**BOOKS**

*Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor* Layla F.Saad 2020

*The Racial Healing Handbook* Anneliese A. Singh 2019

*On Privilege, Fraudulence, and Teaching as Learning* Peggy McIntosh 2019

*How to be an antiracist* Ibram X. Kendi 2019

*Dying of Whiteness* Jonathan M. Metzl 2019

*White Privilege Unmasked: how to be part of the solution* Judy Ryde 2019

*BRIT (ish): On Race, Identity and Belonging* Afua Hirsch 2018

*White Fragility: why it’s so hard for white people to talk about racism* Robin DiAngelo 2018

*Natives: race and class in the ruins of empire* Akala 2018

*So you want to talk about race* – Ijeoma Oluo 2018

*My Grandmother’s Hands: Racialized Trauma and the Pathways to Mending our Hearts and Bodies* Resmaa Menakem 2017

*Why I’m no longer talking to white people about race* Reni Eddo Lodge 2017

*Black and British: A forgotten History* – David Olusoga 2017

*The Good Immigrant: 21 writers Explore What it Means to be Black, Asian & Minority Ethnic in Britain Today* – Nikesh Shukla (ed) 2017

*Black Issues in The Therapeutic Process* Isha McKenzie-Mavinga 2009

*Being White in the Helping Professions* Judy Ryde 2009

**ARTICLES**

<https://longreads.com/2019/08/12/whiteness-on-the-couch/>

<https://slate.com/human-interest/2019/09/white-fragility-robin-diangelo-workshop.html>

<https://thetab.com/uk/2019/09/11/white-counsellors-dont-understand-why-bme-students-are-rejecting-mental-health-support-at-uni-124427>

<https://www.gq.com/story/therapist-treating-protest-trauma>

<https://www.glamourmagazine.co.uk/article/bame-mental-health-tips>

**PODCASTS**

<https://clappwithjane.buzzsprout.com/891802/3190447-decolonizing-therapy-with-dr-jennifer-mulland>

<https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/>

COURSES, GATHERINGS AND WEBINARS

<https://culturalsomaticsuniversity.thinkific.com/courses/cultural-somatics-free-5-session-ecourse> - free e-course around 1 hour on ‘White Body Supremacy’ led by Resmaa Menakem

<https://www.embodiedgatherings.com/> - currently for Black women and WoC only led by Karine Bell and Resmaa Menakem

[www.sattvagia.co.uk](http://www.sattvagia.co.uk/) – Webinar to be held in July by Sophia Ansari entitled ‘Decolonise (not diversify) Therapy’.

**FILMS**

<https://www.bbc.co.uk/iplayer/episode/m000kbk6/arena-i-am-not-your-negro>

13th on Netflix

Organisations focusing on the experience of Therapists of Colour

https://www.baatn.org.uk/

https://www.aashna.uk/

<https://www.mcapn.co.uk/>

*Please note that whilst this is a good start it is by no means an exhaustive list there are also plenty of other books, films, documentaries, and interviews worth exploring. Please take time to do your own research.*