

Diversity, Equity, Inclusion and Anti-Racism Resources for ISMETA Members

AS AN INDIVIDUAL, YOU CAN ACCESS THESE RESOURCES ON INTERNALIZED RACISM AND RACIALIZED TRAUMA

1. Learn about the work of Resmaa Menakem, a Somatic Experiencing professional/trauma specialist

- a. *My Grandmother's Hands: Racialized Trauma and the Pathway to Healing our Hearts and Bodies* by Resmaa Menakem.

- b. Here are discussion guidelines:

<https://static1.squarespace.com/static/5e5436c36f43c15754fc4f8b/t/5ef4af3c12464f2bda21e597/1593093985959/MGH+Guidlines+for+Practice.pdf>

- c. Resources on his website

- His definition of "Somatic Abolitionism:"

<https://www.resmaa.com/movement>

- - Free 5 session training:

<https://culturalsomaticsuniversity.thinkific.com/courses/cultural-somatics-free-5-session-course>

- d. Watch Resmaa speak:

<https://connectfulness.com/episode/010-resmaa-menakem-racialized-trauma>

2. Read *How to be an Anti-racist* by Ibram X. Kendi

- a. Book club kit:

<https://static1.squarespace.com/static/5913d00603596e07853ef761/t/5dc37dafd013963f1c034404/1573092786304/bookclubkit.ANTIRACIST.pdf>

- b. Watch Kendi speak https://www.aspenideas.org/sessions/how-to-be-an-antiracist?utm_source=google&utm_medium=adgrant&utm_campaign=Society&utm_term=how%20to%20be%20an%20%2Banti-racist&gclid=Cj0KCQjw5eX7BRDQARIsAMhYLP_N-6d6FjIQ8U9c_VEkiLQIX_XoO_6UvUXyXCjpk9cOXk8Dp4OJG84aAqkhEALw_wcB

3. Learn about the work of Dr. Joy Degruy (Post-Traumatic Slave Syndrome)

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

4. Learn about the work of Robin DiAngelo, author of *White Fragility: Why It's So Hard for White People to Talk about Racism*

- a. Read the book, and refer to this reading guide:

<https://www.beacon.org/assets/pdfs/whitefragilityreadingguide.pdf>

- b. Watch this interview about “white fragility”
https://www.youtube.com/watch?v=6O27_yBQ8Qc
 - c. Watch her YouTube talk on “Deconstructing White Privilege”
<https://www.youtube.com/watch?v=Dwlx3KQer54>
5. Read and practice *The Politics of Trauma: Somatics, Healing, and Social Justice* by Staci Haines
6. See the Resources for anti-racist learning doc (can put in another link HERE or include as another list below).

ON A STRUCTURAL LEVEL, YOU CAN ENCOURAGE YOUR TRAINING PROGRAMS TO CONSIDER THESE ACTIONS:

1. Models from Martha Eddy’s Dynamic Embodiment (DE):
 - a. Moving On Center/DE (which includes Laban and BodyMind Centering) has required course work the Socially Conscious Body
 - b. DE has a monthly discussion group with sub groups focusing on reading or videos
2. Encourage your training program to write a statement, declaring its values in support of and commitment to equity and accessibility and/or decolonial somatic practices. (You can refer to ISMETA's statement as a template if that is helpful.)
3. For Registered Somatic Dance Educators: “I Said Can You Hear Me?” from the International Association of Blacks in Dance
<https://www.iabdassociation.org/mpage/canyouhearmenow>