



Finding Our Voice

Big Conversations:

Race, Trauma & Collective Healing - 20 January 23

Eugene Ellis

THEMES

1. Why is it so hard to talk about race?
2. Core ideas for moving towards finding your voice



SELF CARE REMINDER





HM Treasury  Follow 

Here's today's surprising **#FridayFact**. Millions of you helped end the slave trade through your taxes.



Did you know?

In 1833, Britain used £20 million, 40% of its national budget, to buy freedom for all slaves in the Empire. The amount of money borrowed for the Slavery Abolition Act was so large that it wasn't paid off until 2015. Which means that living British citizens helped pay to end the slave trade.

UK and US

US

- Median net worth of households in US
 - \$184,000 white family
 - \$23,000 black family (An 8th of the typical wealth held by a white family)
 - \$38,000 Hispanic family (A 5th of the typical wealth held by a white family)

Federal Reserve's Survey of Consumer Finances, the Brookings Institution - 2019



UK and US

UK

- Median family wealth per adult in UK
 - £197,000 - white British
 - £24,000 - black, African (an 8th of the typical wealth held by a white British family)
 - £31,000 - Bangladeshi (a 6th of the typical wealth held by a white British family)
 - £42,000 - mixed white and Black Caribbean (a 6th of the typical wealth held by a white British family)

The Resolution Foundation Briefing 2020 - A gap that won't close



UK and US

US

- The US has a black population of 13.5% and a prison population of 39%
 - The prison population is 2.9 times more than the actual population

Census of State and Federal Adult Correctional Facilities, 2019 - U.S. Department of Justice

US Census



UK and US

UK

- The UK has a black population of 3% and a prison population of 13%
 - The prison population is 4.3 times more than the actual population

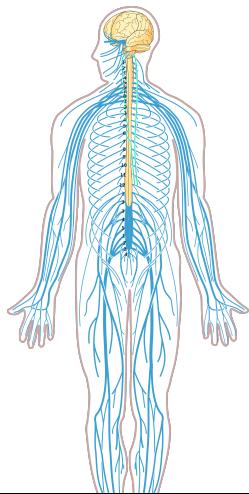
Ethnicity and the criminal justice system statistics 2020 - UK Ministry of Justice





RACE TRAUMA





THE EMBODIMENT OF RACE

- Unconscious historical information (implicit memory) is stored in all of our bodies which reveals itself mostly outside of our awareness.
- In the presence of race, we play out our assigned roles based on our assigned racial identity, non-verbally and mostly unconsciously.

PAUSE

What is happening
in your body?



“it is easy to forget how mysterious and mighty stories are. They do their work in silence, invisibly... beware the stories you read or tell; subtly, at night, beneath the waters of consciousness, they are altering our world”

– Ben Okri - A way of Being Free, 2015

The paradigm shift

- Recognising there is unconscious material present when race becomes foreground (Generational loading)
- Understanding that there is a measure of distress and feeling physiologically unsafe in becoming conscious (Race Construct Arousal)

Ellis, 2021

Race Construct Awareness

Becoming more competent/comfortable navigating the race construct over time.

Staying curious, recognising our defences, mindfully listening to the body, bringing awareness to what is happening in the present moment - in the spirit of compassion and a sense of shared suffering.

Ellis, 2021



Compassion

“Compassion is not just a cognitive function; it also has this implicit level of acknowledging and witnessing without reacting”

Stephen Porges



CONTACT DETAILS

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RESOURCES

► Videos

- Decolonizing Education: Let's talk about it - <https://www.youtube.com/channel/UCDdxymR51rGAkE8Abnmb0lg/featured>
- What does it mean to be white in a society that proclaims race meaningless? Robin DiAngelo - <https://www.youtube.com/watch?v=A-pZH-S4jk>
- Pran Patel's Decolonise the Curriculum Ted Talk <https://youtu.be/8JjRQtuzqTU>
- Pran Patel's Decolonise the Curriculum companion article <https://theteacherist.com/2019/05/26/decolonise-the-curriculum/>
- Witnessing the wound - 20 min video complied by Eugene Ellis, BAATN. <https://vimeo.com/262194819>



RESOURCES CONT

► Books

- Ellis, Eugene. The Race Conversation: An Essential Guide to Creating Life-Changing Dialogue. Confer Books, 2021.
- Dalal, Farhad. Thought Paralysis: The Virtues of Discrimination. London: Karnac Books, 2012.
- Keval, Narendra. Racist States of Mind. 1 edition. Routledge, 2016.
- Overcoming Everyday Racism: Building Resilience and Wellbeing in the Face of Discrimination and Microaggressions, Susan Cousins 2019
- McKenzie-Mavinga, Isha. The Challenge of Racism in Therapeutic Practice: Engaging with Oppression in Practice and Supervision. 2nd ed. 2016 edition. Palgrave, 2016.



RESOURCES CONT

► Article

- ▶ 4 Ways White People Can Process Their Emotions Without Hijacking the Conversation on Racial Justice: Radical self love for everybody and everybody - Jennifer Loubriel <https://thebodyisnotanapology.com/magazine/4-ways-white-people-can-process-their-emotions-without-bringing-the-white-tears/>
- ▶ On Demand presentations with Eugene Ellis
 - ▶ The Race Conversation: Finding a Voice <https://www.confer.uk.com/on-demand-events/race.html>
 - ▶ Post-Slavery Syndrome: Exploring The Clinical Impact Of The Trans-Atlantic Slave Trade - <https://www.confer.uk.com/module/module-slavery.html>

