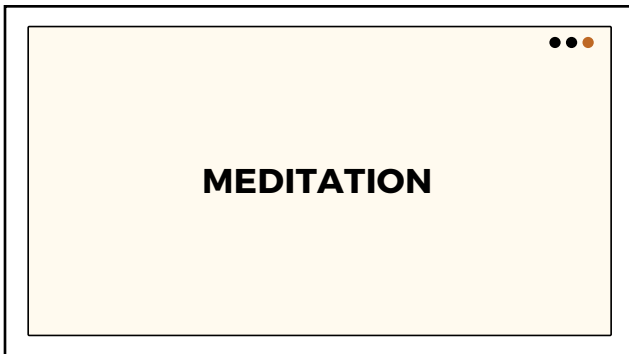
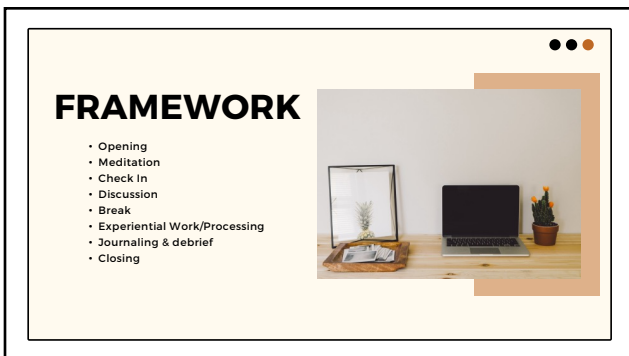




1




2



3

CHECK IN

What is the body feeling right now?
 What is the heart feeling right now?
 What is the head thinking right now?



4

It is often not the bad things that happen to us that cause us trauma, but the fact we feel **alone** and **isolated** at the time of the event, without resources to fully cope.

excerpt from Creating Healing Circles Using the Internal Family Systems Model in Facilitating Groups, by Chik Burnis, LMFT

5

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).

6

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IMPACTS ON SELF

Internalized Racism
The belief in harmful stereotypes and ideas about your own racial group that have been perpetuated by the dominant white society.

Internalized Racial Inferiority
Seeing oneself as inferior due to historical racial labels, leading to disempowering behaviors like isolation and self-doubt.

Internalized Racial Superiority
Believing you are superior because of your racial background, often resulting in unearned privileges and an inflated self-image based on your race.

7

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IMPACTS ON SELF

Internalized Racism
The internalization of the racist stereotypes, values, images, and ideologies perpetuated by the white dominant society about one's racial group (Pyke, 2010).

Internalized Racial Inferiority
The acceptance and acting out of an inferior definition of self, rooted in the historical designation of one's race. Over many generations, this process of disempowerment and disenfranchisement is expressed in self-defeating behaviours. Some examples: colourism, isolation, protectionism, addiction, self-doubt, self-hate, rage, shame, ethnocentrism, anti-Blackness, anti-Indigenity.

8

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IMPACTS ON SELF IN THE INDUSTRY

1. Given the definition of internalised racism, how has it impacted your self-esteem and self-worth?
2. How have internalised racism and internalised racial inferiority influenced your interactions with individuals from your own racial group?
3. What impact have these experiences had on both your career path and your mental well-being?
4. Imagine yourself six months from now. What changes would you like to see in terms of your level of internalised racism, your self-esteem/self-worth, and your interactions with those within your community? What aspects of your response would you like to modify?

9

SELF AWARENESS INQUIRY

- Do I hide from my body?
- How do I treat my body?
- How do I see my body?
- How does my body tell me I feel threatened?
- How does my body tell me I feel safe?

10

BREAK TIME
5 MINUTES

11

IT'S TIME TO PROCESS
Using Your Body to Regulate Well Being



12

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

14

**SEE YOU
NEXT
WEEK!**

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