

Rising Strong
 HEALING AND EMPOWERMENT FOR PEOPLE OF THE GLOBAL MAJORITY IN THE ENTERTAINMENT INDUSTRY

www.ruthunaegbu.com

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ACKNOWLEDGMENT

I acknowledge that my work takes place on the ancestral, unceded, and occupied territories of the Hənq̓w̓m̓iṇəm Speaking People. I recognize that their relationship with these lands is ancient, primary, and enduring and I recognize the immense labour that has gone into cultivating, nurturing, and protecting these lands. As an uninvited settler in what is colonially known as Vancouver, British Columbia, Canada, I recognize that I am on stolen land. With that, I honour and support Indigenous resistance and reconciliation as an ally in the continued fight for Indigenous Sovereignty.

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introducing
ABOUT ME

- First generation Nigerian-Canadian
- Registered Clinical Counsellor & Approved Clinical Supervisor
- Specializing artists & performers, high performance athletes, transracial adoption triad, parents & caregivers
- Founder of Ruth Unaegbu Counselling & Coaching and REST Counselling Group
- Impact of Race and Culture Assessment (IRCA) Assessor
- Actress on hiatus



Ruth Unaegbu, MA, RCC-ACS
 Registered Clinical Counsellor
 Approved Clinical Supervisor

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introducing
ABOUT YOU

Who are you?
What are your pronouns?
What is your cultural background?
How long have you been in the industry?
Why did you decide to participate in this workshop?

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WHAT TO EXPECT...

- Intense, transformative six weeks
- Emotional healing journey
- Lighter and empowered
- Transitioning from overwhelm to confident
- Healing and reconnecting
- Recreating your narrative

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FRAMEWORK

- Opening
- Meditation
- Check In
- Discussion
- Break
- Experiential Work/Processing
- Journaling & debrief
- Closing



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guidelines
FOR SAFETY & PARTICIPATION

- Timeliness
- Confidentiality
- Permission to Interrupt
- Cross-Talk

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guidelines
FOR SAFETY & PARTICIPATION

Timeliness

Please be on time so we can start on time
Please let me know if you will be late or miss a meeting

This is the only time we will be adhering to a colonial construct in this group

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guidelines
FOR SAFETY & PARTICIPATION

Confidentiality

Strict confidentiality must be maintained throughout the workshop. No information, including names, identities, or any potentially identifying details of fellow group members, should be shared to anyone outside the group without obtaining explicit permission.

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guidelines
FOR SAFETY & PARTICIPATION

Limits to Confidentiality

- Where there is a reasonable suspicion of child, dependent, or elder abuse or neglect
- Where a person presents a danger to self, to others
- When there is a medical emergency
- When required to do so by subpoena and by the court of law

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guidelines
FOR SAFETY & PARTICIPATION

Permission to Interrupt

There may be times when I need to interrupt you while you're speaking. Asking for permission now helps ensure interruptions are not abrupt and are seen as part of our group process.

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guidelines
FOR SAFETY & PARTICIPATION

No Cross Talk

- Side conversations
- Unsolicited advice
- Monopolizing the conversation
- Overly commiserating
- Disparaging or minimizing others while they speak

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guidelines
FOR SAFETY & PARTICIPATION

No Cross Talk

- Especially during check-in and post-experiential work
- If offering feedback:
 - Ask permission
 - Speak from personal experience
 - Avoid giving advice or making value judgments

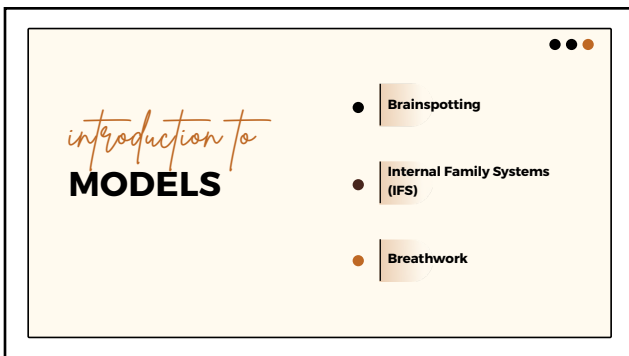
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MEDITATION

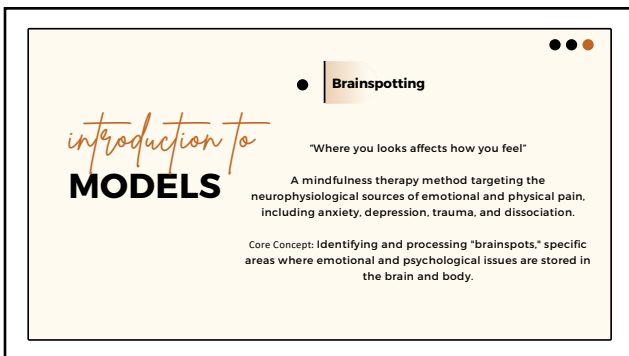
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introduction to
MODELS

● IFS

- **Internal System:** The human psyche comprises the "Self," "Protective Parts," and "Vulnerable Parts."
- **The Self:** Inherent qualities like compassion, curiosity, courage, connection, calm, creativity, clarity, and centeredness (the eight Cs of the IFS model).
- **Protectors:** Two types - preemptive (Managers) and reactive (Firefighters).
- **Vulnerability:** Carried by suppressed Parts (Exiles).
- **System Function:** Collaboration with the Self leading and Parts as vital resources.
- **Challenges:** Arise when Parts assume maladaptive roles or burden, or when the Self isn't in control.
- **Key Insight:** Identifying and nurturing desired experiences in life is crucial for self-determination and fulfillment.
- **Outcome:** Viewing the psyche as a system aids in understanding life choices based on motivations, needs, and emotions.

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introduction to
MODELS

● Breathwork

Definition: Holistic practice using conscious breathing for physical, emotional, and mental well-being.

Historical Roots: Centuries-old practice across cultures.

Modern Popularity: Recent surge due to stress reduction, emotional healing, and personal growth benefits.

Techniques: Diverse methods all emphasize conscious, rhythmic, controlled breathing.

Versatile Benefits: Supports physical, emotional, and mental well-being.

Transformative Potential: From relaxation to emotional healing, spiritual growth, and self-awareness.

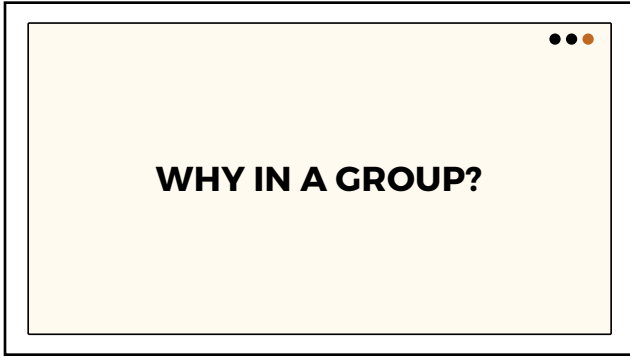
Daily Routine: Incorporating breathwork for a balanced and fulfilling life.

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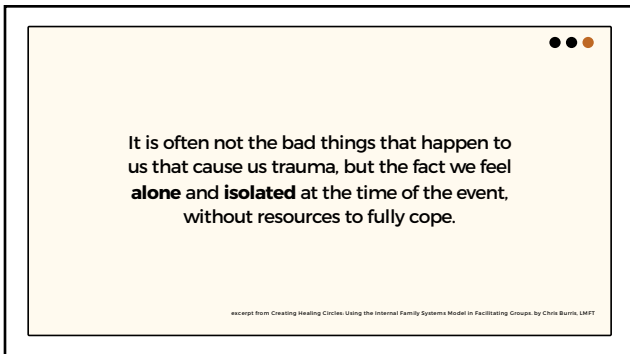
THEMES

Understanding Racial Trauma
 Manifestations of Racial Trauma
 Impact on Self, Others, and Work
 Building Community and Connection
 Expansion and Growth
 Empowering Yourself for the Future

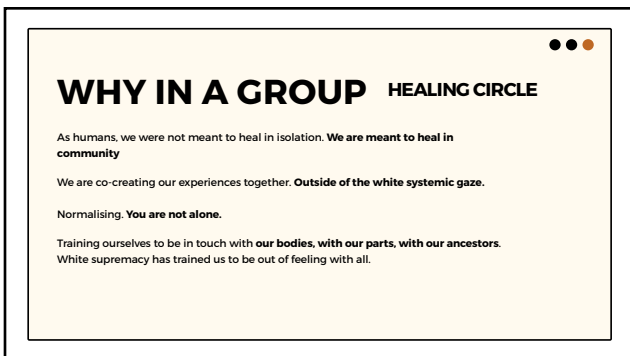
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RACIAL TRAUMA

Race-based traumatic stress (RBTS) | Race-based trauma - refers to the psychological/mental and emotional harm or injury that individuals from racially marginalized groups can experience as a result of exposure and encounters with racism, racial bias, discrimination, systemic oppression, and hate crimes.

It encompasses the emotional and mental distress caused by **interpersonal or individual racism** (e.g., racial slurs, microaggressions) and **structural or systemic racism** (e.g., institutional discrimination, policies perpetuating inequality).

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RACIAL TRAUMA

Direct Traumatic Stressors: The direct impacts of living within the society of filled system racism or being the recipient of individual racist attacks. When something happens to you.

Vicarious Traumatic Stressors: Result from the indirect, yet deeply affecting, consequences of systemic racism and individual racist actions on individuals and communities. i.e. George Floyd, hearing children who perished at residential schools.

Transmitted Stressors: Also known a generational trauma or legacy burdens. i.e. Post Traumatic Slave Disorder; Colonisation; The 60s Scoop.

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RACIAL TRAUMA MANIFESTATIONS

- **Emotional Distress:** Feelings of anger, sadness, anxiety, and fear in response to racial discrimination.
- **Hypervigilance:** Constantly being on guard, expecting racism, and feeling unsafe.
- **Identity Confusion:** Struggling with self-identity and self-worth due to racial discrimination.
- **Physical Symptoms:** Stress-related physical symptoms like headaches, sleep disturbances, and high blood pressure.
- **Avoidance Behaviours:** Avoiding certain places, people, or situations to reduce the risk of encountering racism.
- **Depression and Anxiety:** Increased risk of developing clinical depression and anxiety disorders.
- **Substance Use:** Coping with racial trauma through substance abuse as a means of escape.
- **Pessimistic or adverse beliefs concerning oneself, others, or the broader world:** For instance, an individual may experience a decline in trust towards others or develop concerns that all figures of authority have harmful intentions.
- **Distractedness:** Experiencing a sense of preoccupation with memories or thoughts related to the trauma, which can happen intermittently or on a consistent basis.

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RACIAL TRAUMA IN THE INDUSTRY

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Raise your hand if you have experienced:

- Stereotyping of your ethnicity
- Stereotyping in an audition
- Racist behaviour in the workplace
- Hair and make-up departments unable to cater to your heritage, hair or skin tone
- Feeling "largely" unable to turn down an audition for a stereotypical character
- Generally unable to discuss issues openly with a director, producer, costar, any other professional?
- Fighting for the token role
- Code words and stereotypes used during auditions
- **What else?**

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RACIAL TRAUMA IN THE INDUSTRY

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- What other experiences have you experienced in the industry? At auditions, on set, rehearsals, etc.
- How have these experiences effected you? Emotionally? Mentally? Physically Spiritually? Relationally?

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BREAK TIME
5 MINUTES

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IT'S TIME TO PROCESS



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JOURNALING & DEBRIEF

- Notice what feelings, emotions, sensations, memories came up for you.
- Did they have a colour or tone?
- Notice any meaning that was made during this processing.
- Identify any parts that you became aware of during this time.
- Did you notice any shifts?
- Notice if you can feel understanding, tenderness, compassion toward any parts that are feeling vulnerable.
- Notice the difference between now and when we first started.

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CLOSING

Declaration Card



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