

Addressing Racial Trauma (ART) Satir & Bulbrook Integrated Models of Change

Support & Help Overcoming Racial Trauma

GOAL:

Provide support and help with managing traumatic experiences related to racism.

PROBLEM:

Acts of racism, and stress such as bullying, harassment, leveraging power imbalances, police harassment disproportionately, workplace discrimination, housing discrimination, community violence, murder of loved ones, incarceration, distressing medical and/or childbirth experiences can and do traumatize individuals worldwide. Hearing the stories without hope can also immobilize individuals. Discrimination based on race, color, physical limitations, nationality, religion and / or political different ideas. or nationality are the main categories addressed including insensitive and threatening remarks made as well.

OBJECTIVES:

1. Provide resources to support growth and healing.
2. Explore options available to help oneself personally in health, education, and finances.
3. Identify ways to combat miscommunication due to cultural barriers and stereotypes.
4. Investigate ways or organizations that help deal with discrimination that could limit educational access equally and equal pay.
5. Provide Healing Racial Trauma Circles (HRTC) as the intervention to address racial trauma. (ART Program)

PROGRAM:

Addressing Racial Trauma (ART) to support, help, facilitate and heal all those affected by racial trauma. This includes both professionals such as nurses, mental health workers, doctors, psychologists, social workers, youth workers, essential workers in health and social justice departments and lay individuals, family members, schoolteachers, pastors, veterans, and communities.

Healing Racial Trauma Circles (HRTC): Satir & Bulbrook Trained Facilitators



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- Confidentiality required
- Meet online weekly for 1 hour X 12 weeks connecting through zoom link
- A three-month commitment with a before & after self-rating assessment to focus change desired, needed and resolved

Potential Symptoms of Mental Health Consequences of Racism

PTSD, stress, anxiety, anger, paranoid, depression, frustration, resentment, fear, lowered self-esteem, substance use, alcohol abuse, binge eating, severe psychological distress, psychosis, disability, suicide, obsessive-compulsive disorder, helplessness, hopelessness, powerlessness, lowered levels of psychological functioning, isolation, distrust, shameful, humiliated.

OUTCOMES:

Using Satir's and Bulbrook's proven therapeutic methods, the ART program provides a supportive framework to promote health, wellness, and healing empowering all as they interact together in a Healing Racial Trauma Circles.

- Identify racial trauma in you address ways to heal
- Provide support to each other through active listening
- Experience a safe environment to share
- Welcome diversity of opinions, race, religion, prosperity, and intellectual abilities
- Enhancing adaptive coping and resilience
- Empowerment oriented platform
- Community engagement model

The Therapeutic Models & Framework to Address Racial Trauma

The Human Validation Process Model of Virginia Satir framework and Bulbrooks model of Healing From Within and Without guides the process of change to heal and go forward healing with a renewed hope and zest for life.

ART Program is based on Three, four-week modules.

ADDRESSING RACIAL TRAUMA (ART) MODULES

The First Modules: consist of facilitators with participants helping to identify their personal racial trauma issues within and without.

The Second Module: consist of facilitators with participants providing tools and skills to address their racial trauma.

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The Third Module: consist of facilitators with participants empowering each other to use their new skills in their lives.

Session Topics and Practice Integrated in the ART Program

1. The power of sharing stories with what YOU want to address regarding racial trauma.
2. Identify courage needed to help oneself and others.
3. Address the holistic components of racism on body, emotion, mind, and spirit.
4. Review the concept of “iceberg” hiding our inner needs and wishes.
5. Explore how to move into an empowered position of congruence, strength, and compassion.
6. Incorporate music, art, movement, writing as tools for change.
7. Enter the story of others through an open door of listening with an open heart to help ease burdens, provide strength and wisdom nuggets that others may benefit from.

Addressing Racial Trauma Circles Format:

1. Centering Meditation Incorporating Satir’s Concepts
2. Invite Sharing Using the Talking Stick Method Addressing the Following Categories:
 - a. Appreciations/Excitements
 - b. Feelings Experienced During the Week
 - c. Hopes and Wishes
3. Guided Wisdom Presentation by Facilitator on Satir & Bulbrook Content
4. Helping Participants Identify Internal and External Sources of the Stored Trauma
5. Connecting with internal wisdom guides
6. Sharing by Participants Using the Talking Stick of Outcome
7. Closing circle anchoring in positive outcomes identified by participants.

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Suggested Faculty Bio to Assist in this Project as Consultants

Dr Christine Bair, PhD Dual Doctorate in Energy Medicine & Spiritual Integration Serves on the Board of Directors of Akamai University and Chairperson of Faculty Council and Deputy Director of the Institute for CAM Studies

Professor Bair entered Holos University Graduate Seminary in 2003, completing dual doctorates in Energy Medicine and Spiritual Integration in 2006, and receiving ordination. Later she served as co-chair of the Board of Directors for six years (2008-2014), followed by a faculty appointment as Director of the School of Integrative Medicine and professor of Heart Meditation (2014-2018). Her research documenting The Heartfield Effect®--the biofield synchronization of heartbeats between persons producing measurable shifts of both physical and psychological measures—was published in the peer reviewed journal, *Advances in Mind Body Medicine*. As a presenter and keynote speaker at multiple ISSSEEM and ACEP conferences and writer for holistic publications, she continued advocating for the expansion of healthcare to awareness of the connections and relationships within the personal dimensions of B/M/S, between persons, the larger social and cultural settings, environment, and Earth herself, orchestrated by the primacy of the heartbeat as the vibrational director/regulator of life processes.

With the publication of her first book, *The Heart Field: What it is. How it works. Why it matters. (2016)*, Christine expanded the reach of this new paradigm of wellness in creating an overview summary of the quantum science, the particular applications at each level of physical, mental, emotional, and spiritual well-being, and the connection of the personal and collective human consciousness in language accessible to the lay public.

Continuing her work at the intersection of science and spirituality, with quantum science and universal wisdom teachings in application to health and wellbeing, Christine joined the faculty of Akamai University in 2018 and focuses on the roles of consciousness, bioenergy, the heart field, and the holographic realities of life both human and planetary.

Antonio Cardona, MPA, MA, CPM, CWDP, GCF

Mr. Cardona holds the Executive Master's in Public Administration from Rutgers University and Master of Arts in Community Counseling from The College of New Jersey. He has been actively involved in diversity and race relations, and the development of anti-discrimination programming for over 10 years. Mr. Cardona is a native speaking Spanish language communicator and has served as an EEO Investigator for the State of New Jersey, including placement within the Office of the Attorney General for assurance of compliance and diversity administration. He is a human resource professional with the New Jersey Department of Human Services and a Workforce Development Coordinator and Career Counselor. Mr. Cardona

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coordinates mediation scheduling and training for Union County and serves as a professional mediator with the court systems in Union and Somerset Counties. He is an Associate Professor of Psychology with Mercer County College, and an adjunct faculty member with the Human Resource Development Institute, Union County College. Mr. Cardona serves the State of New Jersey as a diversity expert, holds government certifications in EEO/AA, Diversity Programming and Training, Mediation and Employment Dispute Issues, and holds workforce development credentials including Certified Job Counselor, Training-the-Trainer, and Managing Workplace Diversity. He is an active radio and television presenter, trainer and speaker and serves on several state boards and community advisor boards.

Peter John Purcell, PhD in Sustainability Studies

Provides support to the University as part of improving our work in social media representing the opportunities with AU faculty worldwide. Also serves on the University Development Committee and Alumni Council.

Dr. Purcell in his PhD studies addressed An Historical Study of the Influence of William Shakespeare's Tragedies on Sigmund Freud's Psychoanalytic Theories. This background sets the tone of integrating the arts, and mental health to address social justice setting the stage to explore new territory for addressing current challenges facing the world. Based in Canada he currently assists in writing curricula for Chinese teachers for a major educational firm in Beijing, China. He has mentored students in their practicum at three universities: Toronto University, Queen's University and York University. He assists with Online English tutor as he is an English Specialist. These diverse skills provide AU with support for our online teaching and communication worldwide.

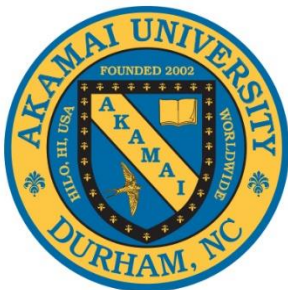
Melinda H. Connor, D.D., Ph.D., AMP

Dr. Melinda H. Connor holds undergraduate degrees from Harvard University and Wellesley College. She holds master's degrees from University of San Francisco and American Military University. She received her doctorate in clinical psychology from California Coast University and did her neuropsychology training in northern California. Dr. Connor was the recipient of a 3-year National Institutes of Health T32 post-doctoral fellowship in complimentary medicine research at the University of Arizona under Dr. Andrew Weil and Dr. Iris Bell where she was the former director of the Optimal Healing Research Program at the Laboratory for Advances in Consciousness and Health, directed by Dr. Gary E. Schwartz. She has additional training in drama therapy, dance therapy, massage therapy, nutrition, qi gong and in many different styles of energy and meditative practices. Currently a professor on the teaching staff for several universities and a popular speaker at conferences.

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Dr. Connor is the CEO for the National Foundation for Energy Healing, research symposium chair for the ISSSEEM organization and has private research and healing practice in Arizona. She is the author of ten books.

bias university policy
laws change safe history
systemic **race** akamai
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energy **trauma**
education growth
healing equality a.r.t. blocks
micro aggression **peace** human
validation communication family
hope holistic universal



Akamai University

Institute FOR

CAM Studies



School For Becoming More Fully Human

Based on the Virginia Satir Growth Model and Energy Therapy