



Black Community Support Session - Police Killings of Black People

Kimberly M. Ashby, PhD

April 22nd, 2021

Session expectations

- Introduction of facilitators
- Emotions and reactions
- Community self-care
- Mindfulness practice

Discussion Guidelines



- This is a safe space for Black and African American people
- Set your own boundaries for sharing
- Respect confidentiality (do not share *personal* information shared in class outside of training)
- Share air time
- Listen respectfully to different perspectives
- Focus on own learning
- Lean into the discomfort
- *Utilize the chat section to share*
- *Mute your microphone, unless speaking*
- *Reduce background noise*
- *Silence notifications from your phone, laptop, computer*

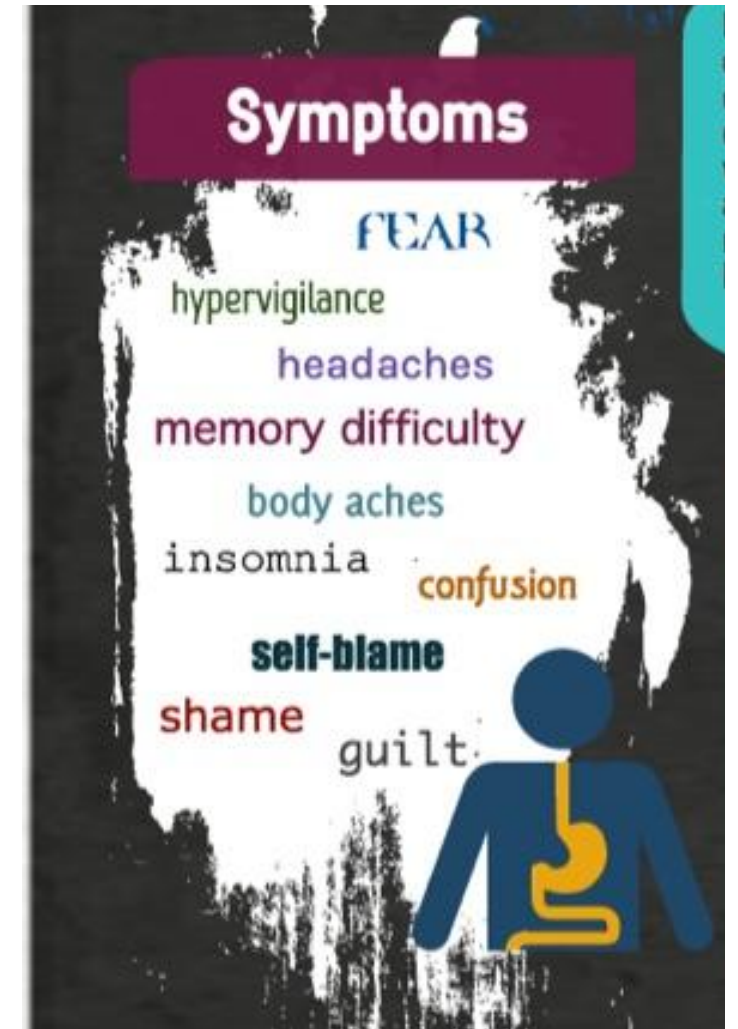
Tips for staying engaged

- Stay hydrated
- Stay connected to your body
- Take deep breaths throughout our time



Racial Trauma

- The physical and psychological experiences of racism
- A cumulative experience, where every personal or vicarious encounter with racism contributes to more insidious, chronic, stress



Feel Your Feelings: Ways to Process and Cope



- Cry
- Take a breath
- Take a walk
- Movement
- Take a day off
- Journal
- Talk to a friend
- Listen to music
- Creative expression
- Curate safe spaces to process or to be silent
- Be mindful to limit your participation in numbing activities
- Get professional support



Adapted from Swarbrick, M. (2006).
A Wellness Approach. *Psychiatric
Rehabilitation Journal*, 29(4), 311-314.

Mindfulness



Counseling Options

- **Therapy Services with Dr. Kim or Dr. Ghynecee**
 - Email scheduling@theladipogroup.com

- **A Seat at the Table: A Black Women's Processing Group**
 - Starts May 11th, Tuesdays 5:00pm - 6:00pm (weekly; 8 week series)
 - Facilitator: Dr. Kim
 - \$10/group. Registration fee of \$10 will cover the cost of the first group.
 - The Ladipo Group is providing a group for Black women to process their experiences with other Black women in a safe and supportive space led by a psychologist. Please login to share your personal challenges, such as loneliness, relationship issues, and self-esteem issues, and develop coping skills with other Black women from whom you can learn and connect.
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