



# national day of healing from racism

**Jan. 18, 2022**

**Wayne State University | Detroit**  
*(virtual gathering via Zoom)*

**Hosted by:**





# agenda

*The full day's event is accessible through one [Zoom link](#).*

time	event
10-10:30 a.m.	<p><b>Morning Guided Meditation</b>  <i>Schantell Taylor, Healing by Choice!</i></p>
10:30-10:40 a.m.	<p><b>Welcoming Remarks</b>  <i>Dr. Marquita Chamblee, Associate Provost for Diversity and Inclusion and Chief Diversity Officer</i></p>
10:40 a.m.-noon	<p><b>Fishbowl Discussion</b>  <i>Dr. Stephanie Hawkes, Interim Director   Office of Multicultural Student Engagement</i></p> <p>Participants are invited to experience a discussion among a group of Wayne State staff and faculty as they explore the impact of racism in their lives.</p>
noon-12:30 p.m.	Break
12:30-1:30 p.m.	<p><b>Lunch Time: Self Selected Breakout Rooms</b> <i>(choose 1)</i></p> <p><b>Room 1:</b> Self-Care and Community Care: Approaches to Healing  <i>Namira Islam Anani, Associate Director, ProInspire</i>            Join us for a guided discussion on systems-level and organization-level understandings of healing, wellness, and well-being. We'll engage in storytelling around ways our cultures - in organizations, workplaces, and families - shape our individual experiences with self-care practices. Together, participants will draw on our collective wisdom around healing, sharing the ways we have seen our communities understand and support individual well-being.</p> <p><b>Room 2:</b> Art Therapy Session (Maximum Capacity: 20)  <i>Carla Washington-Faye, MA, LPC, ATR</i>            Description: Confronting Our Bias a written and visual exploration of our conscious and unconscious biases. Examining our biases and developing our conscious awareness we can further the work needed to see beyond our unhealthy biases moving toward mutual respect and appreciation of racial differences. Black Art Poetry &amp; Imagery experiential we be used to examine some of the biases we hold toward other races. Participants will have the opportunity to share out in a supportive space and encourage each and promoting mutual respect and growth. See page 4 of this booklet for a list of materials needed to participate in the session.</p>

	<p><b>Room 3: Managing Your Energy and Reclaiming Joy</b>  <i>Janice Gates, Healing by Choice!</i>  We experience the systemic impacts in our homes, work, school and daily interactions. We hold the trauma, pain and grief of racism in our bodies. This workshop will focus on individual tools and methods to support healing from the violent, extractive and exhausting impacts of racism. Participants will learn techniques to manage the body's different energy centers and reclaim joy when it has been denied and stolen.</p>
1:30-2 p.m.	Break
2-3:30 p.m.	<p><b>Workshop: Ritual: Balancing Our Left &amp; Right Hands</b>  <i>Sherina Sharpe, Co-Founder, House Auemini</i></p> <p>Ritual is one of the fastest ways to heal a complex wound. It allows us to move from thinking through a problem, into a heart space of healing. Ritual allows us to step into our Highest Selves where all solutions become possible. In this ritual, we will learn how to create a safe space for soul work. We will explore our racial history of imbalanced giving and receiving. We will clear emotional obstacles, including shame, grief, fear and guilt and move forward together to restore balance between our sense of giving and taking.</p>
3:30-4 p.m.	Break
4-4:45pm	<p><b>Theatre Performance &amp; Community Dialogue</b>  <i>The Freedom Players, Directed by Billicia Hines, Assistant Chair of Theatre and Dance / Co-Artistic Director of the Black Theatre and Dance Collective and Associate Professor of Theatre &amp; Dr. RAS Mikey Courtney, Co-Artistic Director of Black Theatre and Dance Collective/Assistant Professor of Dance</i></p> <p>Join us for a virtual performance by the Freedom Players, an ensemble within the Black Theatre and Dance Collective at Wayne State University. Participants are invited for a post-performance dialogue about the themes present in the performance.</p>
4:45-5:00 p.m.	Break
5:00-5:30 p.m.	<p><b>Poetry &amp; Art Showcase</b>  Come enjoy an evening of talent at the National Day of Healing from Racism Poetry Showcase featuring students, staff and the community.</p>
5:30-5:40 p.m.	<p><b>Closing Remarks &amp; 2022 Save the Date</b>  <i>Dr. Peter Hammer, Director of the Damon J. Keith Center for Civil Rights ; Professor of Law; A. Alfred Taubman Endowed Chair</i></p>



## art therapy session information **(capacity limit: 20)**

Art therapy is a form of expressive therapy that uses art to help individuals express and understand their emotions. As defined by the American Art Therapy Association (AATA), Art therapy is the therapeutic use of art making, within a professional relationship, by people who experience illness, trauma or challenges in living, and by people who seek personal development. Through creating art and reflecting on the art products and processes, people can increase awareness of self and others, cope with symptoms, stress and traumatic experiences; enhance cognitive abilities; and enjoy the life-affirming pleasures of making art.

***To participate fully in the session, please gather the following in advance of the session:***

- pencil, crayons, colored pencils, pens, black and colored markers
- drawing paper, lined or unlined paper (or digital illustration platform of your preference)

## stay connected

### zoom information

Link: <https://wayne-edu.zoom.us/j/95393814885?pwd=UXpadmNxQXhhZktKbyT6VzFuZGdZZz09>



Meeting ID: 953 9381 4885  
Passcode: 381493  
One tap mobile  
+13017158592,,95393814885# US (Washington DC)  
+13126266799,,95393814885# US (Chicago)

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### emotional support

If you want one-on-one time to be listened to, meditation, movement, and/or be supported through what's coming up for you during today's event, reach out!

**Call** | 313-799-2257

**Email** | [healingbychoicedetroit@gmail.com](mailto:healingbychoicedetroit@gmail.com)

Emotional support is available from 10:30am – noon, 12:30pm – 2pm, and 2:00pm – 3:30pm. If the emotional support person is not available in the moment, they will contact you as soon as they can.



### join the conversation on twitter!

Use [#HowWeHeal](https://twitter.com/HowWeHeal) + tag [@DetroitEquity](https://twitter.com/DetroitEquity)

## recordings

Sessions **will NOT** be recorded to allow for open and honest dialogue. We ask that you please do not use any recording devices during the sessions.



# land acknowledgement

Wayne State University rests on Waawiyaataanong, also referred to as Detroit, the ancestral and contemporary homeland of the Three Fires Confederacy. These sovereign lands were granted by the Ojibwe, Odawa, Potawatomi, and Wyandot nations, in 1807, through the Treaty of Detroit. Wayne State University affirms Indigenous sovereignty and honors all tribes with a connection to Detroit. With our Native neighbors, WSU can advance educational equity and promote a better future for the earth and all people.

## WSU emotional support resources

### services for students

#### **Counseling and Psychological Services (CAPS)**

313-577-3398

CAPS offers *tele-mental health* services to currently registered WSU students using the Microsoft Teams app. They are available Monday through Friday from 10:00 am to 3:00 pm to provide you with an Initial Consultation.

<https://caps.wayne.edu/>

#### **Wayne State Psychology Clinic**

313-577-2840

Provides outpatient adult psychological services. Staffed by psychologists and psychology trainees.

<http://www.clas.wayne.edu/psychclinic/>

#### **College of Education Counseling & Testing Center**

313-577-1681

Provides outpatient counseling for children and adults. Staffed by master's-level counseling students.

<https://education.wayne.edu/counseling-clinic>

#### **Campus Health Center**

313-577-5041 | Fax: 313-577-9581

<https://health.wayne.edu/>

### services for faculty and staff

#### **Ulliance Employee Assistance Program**

Benefits-eligible employees have free, confidential access to [Ulliance's Employee Assistance Program \(EAP\)](#), 24 hours a day, 365 days a year, by simply calling 1-800-448-8326. To access the EAP online, go to [lifeadvisoreap.com/memberlogin.aspx](http://lifeadvisoreap.com/memberlogin.aspx).

**Thank you for participating in this year's National Day of Healing from Racism. We hope to see you again next year!**



# **national day of healing from racism**

**Jan. 17, 2023**

**Wayne State University | Detroit**