



Mindful Anti-racism: A Radical Exploration of Race and Resilience

Sponsored by Open Spirit: A Place of Hope, Health & Harmony

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Summary

This six-week program encourages intentional anti-racism work through a multifaceted approach anchored in mindfulness, education, and action. Mindful Anti-racism is rooted in the work of many including Ruth King, author of *Mindful of Race*. Psychoeducational programming will address a variety of relevant topics such as how racism is ingrained in systems (education, criminal justice) as well as how we can best equip ourselves to do the work of anti-racism in a way that is sustainable and impactful. Educational components will address both theory and practice. Participants will build connection and engage in discussion as part of weekly breakout session. All work will be rooted in self-inquiry, mindfulness practices, embodied movement, and trauma-informed action.

This course will be led by Dr. Kelsey Evans-Amalu and Dr. Danielle Rousseau. Both bridge the worlds of academic teaching and research and mindfulness and embodied movement practices. Racial Affinity Groups will be led by trained facilitators and organized based on racial identification.

Recommend Text: *Mindful of Race*, Ruth King

Additional materials will be provided by instructors: Recorded Webinars, Suggested Movement Based Practices, Suggested Meditations, Suggested Materials to Watch (Movies, Ted Talks, You Tube Videos), to Read (Academic Articles, Op- Ed Pieces, etc.), to Listen (Podcasts, Recordings, etc.).

Note: While all are welcome, this program forefronts how those with privilege are called to do the active work of anti-racism. The work is designed to facilitate self-inquiry and action by creating an environment that centers impact over intentionality.

Topics encompass:

- Self-compassion and self-care in doing the work of anti-racism
- Language and creating internal and external change
- What is privilege?
- Acknowledging our ancestors
- Intersectionality
- Disparity and trauma in the work of justice
- Race, class and the education system
- The role of empathy and compassion in anti-racism

Participants will learn:

- How mindfulness can support the work of anti-racism
- Why language matters and how to speak more intentionally
- Why understanding our history is important and how such understanding can facilitate change
- How racism is ingrained in systems and contexts (education, criminal justice, etc.)
- Why self-compassion and radical self-care are important in sustaining the work of change
- Why empathy is important in supporting social justice work
- How trauma plays a role in social justice contexts
- How to apply mindfulness tools for trauma informed learning and anti-racist advocacy

Bios

Kelsey Evans-Amalu, PhD, E-RYT

Dr. Kelsey Evans-Amalu is a professor of Social Studies Education at Delta State University. Her work focuses on the use of mindfulness, empathy, and compassion in k-12 and higher education. Kelsey is a yoga and meditation instructor (500 E-RYT), with a diverse background in teaching and training yoga students of all populations. You can also catch Kelsey on PBS as the star of “Happy, Healthy Kids”, putting her research into practice.

Danielle Rousseau, PhD LMHC

Danielle Rousseau is an Assistant Professor at Boston University. She is a licensed therapist and certified yoga teacher. Dr. Rousseau’s professional focus has been in trauma service and gender advocacy. She is a scholar activist and justice educator. Dr. Rousseau worked in the field of forensic mental health as a therapist in correctional facilities and served communities doing crisis response and victim advocacy. Her research, teaching and practice focus on justice, trauma, gender, mental health, mindfulness, inclusivity and resilience. She is an advocate of integrative, holistic approaches that support embodied self-care. Dr. Rousseau has received multiple grants including a grant to develop, implement and evaluate an opioid specific yoga curriculum. Her work is published in many academic books and journals. She is the editor of *Yoga and Resilience: Empowering Practices for Survivors of Sexual Trauma*. Dr. Rousseau is a sought-after national speaker and trainer and has developed a diverse range of curricula and training. Contact information: Danielle Rousseau, PhD LMHC, danrou@bu.edu or daniellerousseau.com.

Dates

This course will be offered 6 Monday evenings, from 7-8:30 pm: **January 25, February 1, 8, 15, 22, March 1**). After the conclusion of each session there will be an optional open office hours session from 8:30 to 9. All content sessions will be recorded and offered to participants. While live attendance is recommended, course content and optional assignments can be flexible to meet individual schedule needs. All programs will be held virtually.

Registration and Costs

Registration is open at openspiritcenter.org. We ask for a registration fee of \$20. We encourage participants to make an additional donation to support this program, if you are able. Suggested donation: \$40-100 (or \$10-20 per session, including the registration fee), more if you can, less if you can’t. Cost should not be a deterrent!

Please register at www.openspiritcenter.org.