

# HEALING RACIAL TRAUMA

## *A United to End Racism (UER) Listening Project for 60TH ANNIVERSARY OF SELMA BRIDGE CROSSING*



Racial justice activists, liberation workers, and others involved in the struggle are tired and grieving—we need support for healing from racialized trauma. We need space for renewal. Key battles that we thought were won must now be fought all over again. An all-out assault on liberation struggles—with anti-Blackness and anti-inclusion in the forefront—is being waged in the United States. State legislation and executive directives currently aim to remove from public discussion and from public memory the realities of racial and other oppression-based trauma.

Without sufficient time and space for healing from racial trauma, the work of racial-justice activists can be disrupted, stymied, and derailed. Unhealed racial trauma can drain our energy and interfere with our ability to bring our full intelligence to bear on our work.

We have found that when humans affected by trauma have the opportunity to be listened to with loving, caring, aware attention, healing will occur.

We invite you to a listening session where you can experience the power of caring aware listening and learn how the practice of shared listening can increase the effectiveness of our struggle for racial justice.

### UNITED TO END RACISM

*United to End Racism (UER)* is a group of people of many racial groups and all ages and backgrounds in many different countries who are dedicated to eliminating racism in the world. We understand that the elimination of racism is necessary for humankind to progress. We are committed to ending racism, and we support the efforts of other groups to accomplish this goal.

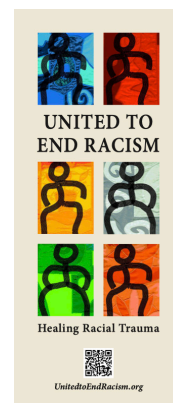
*United to End Racism* is a project of the Re-evaluation Counseling Communities, and all of the members of *UER* have learned and use the theory and tools of Re-evaluation Counseling. Re-evaluation Counseling (RC) has existed since the early 1950's, and the RC Communities have directly taken on the work of eliminating racism since the 1970's. In the late 1990's the RC Communities decided to make the elimination of racism central to their work, and subsequently *United to End Racism* was created.

The main work of *UER* is to illuminate the damage done to individuals by racism and to undo this damage on an individual basis, using the resources and process of Re-evaluation Counseling. As people do this work, they become better able:

- ❖ to interrupt racism in their daily lives,
- ❖ to free themselves from all of racism's effects,
- ❖ to take leadership,
- ❖ to form deep relationships across racial lines,
- ❖ to remove racism from our societies' institutions, and
- ❖ to support the work of other individuals and organizations in ending racism.

Our Healing Racial Trauma Project offers an ongoing support system that assists people to heal from the trauma of racism and gain tools to support others in healing racialized trauma.

*We will hold Healing Racial Trauma listening sessions daily, look for our banner (shown below and on the back). We will have a table and materials at the Jubilee Street Festival and at the Wellness & Empowerment Village. Sunday night we will hold a talk about our work at the The Selma Times Journal Building, 1018 Water Ave. at 8pm.*



For more information, see: [unitedtoendracism.org](http://unitedtoendracism.org)

or write: United to End Racism, 19370 Firlands Way N, Shoreline, WA 98133-3925 USA

Email: [uer@rc.org](mailto:uer@rc.org) • Tel: +1-206-284-0311



*United to End Racism* will be offering **Healing Racial Trauma** listening sessions at the following times and locations.  
Look for our banner! (Image on the right).

**THURSDAY, MARCH 6**

Healing Racial Trauma session after the Mass Meeting,  
Tabernacle Baptist Church

**FRIDAY, MARCH 7**

Healing Racial Trauma sessions,  
The Selma Library, 1103 Selma Avenue, 1 pm and 3 pm

Healing Racial Trauma session after the Mock Trial,  
Dallas County Courthouse, 105 Lauderdale St.

**SATURDAY, MARCH 8**

Street Fair UER Vendor table, 8 am – 6 pm

Jubilee Street Festival, UER table, 11 am – 6 pm

Healing Racial Trauma sessions,  
The Selma Times Journal Building, 1018 Water Ave, 11 am, 1 pm, 3 pm, 5 pm

Wellness & Empowerment Village,  
George Evans Reception Center, 2 Lawrence Street, 11 am – 2 pm

**SUNDAY, MARCH 9**

Street Fair UER Vendor table, 8 am – 6 pm

Healing Racial Trauma listening session for Elders,  
The Selma Times Journal Building, 1018 Water Ave, 3 pm

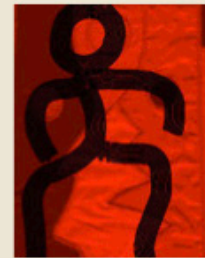
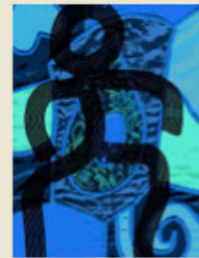
Healing Racial Trauma listening session for First Marchers,  
The Selma Times Journal Building, 1018 Water Ave, 4:30 pm

Healing Racial Trauma listening session for Young Activists,  
The Selma Times Journal Building, 1018 Water Ave, 6 pm

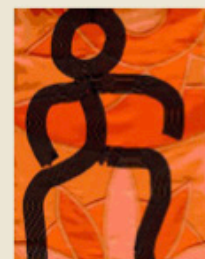
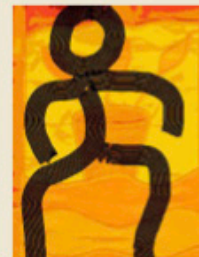
Introductory class in how to organize and conduct  
Healing Racial Trauma sessions, Common Power, 1018 Water Ave, 8 pm

**MONDAY, MARCH 10**

Healing Racial Trauma Listening Sessions at the foot of Pettus Bridge



# UNITED TO END RACISM



## Healing Racial Trauma



[UnitedtoEndRacism.org](http://UnitedtoEndRacism.org)

