

A Call to ACTION

Self-reflection Activity Regarding Racial Biases

Prompt: Watch a movie/TV show, read a book or listen to music/podcast that is about Black-White relations in America and consider the following:

- Be honest with yourself about your experience
- What did I think/feel/believe about Black people, White people, American society, when I began watching?
- When did I become uncomfortable watching this? Where did I feel the discomfort (in your body)? (example: I got a lump in my throat when the father was kidnapped in the North and sold into slavery in the south - *12 years a slave*)
- What feelings were elicited while watching?
- Who is the protagonist and antagonist?
- Whose point of view do I agree with?
- How do I feel about the resolution of the conflict?
- Do I feel better or worse after watching?
- Is my point of view changed after watching? How?

- Movies and Documentaries (not an exhaustive list)
 - 13th
 - Just Mercy
 - Whose Streets
 - I am not your negro
 - The African Americans: Many rivers to cross
 - What happened, Miss Simone
 - The Loving Story
 - Teach us all
 - The hate you give
 - Mudbound
 - Black America since MLK: And still I rise
 - 12 years a slave
 - The Help
 - Black KKKLansman
 - Do the right thing
 - Crooklyn
 - Malcom X (with Denzel Washington)
 - Jungle Fever
 - A Huey P Newton Story
 - The Color Purple
 - Roots
 - Amistad
 - Queen
 - Gone With the Wind
 - Imitation of Life
 - A Raisin in the Sun
 - The Green Book
 - The Killing Floor
 - The Eyes on Prize (Documentary Series)
 - Crack

Race in the Therapy Room: the Myth of Colorblindness

Presented by: Dr. Andrea Taylor, PsyD, LPC, Ariel Magidson, MA, LLP, Dr. Carmen Bell, PsyD, LPC

- Billie Holiday vs the United States
 - Judas and the Black and Messiah
 - The Trial of the Chicago 7
 - White Man's Burden
 - Mississippi Damned
 - Detroit
 - Dear White People
 - Hidden Figures
 - Best of Enemies
 - Their Eyes Were Watching God
 - Sorry to Bother You
 - American Skin
 - American Son
 - When They See Us
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- Television
 - Black-ish
 - Insecure
 - Mixed-ish
 - Girlfriends
 - Good Times
 - A Different World
 - First 2 episodes of Real World Homecoming
 - Ginny and Georgia
 - Dear White People
 - Underground
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- Books
 - To Kill a Mockingbird, Harper Lee
 - Autobiography of Malcolm X, Malcom X and Alex Haley
 - Chinewa Achebe
 - The Spirit of Intimacy
 - Autobiography of James Baldwin
 - Any black influential autobiography of anybody black basically
 - The Isis Papers, Dr. Francis Cress Welsing
 - Message to the Black Man in America, Elijah Muhammad
 - The Warmth of Other Suns, Isabel Wilkerson
 - The New Jim Crow, Michelle Alexander
 - Warmth of Other Suns, Isabel Wilkerson
 - Beloved, Toni Morrison
 - This is fire, Don Lemon
 - Uncomfortable Conversations With a Black Man, Emmanuel Acho
 - Tears We Cannot Stop, Michael Eric Dyson
 - Cast, Wilkerson
 - Toni Morrison
 - Alice Walker
 - Are Prisons Obsolete, Angela Savis
 - The miseducation of the negro, Professor Carter G Woodson
 - Invisible Man, Ralph Ellison

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- Authors / Playwrights
 - Lorraine Hansberry

- Music, artists and albums
 - Strange Fruit Nina Simone, Billie Holiday
 - Nina Simone
 - Gil Scott-Heron
 - The Last Poets

- Podcasts
 - In Godfrey We Trust Podcast
 - Briche to Branches Podcast
 - Turning the Lens (Seeing White, Part 1)
 - Brené with Dr. Yaba Blay on One Drop: Shifting the Lens on Race
 - Season: Seeing White