



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

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

Co-Sponsors include Edwards Church Board of Wider Mission, Jewish Family Services, First United Methodist Church, Wesley United Methodist Church, The Plymouth Church in Framingham, Community Chaplaincy Council, Just Peace Players, Metrowest Nonprofit Network, Metrowest Interfaith Dialogue Project, Lutheran Church of Framingham (More co-sponsors welcome)

#### **Summary**

This eight-week virtual program encourages intentional anti-racism work through a multifaceted approach rooted in mindfulness, education, and action. This program is rooted in the work of Ruth King's work *Mindful of Race*, participants will read and discuss the text. The program includes discussion based work through Racial Affinity Groups. Psychoeducational programming will address a variety of relevant topics including addressing how racism exists 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. All work will be rooted in self-inquiry, mindfulness practices, and embodied movement.

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.

Required Texts: *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.).

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

Note: This program is intended for non-Black participants to do the active work of anti-racism, as it is vital to accept personal responsibility outside of the Black community. This is designed to facilitate self-inquiry and action by creating an environment that facilitates impact over intentionality.

### **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](mailto:danrou@bu.edu)

### **Dates**

This course will be offered 8 Sunday evenings, from 7-8:30 pm: **September 13, 20, 27, October 4, 18, 25, November 1, 8** (with a break for the long weekend on Oct. 11). Participants are asked to commit to attend regularly; if you need to miss one or two sessions, they will be taped so you can watch them later. We will make arrangements for an Affinity Group to meet so that folks celebrating Jewish High Holy Days do not miss a session. All programs will be held virtually.

### **Registration and Costs**

Registration will open July 21 at [openspiritcenter.org](http://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: \$60-140 (or \$10-20 per session, including the registration fee), more if you can, less if you can’t. Cost should not be a deterrent!

For more information, contact Debbie Clark at [debbie@openspiritcenter.org](mailto:debbie@openspiritcenter.org).

