

# The New Jersey Institute for Training in Psychoanalysis

## #S405-Unmasking the Unconscious: Psychoanalytic Perspectives on Undoing Racism and Healing Racial Trauma

Spring 2024  
Via Zoom

**INSTRUCTOR:** WILLARD WALDEN CHRISTOPHER ASHLEY, SR., MDIV, DMIN, REV, SCP, NCPSYA, CGP

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### **COURSE DESCRIPTION:**

This advanced course offered by NJI delves into the intricate intersections of racism, psychoanalysis, and the healing of racial trauma. Through a psychoanalytic lens, students will critically examine the deep-seated psychological and unconscious dynamics that perpetuate racism and contribute to racial trauma. Guided by renowned experts, participants will explore theoretical frameworks, clinical applications, and community-based approaches aimed at dismantling racism and fostering individual and collective healing. This course invites participants to engage in profound self-reflection, promoting a deep understanding of the complexities of race, power, and privilege in the therapeutic process.

### **COURSE PROCESS:**

Through a combination of theoretical exploration, case studies, and interactive discussions, this course aims to deepen students' understanding of the psychological underpinnings of racism and racial trauma. Students will gain the tools and insights necessary to apply psychoanalytic principles in a way that promotes racial healing, equity, and social change.

### **COURSE ASSIGNMENT:**

The students will submit a 3–5-page term paper at the end of the class. The paper demonstrates your understanding and application of psychoanalytic concepts and practices to undo racism in psychoanalytic practice. The instructor shares his expectations for the paper during the first-class session.

### **LEARNING OBJECTIVES:**

1. Formulate and develop psychoanalytic concepts and theories relevant to racism and racial trauma.

2. Analyze the unconscious dynamics and defense mechanisms that contribute to racial biases and perpetuate racism.
3. Use psychoanalytic techniques to explore the impact of racial trauma on individuals and communities.
4. Examine the influence of race, power, and privilege within the therapeutic relationship and treatment process.
5. Integrate anti-racist principles and practices into psychoanalytic interventions and therapeutic approaches.
6. Identify the role of cultural humility and self-reflection in dismantling personal biases and facilitating racial healing.
7. Show the intersectional dynamics of race, gender, and other social identities within the context of psychoanalysis.
8. Create strategies for integrating anti-racist frameworks in clinical practice and community settings.
9. Develop a commitment to antiracist psychoanalysis.

### **COURSE STRUCTURE:**

The instructor lectures each week or invites guests to clarify and build upon the assigned reading. You must complete the assigned task before each class and add to the discussion. The instructor requires students to present vignettes to demonstrate their application of the concepts.

These vignettes aim to apply the readings on theory and technique to clinical practice. Suppose the student does not have a current clinical example. In that case, they can share how their family history, racial identity development, and life experience impact their clinical work in healing racial trauma.

### **READING MATERIAL:**

You will need the following book:

- Stoute, B.J., & Slevin, M. (Eds.). (2022). *The trauma of racism: Lessons from the therapeutic encounter* (1st ed.). Routledge. Available on Amazon.
- The rest of the readings will be provided by the instructor.

These readings will be organized by the weekly reading assignment.

### **Additional Recommended (optional) reading:**

- Hardy, K. (2023). *Racial trauma: Clinical strategies and techniques for healing invisible wounds*. Norton Professional Books.
- Norris, D. M. & Primm, A.B. (Eds.) (2023). *Mental health, racism, and contemporary challenges of being black in America 1st Edition*. American Psychiatric Association Publishing, Inc.
- Williams, K. Y. (2022). *Dear white woman: Please come home – Hand me your bias, and I'll show you, our connection*. Elephant Room Press.

### **CLASSES AND READINGS:**

**WEEK ONE:** We examine the opportunities and challenges in addressing racism and racial trauma in clinical practice.

#### **READINGS:**

Holmes, D. E. (2021). "I Do Not Have a Racist Bone in My Body": Psychoanalytic Perspectives on What is Lost and Not Mourned in Our Culture's Persistent Racism. *Journal of the American Psychoanalytic Association*, 69, 2, 237–258. <https://doi.org/10.1177/00030651211009518>

Stoute, B.J. (2019). Racial socialization and thwarted mentalization: Psychoanalytic reflections from the lived experience of James Baldwin's America. *American Imago*, 76, 335 - 357.

Taylor, R. E., & Kuo, B. C. H. (2019). Black American psychological help-seeking intention: An integrated literature review with recommendations for clinical practice. *Journal of Psychotherapy Integration*, 29(4), 325–337. <https://doi.org/10.1037/int0000131>

Wilcox, M. M. (2023). Oppression is not "culture": The need to center systemic and structural determinants to address anti-Black racism and racial trauma in psychotherapy. *Psychotherapy*, 60, 1, 76–85. <https://doi.org/10.1037/pst0000446>

**WEEK TWO:** We formulate a nuanced understanding of the psychoanalytic concepts and theories relevant to racism and racial trauma. Students analyze the unconscious dynamics and defense mechanisms that contribute to racial biases and perpetuate racism.

#### **READINGS:**

Hart, A. (2019). The discriminatory gesture: A psychoanalytic consideration of post-traumatic reactions to incidents of racial discrimination. *Psychoanalytic Social Work*, 26, 1, 5-24.

Holmes, D. (June 2023) Final Report of The Holmes Commission on Racial Equality in *American Psychoanalysis 2023 – Juneteenth*, American Psychoanalytic Association, 1-43.

Stoute, B.J. & Slevin, M. (Eds.). (2022). *The trauma of racism: Lessons from the therapeutic encounter* (1st ed.). Routledge. Read chapters 1-3.

**WEEK THREE:** We use psychoanalytic techniques to explore the impact of racial trauma on individuals and communities. Students examine the influence of race, power, and privilege within the therapeutic relationship and treatment process.

#### **READINGS:**

Harris, A. (2019). The perverse pact: Racism and white privilege. *American Imago*, 76, 3, 309-333. doi:10.1353/aim.2019.0026.

Rao, J. M. (2021). Observations on use of the N-Word in psychoanalytic conferences. *Journal of the American Psychoanalytic Association*, 69, 2, 315–341.<https://doi.org/0.1177/00030651211006917>

Stoute, B.J. & Slevin, M. (Eds.). (2022). *The trauma of racism: Lessons from the therapeutic Encounter* (1st ed.). Routledge. Read chapters 6, 7, 9, and 15.

**WEEK FOUR:** We show the intersectional dynamics of race, gender, and other social identities within the context of psychoanalysis.

#### **READINGS:**

CSSP. (2019). "Key Equity Terms and Concepts: A Glossary for Shared Understanding." Washington, DC: Center for the Study of Social Policy. Available at: <https://cssp.org/resource/key-equity-terms-concepts/>.

Stoute, B.J., & Slevin, M. (Eds.). (2022). *The trauma of racism: Lessons from the therapeutic encounter* (1st ed.). Routledge. Read 50 pages of your choice.

Internet:

Race Equity Tools - <https://www.racialequitytools.org/resources/fundamentals/core-concepts/system-of-white-supremacy-and-white-privilege>.

**WEEK FIVE:** Students identify the role of cultural humility and self-reflection in dismantling personal biases and facilitating racial healing.

## READINGS

Bass, A. (2021). Murderous racism as normal psychosis: The Case of Dylann Roof. *Journal of the American Psychoanalytic Association*, 69, 2, 291–313. <https://doi.org/10.1177/00030651211013539>

O'Hara, D. (2018, July 11). Beverly Daniel Tatum wants us to talk about race. *American Psychological Association*. <https://www.apa.org/members/content/tatum-race-identity>

Video:

Hardy, K. (2016). "On Making Talking About Race Our Work." *Psychotherapy Networker*. [https://youtu.be/dTFZ\\_3mMbLI](https://youtu.be/dTFZ_3mMbLI)

**WEEK SIX:** Students integrate anti-racist principles and practices into psychoanalytic interventions and therapeutic approaches.

## READINGS:

Carter, R. T. (2007). Racism and psychological and emotional Injury: Recognizing and assessing race-based traumatic stress. *The Counseling Psychologist*, 35, 1, 13–105. <https://doi.org/10.1177/0011000006292033>

Internet:

People's Institute for Survival and Beyond. Undoing Racism Principles, <https://pisab.org/our-principles/>

The Association of Black Psychologists, Family Care, Community Care and Self Care Tool Kit: Healing in the Face of Cultural Trauma, (July 2016), 1-27.

Understanding and dismantling racism: A booklist for White readers.

<https://www.charisbooksandmore.com/understanding-and-dismantling-racism-booklist-white-readers>

**WEEK SEVEN:** We construct with peer's innovative strategies for integrating anti-racist frameworks in clinical practice and community settings.

**READINGS:**

Saleem, F., Anderson, R. & Williams, M. (2020). Addressing the "Myth" of racial trauma: Developmental and ecological considerations for youth of color. *Clinical Child and Family Psychology Review*, 23. 10.1007/s10567-019-00304-1.

Stoute, B.J., & Slevin, M. (Eds.). (2022). *The trauma of racism: Lessons from the therapeutic encounter (1st ed.)*. Routledge. Read 50 pages of your choice.

Handout:

Crossroads Ministry Handout, "Different Ways of Being White"

**WEEK EIGHT:** Candidates understand the value of antiracist psychoanalysis and commit to being antiracist clinicians.

**READINGS**

Akerele, O., McCall, M. & Aragam, G. (2021). Healing ethno-racial trauma in Black communities: Cultural humility as a driver of innovation. *Journal of the American Medical Association Psychiatry*, 78, 7, 703–704. doi:10.1001/jamapsychiatry.2021.0537

Jacob, G., Faber, S. C., Faber, N., Bartlett, A., Ouimet, A. J. & Williams, M. T. (2023). A systematic review of Black people coping with racism: Approaches, analysis, and empowerment. *Perspectives on Psychological Science*, 18, 2, 392–415. <https://doi.org/10.1177/17456916221100509>

Stoute, B.J. & Slevin, M. (Eds.). (2022). *The trauma of racism: Lessons from the therapeutic encounter (1st ed.)*. Routledge. Read 25 pages of your choice.

Videos-Internet:

Hardy, K. (2016). "Untold Story of Black America. Psychotherapy Networker. [https://www.youtube.com/watch?v=FH3UsCYaQ\\_w](https://www.youtube.com/watch?v=FH3UsCYaQ_w)

Ten R's About Talking About Race, <https://www.netimpact.org/blog/talking-about-race>

**COURSE DELIVERY:**

This course is conducted entirely online, which means you do not have to be on campus to complete any portion of it. You will access online lessons, course materials, and resources. At designated times we meet online. Students will participate in a blend of self-paced reading and group activities using Internet-based technologies. Activities will consist of reading, lectures, and discussion forums.

**CONTACT INFORMATION:**

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**VIRTUAL OFFICE HOURS:**

By appointment. I am available via Zoom on a secure account. If you have a concern, send me an email or text message. You can expect a response within 24 hours. Weekends I will respond to you by Monday evening.