

Somatic Experiencing Working Group for Racial Justice
SERJ Recommended Reading List for SEPS

Updated: November 18, 2019

Please add resources which support racial justice.

If you would like to add yourself to the practitioner list, please note there are 2 lists - one for BIPOC and one for white practitioners who are offering work exploring white supremacy and anti-oppression. If you add someone else, please double check their SEP status.

This resource is OPEN SOURCE which means it is owned by the community (you) - so please share it, add to it and make changes where needed. You have concerns about what is listed, contact seracialjustice@gmail.com

Essential Reading List

- [My Grandmother's Hands](#): Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem, SEP <https://www.resmaa.com>
- [Chromatic Elephant Podcast](#) - Resmaa Menakem, SEP
- [Rerooted Podcast](#) with Francesca Maxime, SEP
- [Breaking the Ocean: A Memoir of Race, Rebellion and Reconciliation](#) by Annahid Dashtard, SEP
- [The Color of Fear](#) with [Victor Lewis](#), SEP
- [Code Switch \(podcast\)](#)
- [White Fragility: Why It's So Hard for White People to Talk about Racism](#) by Robin DiAngelo
- [How to be an Antiracist](#) by Ibram X. Kendi
- [Stamped From the Beginning](#) by Ibram X. Kendi
- [1619](#) a New York Times audio series hosted by Nikole Hannah-Jones (podcast)
- [Whiteness on the Couch](#) by Natasha Stovall
- [Seeing White](#) (podcast)
- [Post Traumatic Slave Syndrome](#) by Joy Degruy
<https://www.joydegruy.com/post-traumatic-slave-syndrome>
- [Equal Justice Initiative](#) with Bryon Stevenson
- [Witnessing Whiteness](#) by Shelly Tochluk
- [All My Relations](#) podcast

- [Radical Dharma](#) by Rev. angel Kyodo Williams, Lama Rod Owens, Dr. Jasmine Syedullah
- [Warming the Stone Child](#) by Clarissa Pinkola Estes
- [The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures](#) by Anne Fadiman
- [Healing Justice Podcast](#)
- [How to Survive the End of the World](#) podcast
- [Beyond Inclusion, Beyond Empowerment: A Developmental Strategy to Liberate Everyone](#) by Leticia Nieto
- [Spirit Rock's Waking Up to Whiteness curriculum](#). For those of you interested in a Buddhist / mindfulness approach to anti-racism work (though a lot of the initial materials are non-Buddhist, general m. If you scroll down a page and click the links to each session, it links you to another folder with all the related materials.
- [East Bay Meditation Center's White and Awakening curriculum](#). Similar to above ^
- [The Inner Work of Racial Justice: Healing ourselves and transforming our communities through mindfulness](#), Rhonda V. Magee
- [The History of White People](#) by Nell Irvin Painter
- [The Inner Work of Racial Justice](#) by Rhonda V. Magee
- [What does it mean to be white](#) by Robin DiAngelo
- [Before We Were White](#) (ancestral recovery for collective liberation) Online course with White Awake
- [Habits of Whiteness](#) by Terrance MacMullan
- [Decolonizing the Mind: healing through neuro-decolonization and mindfulness](#) (video)

Somatic Experiencing Practitioners of Color

(please indicate if you are credit provider for personal sessions or consults)

Celeste Meyer - www.bokwellness.com (credit provider at beginning level personal sessions)

Donna Hilbig - (personal and case consult provider at all levels):
<https://directory.traumahealing.org/practitioner/donna-hilbig/>

Donna Carter - (up to advanced personal session provider for credit):

<https://directory.traumahealing.org/practitioner/donna-carter/>

Becky Murillo: beckymurillor@yahoo.com (up to advanced personal session provider for credit)

Margarita Salas Morrell: margarita.morrel@gmail.com (up to advanced personal session provider for credit)

Mashid Fashandi Hager - (personal and case consult provider at all levels):

<https://www.psychologytoday.com/us/therapists/mahshid-f-hager-san-diego-ca/115545>

Xiomara Isabell Correa (personal sessions credit at all levels)

<https://www.maggieline.com/instructors>, XCorrea@traumahealing.org

Keita Whitten

<https://keitaawhitten.com>

Karen Henderson

<https://directory.traumahealing.org/practitioner/karen-henderson/>

Francesca Maximeé - personal provider, non credit coaching and practice

www.maximeclarity.com Brooklyn, NYC

Lorena Quintero LCSW, SEP

SE assistant, offer personal sessions for beginning

<https://returntohearttherapy.com>

Orameh Bagheri

www.orarootyoga.com

Orameh@orarootyoga.com

Verdell Jessup: <http://verdelljessup.com>

Andrea Battle, www.livemorecounseling.com,

<https://www.psychologytoday.com/us/therapists/andrea-battle-houston-tx/305041>

Henry Pittman:

<https://www.psychologytoday.com/us/therapists/henry-m-pittman-houston-tx/153784>

Prapti Giri: <https://www.psychologytoday.com/us/therapists/henry-m-pittman-houston-tx/153784>

Claudia Rivas:

<https://www.psychologytoday.com/us/therapists/claudia-e-rivas-san-francisco-ca/318654>

Parneet Chohan: parneetchohanmtl@gmail.com

Christine Gindi: https://stirfryseminars.com/about/bios/bio_christine.php

Karla Morgan: www.carmelitacommunityhealth.com

Burt Rogers

<https://www.psychologytoday.com/us/therapists/burton-l-rogers-kansas-city-mo/195391>

Becky Carter

www.familyresilience.org

Avdeep Bahra (SE Practitioner In Training)

www.innerhealing.ca

Annette DelCanto-Ellington

www.annettedelcanto.com

Edith F. Tsang

edi@edithtsang.com

(Asian, she/her/hers - born in Hong Kong, immigrated to Australia when young, travels a lot.

SEP, integrated kinesiologist, nutritional medicine practitioner, constellation facilitator, somatic body/energyworker.)

Joanne Lai

joanne.lai@counselingmail.com

Denise Huajardo Springer

DeniseSpringer.com

dspringer@stanfordalumni.org

Nahlana T. Kreshnan

www.somaticasia.com

(Indian origin, born in Malaysia, lived in UK, Brazil, Singapore and now back in Malaysia.)

SEP, Counsellor, Coach. Inter-gen trauma: mother's father fled Kashmir, my parents were survivors of the Japanese occupation in Malaysia)

Guneeta Singh, LCSW, SEP (South Asian, immigrant, languages: Hindi, Punjabi, Urdu. Offer personal sessions for beginning, intermediate, and advance)

<https://www.psychologytoday.com/us/therapists/guneeta-singh-decatur-ga/254461>

Amber M Johnson, Psy.D., SEP: Scotch Plains, NJ: Assistant (not yet approved for personal or case consult credits)

<https://directory.traumahealing.org/practitioner/Amber-M-Johnson>

<https://www.psychologytoday.com/us/therapists/Amber-M-Johnson-nj>

Mahyar Nili, LMFT, SEP

Personal session provider at Beginning Level

www.mahyarnili.com

Los Angeles

Karine Bell, MSc, SEP (in-training, Advanced level)

www.karinebell.com

Danielle Murphy, LCSW, SEP (personal session provider at the beginning level)

www.daniellemurphylcsw.com

Kristen G. Bock, NCC, LCAS, LPC, SEP; Westminster, CO, also licensed in NC

<https://innerrhythmhealing.com/>

Non-POCs with a focus on intergenerational trauma, white supremacy and/or oppression

Lisa Newell: <http://lisanewell.com/>

(offers personal sessions and consults at advanced level for credit)

Starr Potts:

www.starrpotts.com (offers personal sessions at all levels and beginning level consults for credit)

Sage Hayes: www.embodiedliberation.com (offers personal session and consults for credit at all levels) -- and is kickass!

Scott Whipple www.sawhipple.com,

<https://directory.traumahealing.org/practitioner/scott-whipple/>

(offers personal session and consults for credit at all levels)

Rabbi Arielle Hanien, PsyD, SEP:

<https://directory.traumahealing.org/practitioner/arielle-hanien/>

(offers personal session and consults for credit at all levels)

Anne Philips: <https://annephillipstherapy.com>, (offer personal sessions for credit)

Lillie Wolff: <https://www.lilliewolff.com/>

hannah harris-sutro: <https://www.bodywitch.com> (non credit sessions & consults)

Andrea Gage Smith: <https://easethebody.com/new-page-1>
(offers personal session and consults for credit at all levels)

Lynn Bourbeau: (offers personal session and consults for credit at all levels)
<https://www.lynntherapy.com>

Laurie Schwartz: <https://directory.traumahealing.org/practitioner/laurie-schwartz/>

Shanly Weber: <https://shiftingawareness.com>

Rhonda Kelloway:
<https://www.psychologytoday.com/us/therapists/rhonda-kelloway-glen-ellyn-il/42728>

Katie McClain: Personal provider/non-credit
www.katiemcclain.com
<https://directory.traumahealing.org/practitioner/katie-mcclain/>

Rachel Slater: Identifying and working on patterns of whiteness with white allies (Personal sessions at all levels, beginning level consult for credit)
www.lovinglivinginc.com

Stacey Prince
<http://www.livingroomseattle.com/>

Rachael Baskind: Portland, OR. Intergenerational trauma and parenting. Queer and Jewish-identified. Personal sessions, non-credit.
www.rachaelbaskind.weebly.com

Griffen Jeffries: <http://www.peoplesmovementcenter.com/fen-jeffries-1.html>