



Antiracism Through the Lens of Ava Duvernay's 13th

Shawan M. Worsley, PhD, LMFT, LPCC



Today's Agenda



01

ARRIVING

Learning Objectives
Intentions & Expectations

02

TOOLS FOR TODAY

Mindfulness & Somatic
Strategies

03

PROCESSING 13TH

Small Group Work

04

Clinical Applications

Applying 13th to Clinical
Practices

Learning Objectives



Practice one strategy for managing discomfort experienced when discussing the criminal justice system.



Discuss 13th's central ideas about the criminal justice system.

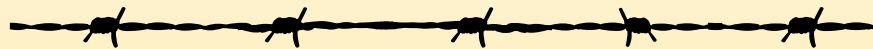


Utilize an Implicit Association Test to explore your biases about race.



Utilize AMCD's Multicultural and Social Justice framework to explore how the criminal justice system impacts you as a clinician.

Intentions



Stay Engaged



Assume Positive
Intentions for Others in the
Group



Speak Your Truth With
Care



Practice Compassion for
Yourself and Others



Be Courageous and Kind



Grow Professionally and
Personally



Expectations



- This is a gracious space.
- We will refrain from judging, shaming, guiltting, and “calling out” others.
- We understand that antiracist work does not belong to one race or culture.
- Everyone participating in this workshop has contributions to give and lessons to learn.
- We understand that openness, honesty and courage are required to participate in this group.
- We may experience discomfort but will utilize various strategies and techniques suggested during these sessions to help increase our ability to tolerate this work.





Expectations



- We will honor the safety and integrity of this space and may respectfully disagree with others, as we may have different political and ideological views.
- We will distinguish facts from opinions and utilize credible research as often as possible to ground discussions.
- We will refrain from disclosing any information that could lead to the identification of a client engaged in therapy services.
- We are not required to follow any suggestions received and will retain ethical and legal responsibility for any suggestions employed in our practices.



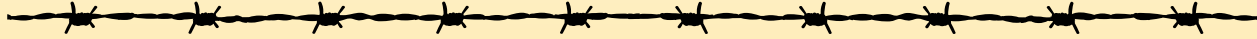


Tools for Increasing Capacity for Today's Discussion



Breathe, Ground and Resource

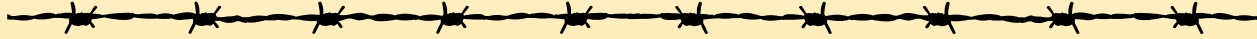
Resmaa Menakem



- Take a few deep breaths. Let your body relax as much as it wants to.
- Think of a person, animal or place that makes you feel safe and secure. Now imagine that this person or animal is beside you right now or that you are in that safe place.
- Breathing naturally, let yourself experience that safety and security for about a minute.

Breathe, Ground and Resource

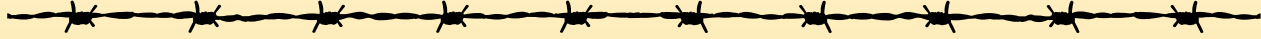
Resmaa Menakem



- Feel into your body. Where does it seem constricted, uncomfortable, or unwell in any way? Note each of these locations.
- Pick one of these locations and focus on it. For a few seconds, let yourself fully experience the constriction or discomfort.
- Then, once again, visualize the person, animal or place that helps you feel safe and secure. Imagine you are in that place or that the person or animal is beside you. Experience the safety and security for a minute or two.

Rubbing Your Belly

Resmaa Menakem



- Get comfortable and take a few deep breaths. Let your shoulders relax.
- Place your palm on the center of your belly, just above your navel. Press in gently. Hold your hand in place for a moment or two.
- Then, slowly rub your belly for 3 to 4 minutes, in whatever way feels good to your body.
- When you're done, pay attention to all the sensations in your body.
- Alternatives: Rub the center of your breastbone or your solar plexus—your center of gravity, halfway between your breastbone and navel.



Practice Self-Compassion



Self Compassion

- is essential for healing
- allows us to look at the ways we might have caused harm
- allows us to navigate conflict with others
- allows us to bring kindness to our own suffering, self-nurture and increase our capacity to engage bias



The Skillfulness of Compassion for Self and Others



Rhonda Magee

**The Inner Work of Racial
Justice**



Processing 13th

What feelings arose for you when you watched this documentary?

What did you learn about yourself by watching this documentary?

Would you watch this documentary again? Why or why not?

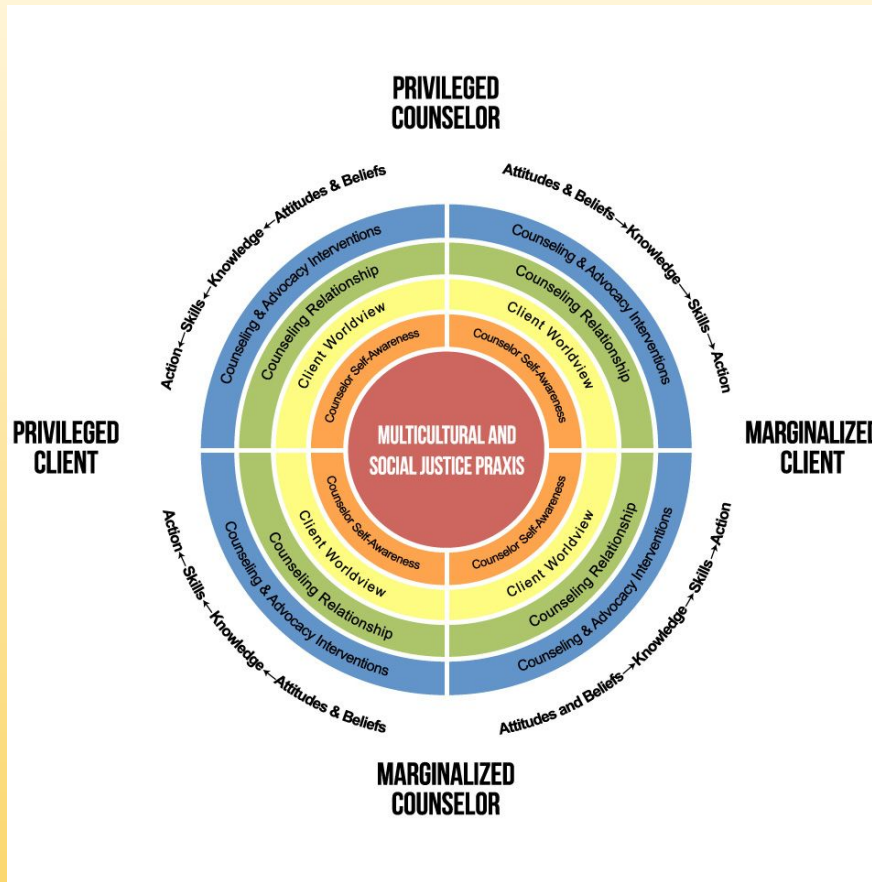
Have you recommended this documentary to anyone? Why or why not?





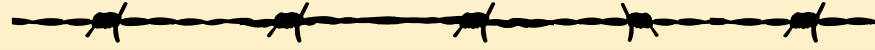
**How do we incorporate
issues related to the criminal
justice system into our work
as antiracist
psychotherapists?**





The Multicultural and Social Justice Counseling Competencies

Counselor Self-Awareness



Attitudes & Beliefs



Knowledge



Skills



Action



Attitudes & Beliefs

What people, events, ideas and institutions have shaped your ideas about the criminal justice system?

Do you hold a privileged, marginalized or both position in relationship to the criminal justice system?

Exploring Unconscious Bias



Our
Kind of
People



Race IAT

Bayeté Ross Smith's
Our Kind of People



Knowledge

What does Duvernay's documentary, 13th tell us about the criminal justice system?

What is the field of psychology's relationship to the criminal justice system?

What responsibilities do we as therapists have in response to the criminal justice system?



Skills

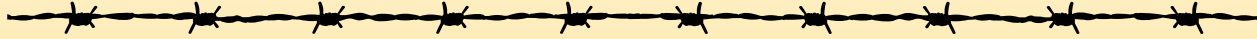
Can you identify and explain to others how the criminal justice system impacts you personally and professionally?



Action

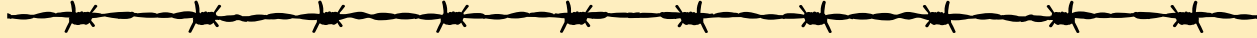
Identify one action that you can take to implement your knowledge and understanding of the criminal justice system to your antiracist clinical practice.

Resources



- My Grandmother's Hands by Resmaa Menakem
- The Inner Work of Racial Justice by Rhonda V. Magee
- Mindful of Race by Ruth King
- Bayeté Ross Smith - <http://www.bayeterosssmith.com/>
- Multicultural and Social Justice Counseling Competencies - <https://www.counseling.org/knowledge-center/competencies>
- APA's Criminal Justice Advocacy and Policy Recommendations - <https://www.apa.org/advocacy/criminal-justice>

Useful References



American Psychological Association. 2017. Multicultural guidelines: An ecological approach to context, identity, and intersectionality. Retrieved from: <http://www.apa.org/about/policy/multicultural-guidelines.pdf>

Klukoff, H., Kanani, H., Gaglione, C., & Alexander, A. (2021). Toward an abolitionist practice of psychology: Reimagining psychology's relationship with the criminal justice system. *Journal of Humanistic Psychology*, 61(4), 451–469. <https://doi.org/10.1177/00221678211015755>

Kovera, Margaret. (2019). Racial disparities in the criminal justice system: Prevalence, causes, and a search for solutions. *Journal of Social Issues*, 75(4), 1139-1164. <https://doi.org/10.1111/josi.12355>

Littrice, L. Y. (2021). The truth about a lie: The criminal justice system, is it just? *American Journal of Community Psychology*, 67(1-2), 179–183. <https://doi.org/10.1002/ajcp.12509>

Rose, J. C. C., MacManus, C., MacDonald, J., & Parry-Cruwys, D. (2022). Mitigating racial inequity by addressing racism in the criminal justice system: A behavior analytic approach. *Behavior Analysis in Practice*. Advance online publication. <https://doi.org/10.1007/s40617-021-00670-9>



Questions?

Comments?



THANKS

I would love to hear from you!

Shawan@CultureAlly.org

510-777-6345 | CultureAlly.org



@culture_ally

CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, and infographics & images by **Freepik**

