



# CHSS Healing Circles: Racial Healing Handbook Recommendations

College of Health & Social Sciences  
R.A.C.E. Initiative



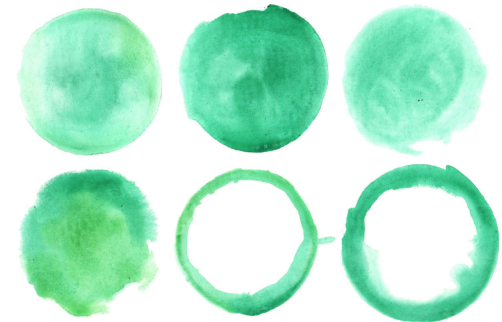
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# Handbook Overview

The Racial Healing Handbook (Singh, 2019) is written to facilitate personal reflection and growth focused on racial identity and interactions by engaging readers in practices, tools, and information.

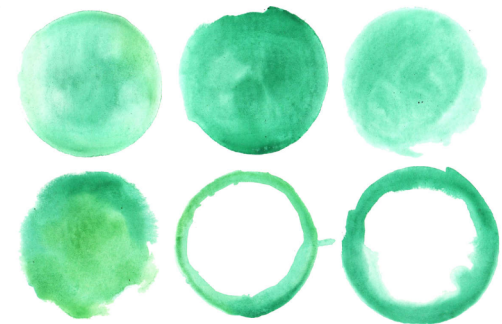
Dr. Singh is a counseling psychologist and the Chief Diversity Officer for Tulane University. Anneliese Singh is an award-winning author, researcher, speaker on issues of social justice and liberation. Her books – [The Racial Healing Handbook](#) and [The Queer and Trans Resilience Workbook](#) – guide individuals and communities in healing strategies aimed toward thriving, equity, and justice

She's found that inside each of us exists a longing to be a part of something bigger – a just world that serves everyone. As a counselor and psychologist, she knows this longing is connected to the deep healing we must do inside of ourselves and our communities to root out the ways inequities live within our bodies, minds, and spirits. And that's exactly why she engages in social change work from a focus of shared liberation and love.



## Your Context

Whether you are working through the book individually or with a group, you can follow the Handbook, as written, from page one to the end or you can use these recommendations to structure your experience with an additional reflective process. If you are working through this Handbook with a group, before you proceed, devote time in the group to develop shared expectations about how you will engage with the process of the book and what you will bring back to the group. If you are working independently, we strongly encourage you to find another person who you can discuss insights and challenges you encounter in this book. It doesn't need to be someone who has expertise in the area but someone who is a good listener and has interest in the topic of racial healing. Even better would be to find someone who might want to read the book along with you.

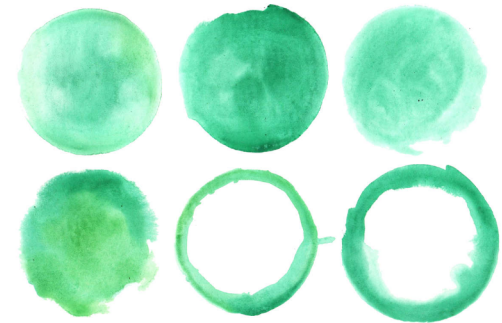


# Your Process: Part I

A two column note system can be very helpful as you read and complete the practices presented by the Handbook. In this system, you take a sheet of paper and draw a line down the middle. You will use the left column for notes regarding what you are reading, completion of the practices, and other information. In the right column, you record how you are feeling as you read and do the practices, what you notice about yourself. In addition, this column is a great place to make note of “Aha!” moments as you read. These “Aha!” observations may also be useful as an opener discussion for the group sessions.

**Step 1:** Read the “Forward” and “Introduction”. In your left column, note information that is new and important. In the right column, note your emotional reactions to what you are reading as well as “Aha!” moments. Note your feelings as well as what you think might be most challenging for you as you work through the Handbook.

**Step 2:** Scan the topics of each chapter and note how familiar you are with the concepts and to what depth cognitively (intellectually), interpersonally, and emotionally. For example, are you familiar with the concept of racial identity, what it means, what it means for you, how it influences your relationships and the ways you interact with others, and what emotions come up?



## Your Process: Part II

**Step 3:** Set some goals for yourself. In what ways will you engage with the Handbook? How might you challenge yourself beyond your comfort zone? If you are working with a group, it would be good to begin your first group by talking about your expectations for how the group might integrate the experience of the reading.

**Step 4:** If you are working with a group, your group may consider how you want to start each session. One possibility would be to open the session with members' "aha" moments as they read the agreed upon sections.

**Step 5:** Periodically reflect on the experience you have with the Handbook. Have you completed the Practices? Were you able to take the time to engage with the material authentically? If not, what interfered? Is there anything you would like to do differently?

**Step 6:** When you come to the end, look back on the reflections and goals you identified at the beginning of the process. Consider what challenges or growth edges might be next for you. What types of activities and/or readings will help you move forward toward addressing your growth edges?

