

Beloved Reclamation Resource List



Read

- *Caste: The Origins of Our Discontents* by Isabel Wilkerson
- *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem
- *Post Traumatic Slave Syndrome: America's Enduring Injury & Healing* by Dr. Joy DeGruy
- *The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement* by Shawn Ginwright
- *What Happened to You?: Conversations on Trauma, Resilience, and Healing* by Oprah Winfrey and Dr. Bruce Perry

Watch

Bruce Perry at Roots of Empathy: "[Born for Love: Why Empathy is Essential and Endangered](#)" (2015)

Listen

California Institute of Integral Studies: [Revisiting Joy DeGruy: Post-Traumatic Slave Syndrome](#) (July 13, 2020)

Resmaa Menakem on On Being with Krista Trippett: ['Notice the Rage; Notice the Silence'](#) (April 15 2021)

Prepared for 13th Annual Early Childhood Mental Health Conference by Habeebah Rasheed Grimes, M.A., Psy.S.
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