

PEOPLE OF COLOR
SANCTUARY:

Healing from the Trauma of Racism

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WELCOME

Sanctuary: a place of refuge or safety



GROUP GUIDELINES

- Confidentiality
- Pass or Participate
- Different Places on the Journey
- Affinity Process
- Check devices outside

INVOCATION

**We honor our diverse lineages, our ancestors,
and ourselves.**

We see you.

We feel you.

INTRODUCTIONS

- **Partner in Affinity Pairs:** People of Color with People of Color, White people with White people
- **Please share the following:**
 - Name
 - Where your work and role
 - Why you chose this session

LECTURE

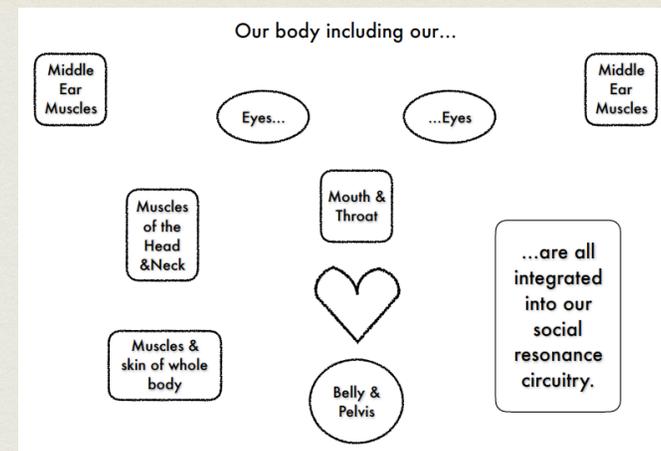
The (Abridged) Interpersonal Neurobiology
of Racism

DISCLAIMER

During the lecture, I will not be taking any questions.

You will have an opportunity to debrief with an affinity partner following the lecture.

THE EMBODIED BRAIN



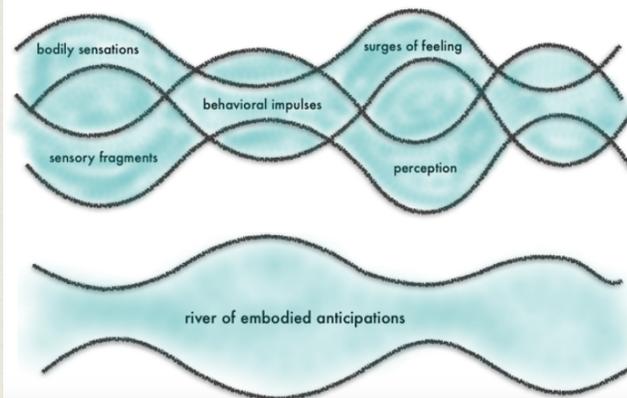
OUR EXQUISITE SENSITIVITY

THE ATTACHMENT ENVIRONMENT



IMPLICIT MEMORY

STREAMS OF IMPLICIT MEMORY



THE POISONED WELL

What is the Poisoned Well?

THE POISONED WELL



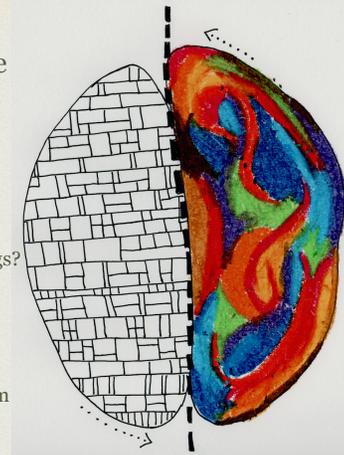
INESCAPABLE EFFECTS OF THE POISONED WELL

- Racism is racial bias + systemic power
- All White people who have grown up in the U.S., or lived here for any length of time, have been indoctrinated with racism.
- People of Color internalize the dehumanization of our peoples, by being steeped in a White supremacist society. This is internalized oppression.

RIGHT AND LEFT HEMISPHERES

Left Hemisphere

- Individualistic (me, mine, I)
- Lacks empathy for others
- Inanimate objects
- Certainty
- How can I use things?
- Laws, policies, procedures
- Precise language
- Rage, paranoia, unrealistic optimism

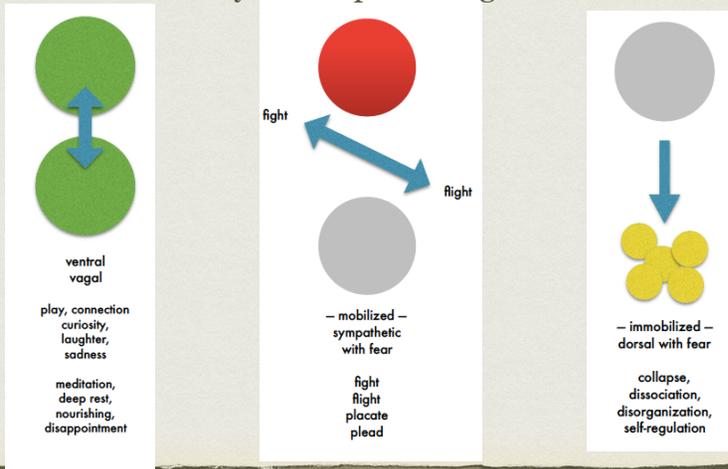


Right Hemisphere

- Group-oriented (us, we)
- Has empathy for others
- Relationships and living things
- Curiosity
- Makes meaning in life
- Flow and novelty
- Metaphoric language
- Full range of feelings
- Stores trauma and loss

POLYVAGAL THEORY

by Dr. Stephen Porges



SUMMARY

Racist socialization +
Exquisite sensitivity +
Attachment +
Implicit memory +
Left hemisphere shift +
Polyvagal theory +
Systemic racism in all our institutions =
**intractable racism embedded in the nervous
systems of every person and every system of U.S.
society.**

EFFECTS OF RACISM ON PEOPLE OF COLOR

Racism is like a hot stove that keeps touching you.

Dehumanization—*ranging from microaggressions to discrimination, to assaults on ourselves or people who look like us*—damages our nervous systems, leading to physical and psychological disease.



~Pause~

~Feeling your embodied feelings~

Affinity Partner Sharing
&
Attunement Practice

**Question: “What is one thing that impacted you
from the lecture material and why?”**

WE HEAL IN
RELATIONSHIP

What is Co-Regulation?

Group Mindfulness Practice

CLOSING

Thank you for being here today!

If you want to learn more about healing from the trauma of racism, please sign up for my e-newsletter to find out about upcoming groups!