]. (2017, February 19). *CP's for peace and action: Putting SJ theory and research into practice* [Video file]. Retrieved from https://www.youtube.com/watch?v=8pO2D4WXO_0&index=17&list=PL_4VxOV2vmnzcCGmivQi9DOgSwwxAr75F



“Pay attention. You don’t get to quit. You don’t get to bow out. You don’t get to pretend it’s not happening. It is happening. And there’s a lot of folks who can’t pretend.”

*Dr. Evelyn Hunter, CP's for peace and action:
Putting SJ theory and research into practice*

POTENTIAL ASSIGNMENTS AND ACTIVITIES

SOCIOCULTURAL AUTOBIOGRAPHY:

(due by week 3) .

- Students reflect on racial identities and socialization around healing: White folks in connection to Whiteness and White supremacy, POC in connection to racialization and cultural origins

WEEKLY CRITICAL REFLECTION PAPERS:

- To promote critical engagement with the readings and enriched discussions, individuals may complete critical self-reflection papers in response to the readings for each week.

SOCIAL JUSTICE ADVOCACY PROJECT:

- Collaboratively partner with a community agency that serves the needs of POC communities, assess the needs of the agency, develop a systems-level intervention to address identified needs, evaluate the intervention, and work to empower those from the agency as they continue in their efforts to promote radical healing. This project will help individuals develop skills in working as a collaborative consultant/partner with agencies and communities and engage in advocacy to promote radical healing.

CONSCIOUSNESS-RAISING PRESENTATION:

- Develop a 10 – 15 minute talk for a general community audience, similar to a Ted talk. The purpose of the presentation will be to educate others about a particular issue faced by POC communities, highlight the benefits of radical healing practices, and provide a call to action.

SOCIAL MEDIA CAMPAIGN:

- Conduct a Twitter, Facebook, or Instagram campaign to engage the broader public in conversation about radical healing

OP. ED.:

- Write a letter to the editor about a topic related to Radical Healing to bring these concepts to a wider audience.

ADVOCACY BRIEF:

- Write advocacy statements for social justice. Identify a political issue that impacts mental health and/or mental health services. Research the relevant policies (e.g., bills, laws, executive orders) in place at national and/or state levels. Review the research citing mental health implications of this policy and reflect on why you chose this particular issue to advocate for. Finally, in addition to the background research you conduct, write one-page advocacy briefs for lawmakers that summarizes the importance of the issue, why it's important to vote (or repeal) the act/bill/law, relevant research pertaining mental health issues, and a personal story to highlight this.

LOCAL SITE VISITS:

- Partner with local community sites to bear witness to real-life practices of culturally specific healing methods.
- Some examples used by Dr. Bryana French at the University of St. Thomas in Minnesota included:
 - Indian Health Board
 - Wilder Center's Center for Social Healing
 - Catholic Charities
 - Kente Circle

HOW TO CITE THIS SYLLABUS:

- French, B. H., Lewis, J. A., Mosley, D. V., Adames, H. Y., Chavez-Dueñas, N. Y., Chen, G. A., Neville, H. A., & Adam, A. (2019). Psychology of radical healing syllabus.

HOW TO FIND

THE PSYCHOLOGY OF RADICAL HEALING COLLECTIVE:

- Healing Through Social Justice | Psychology Today
- Healing Through Social Justice | Youtube

MEET THE AUTHORS



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BRYANA H. FRENCH, Ph.D., L.P., is a counseling psychologist and associate professor in the Graduate School of Professional Psychology at the University of St. Thomas. Her research has explored the sexual coercion and sexual scripting using a Black feminist framework, and her training interests focus on multicultural and social justice psychology.



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DELLA V. MOSLEY, Ph.D., is an assistant professor of counseling psychology at the University of Florida. She developed and leads the Wellness, Equity, Love, Liberation, and Sexuality (WELLS) Healing and Research Collective. Her work explores and seeks to promote the psychological and political wellness of racial minorities, sexual minorities, and transgender and/or gender-expansive people and communities.



HELEN A. NEVILLE, Ph.D., is a professor of Educational Psychology and African American Studies at the University of Illinois at Urbana-Champaign. She is Past-President of the Society for the Psychological Study of Culture, Ethnicity and Race (APA Division 45), and past Associate Editor of *The Counseling Psychologist* and of the *Journal of Black Psychology*.



ALISSA ADAM (editor/creative director) is currently a student at the University of Florida, completing their bachelor's degree in Women and Gender Studies in the Spring of 2019. Aspiring to a Ph.D. in psychology, they aim to explore and develop health interventions that account for intersections of race, queerness, ethnicity, socioeconomic status, immigration, and the like.