Racial Trauma, Healing, And Resiliency – Home Learning Reflection Questions

to accompany Racial Trauma, Healing, and Resiliency: A Web-Based Opportunity for Learning and Growth, which can be found by <u>clicking here.</u>

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1. How would you describe your racial identity?

2. What messages did you receive growing up about your racial identity? Where did you receive these messages from? How did these messages influence your thought patterns, self-view, locus of control, and sense of belonging?

3. When did you first become aware that people were different racially? What do you remember feeling in response to this new awareness?

4. In reflecting on your racial identity development, what are key moments that have defined how you have felt about your identity? How have your feelings toward your racial identity evolved over time?

5. Reflecting on your own journey with your racial identity- has there been a person or group of people who have been influential in your capacity to sit with difficult feelings / emotional activation? If so- how did they/ do they specifically influence you?

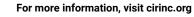
6. What do you notice about how your body reacts or responds when conversations about race/racism are happening around you? What role do you find yourself playing in conversations about race/racism in the workplace?

7. The HEART Framework (Chavez-Duenas et al.2019) envisions healing taking place in spaces that have been designed as "sanctuaries". What might a sanctuary be for you? How are you creating and engaging with notions of sanctuary in your work?

8. Thinking about an ecology of change in your own life- where might you take an action step toward addressing racism and racial trauma?

What strategies do you currently use or might you begin to use to help support in 9. fostering your inner resiliency and healing?

What strategies might you use to help foster inner resilience and healing for the 10. clients that you serve?





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