

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









THE LADIPO GROUP

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



EMOTIONAL Coping effectively with life and creating satisfying relationships

ENVIRONMENTAL Good health by occupying pleasant, stimulating environments that support well-being

INTELLECTUAL Recognizing creative abilities and finding ways to expand knowledge and skills

PHYSICAL Recognizing the need for physical activity, diet, sleep and nutrition

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

WELLNESS

OCCUPATIONAL Personal satisfaction and enrichment derived from one's work FINANCIAL Satisfaction with current and future financial situations

SOCIAL Developing a sense of connection, belonging, and a well-developed support system

SPIRITUAL Expanding our sense of purpose and meaning in life



Mindfulness



Counseling Options



- Therapy Services with Dr. Kim or Dr. Ghynecee
 - Email <u>scheduling@theladipogroup.com</u>
- 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.
 - Email <u>scheduling@theladipogroup.com</u>



Black Community Support Session -Police Killings of Black People

Kimberly M. Ashby, PhD

April 22nd, 2021