**AGPA Connect 2023 Presenter Information**

**Course Code:** XVI

**Course Title:** Safety, Dignity and Belonging through Somatic Awareness in a Black, Brown, Indigenous and other People of Color (BBIPOC) Group

**Course Times:** 9:30 AM - 5:30 PM & 9:00 AM - 5:00 PM

**Course Dates:** Tuesday, March 7 & Wednesday, March 8

**Instructors:** Kavita Avula

Sean LeSane

**Course Description:** Safety can be elusive for people of color in many group worldwide, in particular, when groups are majority White. This group is co-lead by Black and Brown co-facilitators and is designed to create a sanctuary space for Black, Brown, Indigenous and other People of Color to explore how safety, dignity, and belonging are achieved. It is an opportunity to do BBIPOC on BBIPOC work and to find our way through internalized white supremacy to healing.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎‎‎Define somatic transformation.
2. Describe how to create safety, dignity and belonging for BBIPOC group members.
3. Identify internalized white supremacy and state how it can impede authenticity in group when left unconscious.
4. Define what safety, dignity and belonging mean to you.
5. List how internalized white supremacy can manifest in BBIPOC group behavior.

**Significant Articles:**

1. Menakem, R. (2017) My grandmother's hands: Racialized trauma and the pathway to mending our hearts and bodies. Central Recovery Press. Las Vegas, NV.
2. Haen, C. and Thomas, N. (2018) Holding history: Undoing racial unconsciousness in groups. International Journal of Group Psychotherapy, 68(4), 498-520.
3. Avula, K. (2022). Brown, Barriered & Bold: One Therapist's Journey to Leadership. Women, Intersectionality, and Power in Group Psychotherapy Leadership. Routledge, NY.
4. Liu, M, Liu, L, Garrison, Y. L., Kim, J. Y., Chan, L., Yu, C.S., Yeung, C. W. (2019) Racial trauma, microaggressions, and becoming radically innocuous: the role of acculturation and white supremacist ideology. American Psychologist, 74(1), 143-155.
5. Singh, Anneliese A. (2019) Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing. New Harbinger Publications. Oakland, CA.

**Agenda**

**Assessment Questions**