

Beloved Reclamation: Creating a Culture of Healing

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“COVID-19 is like an X-Ray that exposes the bare bones of the system, amplifies the terrible things we have done, and the terrible inequalities we have accepted.”

Arundhati Roy

Novelist, Political Activist

Our Collective Cognitive Dissonance





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Racism: A Barrier to Connection and Healing

Racism as a Barrier to Connection

4 Levels of Racism

1. Internalized (Within us)
2. Interpersonal (Between us)
3. Institutional (Within institutions and systems of power)*
4. Structural (Among institutions and across society)

Caste: The Origins of Our Discontents

“Caste is insidious and therefore powerful because it is not hatred, it is not necessarily personal. It is the worn grooves of comforting routines and unthinking expectations, patterns of a social order that have been in place for so long that it looks like the natural order of things.”

Isabel Wilkerson

Anti-Black Racism: An Untold Story of Transgenerational Trauma

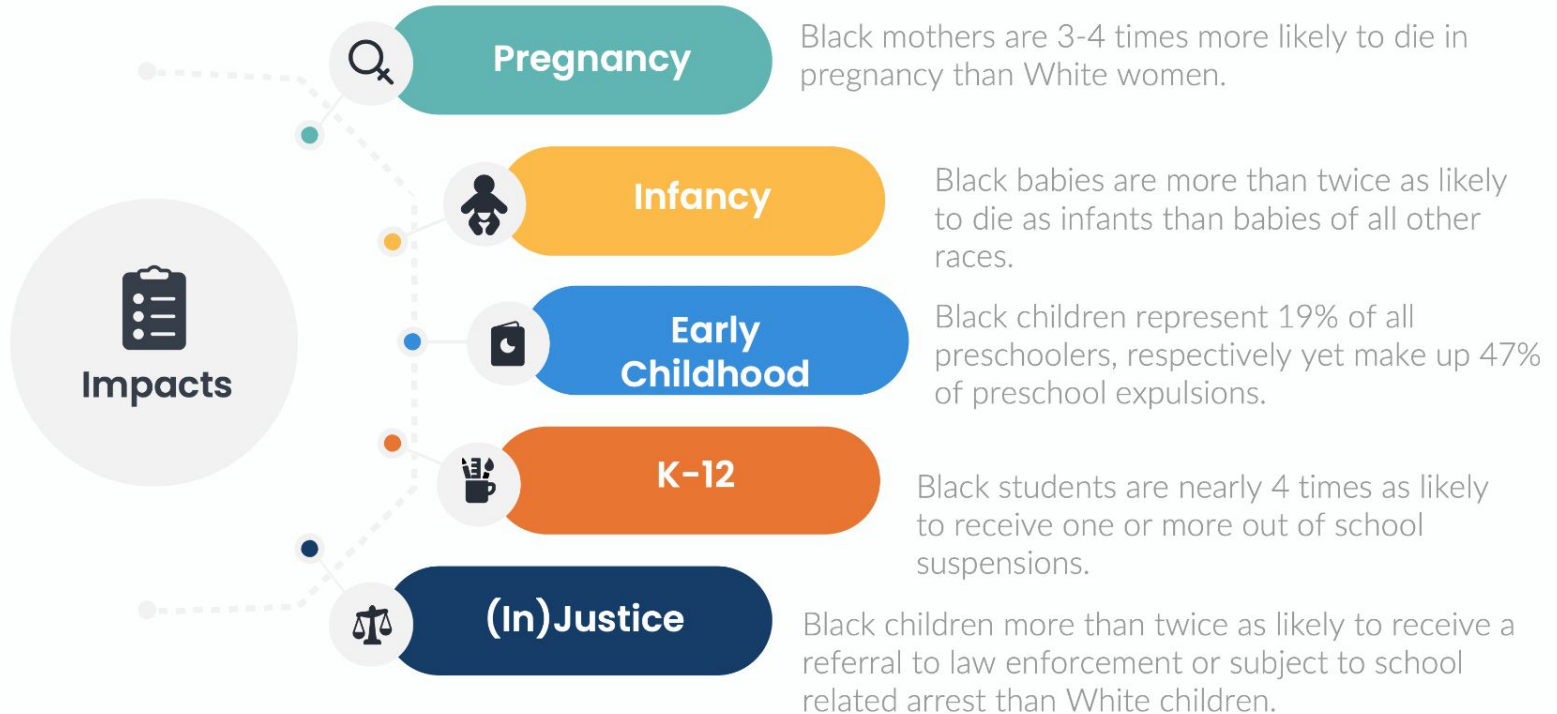
“Anti-Blackness as being a two-part formation that both strips Blackness of value (dehumanizes), and systematically marginalizes Black people. This form of anti-Blackness is overt racism.

Beneath this anti-Black racism is the covert structural and systemic racism which predetermines the socioeconomic status of Blacks in this county and is held in place by anti-Black policies, institutions, and ideologies.”

Source: University of California San Francisco Multicultural Resource Center

Implicit Bias

Implicit Bias is the process of associating stereotypes or attitudes towards categories of people *without conscious awareness*. This process is known to contribute to many racialized disparities.



Racism as a Barrier to Connection

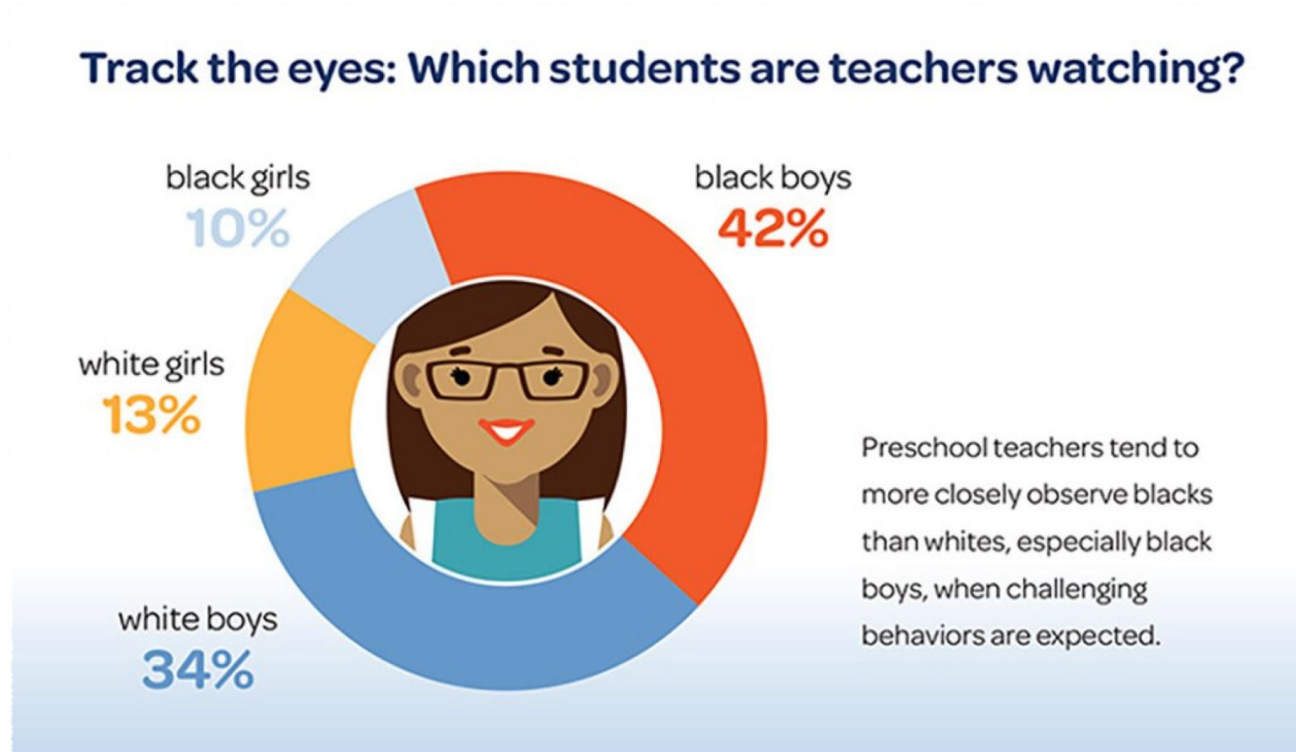
“Black males are 40% more likely, and Black females 54% more likely to be diagnosed with conduct disorder than Whites, even upon considerations of trauma, behavioral indicators, and criminal offending.”

Racial/Ethnic Disproportionality in Psychiatric Diagnoses and Treatment in a Sample of Serious Juvenile Offenders

Michael T. Baglivio, Kevin T. Wolff, Alex R. Piquero, Nathan Epps (2016)



Racism as a Barrier to Connection



“Implicit bias may help explain high preschool expulsion rates for black children,” Yale News, September 27, 2016.

Racism as a Barrier to Connection: Adultification Bias



Racial Trauma

Racial trauma, a form of race-based stress, refers to People of Color and Indigenous individuals' (POCI) reactions to dangerous events and real or perceived experiences of racial discrimination. Such experiences may include threats of harm and injury, humiliating and shaming events, and witnessing racial discrimination toward other POCI.

Comas-Díaz, L., Hall, G. N., & Neville, H. A. (2019)



Trauma Decontextualized

Trauma decontextualized in a person looks like personality.

Trauma decontextualized in a family looks like family traits.

Trauma in a people looks like culture.

- Resmaa Menakem



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Reflection & Discovery

*What is our role in support of healing from racial trauma?
Is it possible to cultivate healing in the absence of justice?*

If you have come to help me,
you are wasting your time,
but if you have come
because your liberation
is bound up with mine,
then let us work together.

Aboriginal activists group
Queensland, 1970



Anti-Racism As Healing Work

“In a racist society it is not enough to be non-racist, we must be anti-racist.”

Angela Y. Davis



Anti-Racism as Healing Work

"To be antiracist is to think nothing is behaviorally wrong or right -- inferior or superior -- with any of the racial groups. Whenever the antiracist sees individuals behaving positively or negatively, the antiracist sees exactly that: individuals behaving positively or negatively, not representatives of whole races. To be antiracist is to deracialize behavior, to remove the tattooed stereotype from every racialized body. Behavior is something humans do, not races do."

Ibram X. Kendi

Abolition As Healing Work

“...the practice of working in solidarity with communities of color while drawing on imagination, creativity, refusal, (re)membering, visionary thinking, healing, rebellious spirit, boldness determination, and subvertness of abolitionists to eradicate injustice...”

Dr. Bettina Love

Author, Activist

Racial Equity

Racial equity is a process of eliminating racial disparities and improving outcomes for everyone. It is the intentional and continual practice of changing policies, practices, systems, and structures by prioritizing measurable change in the lives of people of color.

[Race Forward](#)

Beloved Reclamation: Reclaiming Ourselves as Sacred and Whole Beings in Service to Healing



Beloved Reclamation

Tap into the biology of the brain and neurosequential processes
in pursuit of healing and well-being.

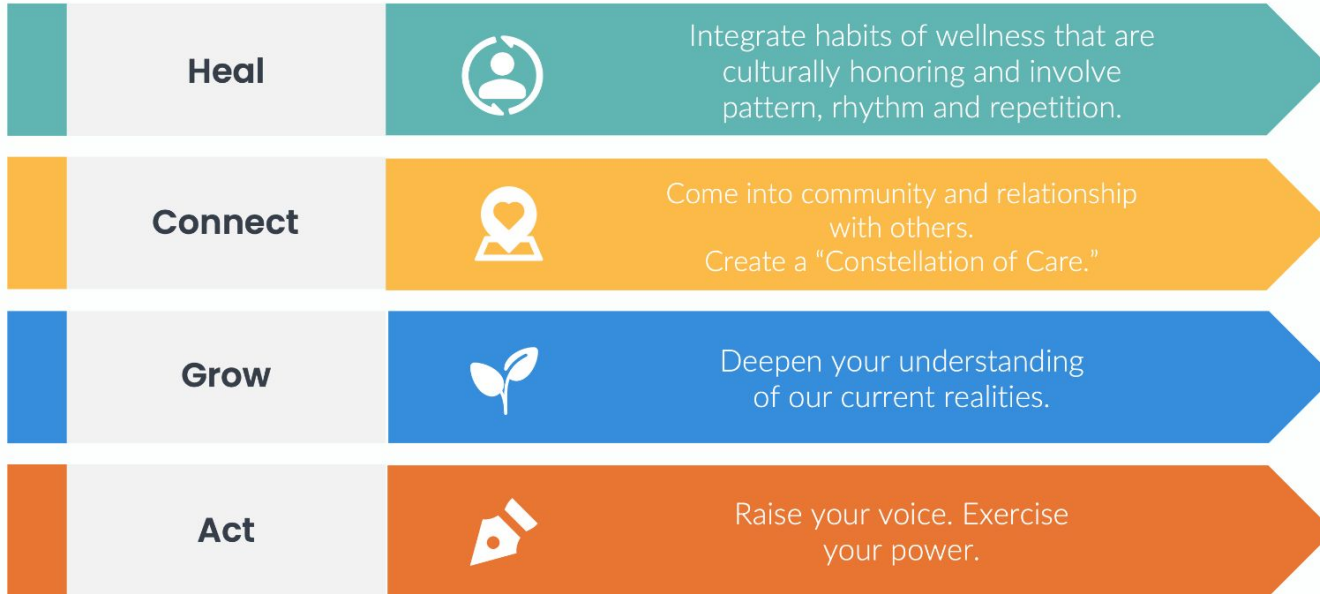




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Heal

We tap into the self-healing, self-organizing capacity of the brain by engaging in activities that are patterned, repetitive, rhythmic and movement-focused.

What habits might we establish in our personal and professional lives that regulate the nervous system and enable the brain to do this most urgent work, enabling our capacity to support regulation beyond ourselves?

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Connect

Despite the advancements made possible by technology, we are more disconnected from ourselves, one another and the living world than at any point in human history. If we are to thrive, we must be intentional about creating community and centering care.

Four strategies for collective care and connection:

- 1) Identify and engage with a community of friends who can be turned to for care, support, and accountability. Be a source of these things to your “village.”
- 2) Share your stories and receive the stories of others. Our stories are our legacy and our “wealth.”
- 3) Establish a “Constellation of Care” by carefully selecting and openly engaging with deeply practiced specialists in the various domains of health and well-being. (Note: Be stellar in your professional care for others.)
- 4) Get into the natural world: Look. Listen. Breathe.



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Grow

As our central nervous system achieves a more regulated state, and we have community and a sense of connection, we have greater capacity to settle into discomfort. It is from the place of discomfort (disrupted homeostasis) that we grow.

Take advantage of the capacity to deepen understanding of complex concepts and awareness of the historical and current geopolitical realities that create and sustain the conditions we have inherited and must change.

Act

Habits of self-regulation, community connection, and knowledge-seeking create the conditions for us to act on our power, rejecting notions of “power over” and rooting into the power of the collective.

Use your dimensions of privilege, positional power, lived experiences and voice to advocate for and advance life-affirming, healing-centered practices and ways of being.

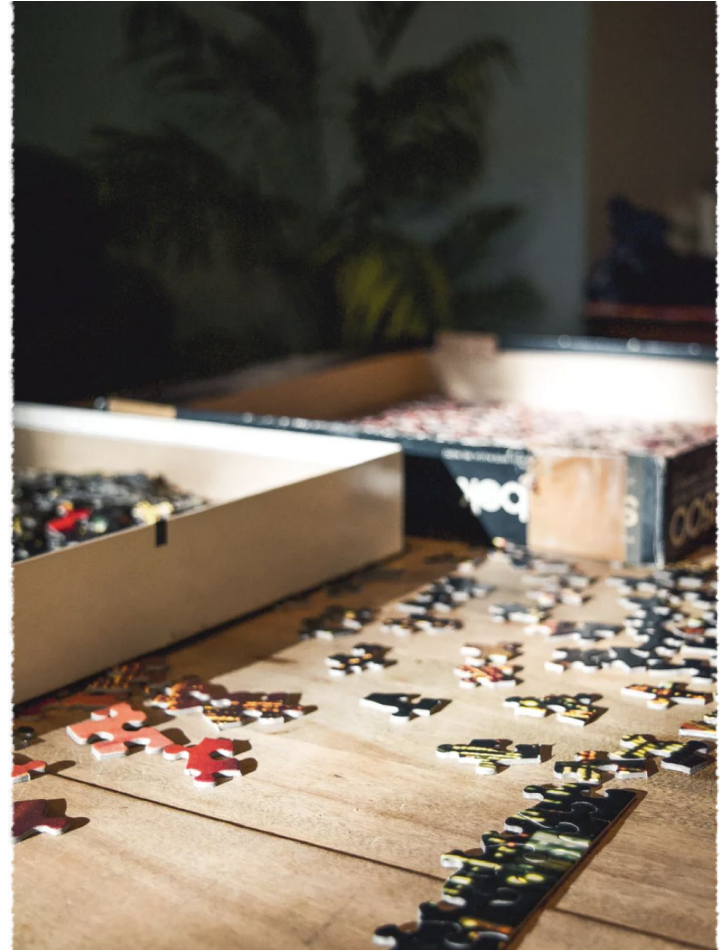
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In Pursuit of Healing & Justice

May our collective pursuit of wellness, understanding, compassion and change elevate new narratives and perspectives on healing that bring about humility, curiosity, joy, and justice.





Gratitude