

WEBVTT

NOTE duration:"00:58:15"

NOTE recognizability:0.836

NOTE language:en-us

NOTE Confidence: 0.839020122

00:00:12.540 --> 00:00:13.490 Pleasure to welcome you to

NOTE Confidence: 0.728687046666667

00:00:13.500 --> 00:00:16.440 a very special grand round series.

NOTE Confidence: 0.728687046666667

00:00:16.440 --> 00:00:19.640 This is the first in our trainee led

NOTE Confidence: 0.728687046666667

00:00:19.640 --> 00:00:21.913 Grand Rounds series for this year

NOTE Confidence: 0.728687046666667

00:00:21.913 --> 00:00:23.824 and I'd like to start by thanking

NOTE Confidence: 0.864809265294118

00:00:23.840 --> 00:00:25.574 Stephanie Salazar and all of the

NOTE Confidence: 0.864809265294118

00:00:25.574 --> 00:00:27.284 social work fellows for the thought

NOTE Confidence: 0.864809265294118

00:00:27.284 --> 00:00:29.120 and time that they put in to

NOTE Confidence: 0.864809265294118

00:00:29.120 --> 00:00:30.888 creating this wonderful event and

NOTE Confidence: 0.82495038

00:00:30.900 --> 00:00:32.736 for inviting such a fantastic speaker.

NOTE Confidence: 0.82495038

00:00:32.740 --> 00:00:33.640 Dr. Henderson, we're delighted

NOTE Confidence: 0.82495038

00:00:33.640 --> 00:00:35.748 to have you with us today. And now

NOTE Confidence: 0.925476648

00:00:35.760 --> 00:00:36.930 just before we get started,

NOTE Confidence: 0.925476648

00:00:36.930 --> 00:00:38.796 a quick announcement that next week
NOTE Confidence: 0.925476648

00:00:38.796 --> 00:00:40.664 we'll welcome Dr. Joe Ledoux for
NOTE Confidence: 0.925476648

00:00:40.664 --> 00:00:42.244 an in person grand rounds again.
NOTE Confidence: 0.925476648

00:00:42.244 --> 00:00:43.090 We'll be here
NOTE Confidence: 0.925476648

00:00:43.090 --> 00:00:45.554 in the Cohen. Join us if you can in
NOTE Confidence: 0.925476648

00:00:45.554 --> 00:00:47.664 person or please join us at via zoom
NOTE Confidence: 0.925476648

00:00:47.664 --> 00:00:49.646 as we continue our hybrid event.
NOTE Confidence: 0.925476648

00:00:49.646 --> 00:00:51.426 Dr. Ledoux will be talking
NOTE Confidence: 0.925476648

00:00:51.430 --> 00:00:53.690 about how our brain encodes and
NOTE Confidence: 0.925476648

00:00:53.690 --> 00:00:56.330 stores information about danger.
NOTE Confidence: 0.925476648

00:00:56.330 --> 00:00:58.074 And so without any further ado,
NOTE Confidence: 0.925476648

00:00:58.074 --> 00:00:59.298 I'd like to welcome
NOTE Confidence: 0.891369482857143

00:00:59.310 --> 00:01:01.368 Stephanie to get us started for today.
NOTE Confidence: 0.853719256

00:01:03.950 --> 00:01:05.490 Thank you so much, Kieran.
NOTE Confidence: 0.853719256

00:01:05.490 --> 00:01:08.148 Can you all hear me OK?
NOTE Confidence: 0.853719256

00:01:08.150 --> 00:01:10.142 The social work fellows are so

NOTE Confidence: 0.853719256

00:01:10.142 --> 00:01:12.278 delighted to invite Doctor Zuleika Rugo

NOTE Confidence: 0.853719256

00:01:12.278 --> 00:01:14.510 Henderson to this year's grand rounds.

NOTE Confidence: 0.853719256

00:01:14.510 --> 00:01:16.568 Dr Henderson holds a doctorate in social

NOTE Confidence: 0.853719256

00:01:16.568 --> 00:01:18.782 work from Howard University and is a

NOTE Confidence: 0.853719256

00:01:18.782 --> 00:01:20.382 licensed master level social worker.

NOTE Confidence: 0.853719256

00:01:20.390 --> 00:01:22.694 She's the founding director of the

NOTE Confidence: 0.853719256

00:01:22.694 --> 00:01:24.550 Center for Blackwell Being CBW,

NOTE Confidence: 0.853719256

00:01:24.550 --> 00:01:26.710 an organization reimagining mental health

NOTE Confidence: 0.853719256

00:01:26.710 --> 00:01:28.870 service delivery for black people.

NOTE Confidence: 0.853719256

00:01:28.870 --> 00:01:30.956 She was previously a lecturer at the

NOTE Confidence: 0.853719256

00:01:30.956 --> 00:01:32.608 Columbia University School of Social Work,

NOTE Confidence: 0.853719256

00:01:32.610 --> 00:01:34.080 where I was lucky enough to take.

NOTE Confidence: 0.853719256

00:01:34.080 --> 00:01:36.072 Whatever courses she focused her research

NOTE Confidence: 0.853719256

00:01:36.072 --> 00:01:37.921 and scholarship on the intersections

NOTE Confidence: 0.853719256

00:01:37.921 --> 00:01:39.789 of ancestral healing practices,

NOTE Confidence: 0.853719256

00:01:39.790 --> 00:01:42.350 trauma, and pathways to Wellness.
NOTE Confidence: 0.853719256

00:01:42.350 --> 00:01:44.002 Inspired by her commitments,
NOTE Confidence: 0.853719256

00:01:44.002 --> 00:01:45.654 intergenerational healing and well-being
NOTE Confidence: 0.853719256

00:01:45.654 --> 00:01:47.568 for people of African ancestry,
NOTE Confidence: 0.853719256

00:01:47.570 --> 00:01:49.146 Doctor Henderson translated insights
NOTE Confidence: 0.853719256

00:01:49.146 --> 00:01:50.825 from her research, practice,
NOTE Confidence: 0.853719256

00:01:50.825 --> 00:01:53.300 and personal experiences into the
NOTE Confidence: 0.853719256

00:01:53.300 --> 00:01:55.987 development of CVW, a healing centered,
NOTE Confidence: 0.853719256

00:01:55.987 --> 00:01:57.583 culturally rooted collective practice
NOTE Confidence: 0.853719256

00:01:57.583 --> 00:01:59.490 that works with individuals,
NOTE Confidence: 0.853719256

00:01:59.490 --> 00:01:59.990 communities,
NOTE Confidence: 0.853719256

00:01:59.990 --> 00:02:02.990 and organizations to create and sustain
NOTE Confidence: 0.853719256

00:02:02.990 --> 00:02:04.770 the conditions that support Wellness.
NOTE Confidence: 0.853719256

00:02:04.770 --> 00:02:06.700 4 black people Doctor Henderson,
NOTE Confidence: 0.853719256

00:02:06.700 --> 00:02:07.862 we are so happy that you here
NOTE Confidence: 0.853719256

00:02:07.862 --> 00:02:08.960 and that you could join us.

NOTE Confidence: 0.853719256

00:02:08.960 --> 00:02:10.374 I hope you feel welcomed and we

NOTE Confidence: 0.853719256

00:02:10.374 --> 00:02:11.720 look forward to your discussion.

NOTE Confidence: 0.555711835

00:02:25.370 --> 00:02:26.720 Their ancestors.

NOTE Confidence: 0.78695855

00:02:28.840 --> 00:02:31.208 And my silent thoughts.

NOTE Confidence: 0.78695855

00:02:31.210 --> 00:02:35.090 I hear the distant wailing of your cries.

NOTE Confidence: 0.78695855

00:02:35.090 --> 00:02:40.080 And my body, I feel the burden of your tears.

NOTE Confidence: 0.78695855

00:02:40.080 --> 00:02:42.774 I too would never have wanted

NOTE Confidence: 0.78695855

00:02:42.774 --> 00:02:45.629 to be ripped away from home.

NOTE Confidence: 0.78695855

00:02:45.630 --> 00:02:47.210 All those centuries have gone,

NOTE Confidence: 0.78695855

00:02:47.210 --> 00:02:50.318 our spirits still harmonized and hurt.

NOTE Confidence: 0.78695855

00:02:50.320 --> 00:02:53.160 We nurture our babies with those same wounds.

NOTE Confidence: 0.78695855

00:02:53.160 --> 00:02:55.820 As the legacy of that pain persists,

NOTE Confidence: 0.78695855

00:02:55.820 --> 00:03:00.626 it often feels as though our souls have died.

NOTE Confidence: 0.78695855

00:03:00.630 --> 00:03:03.017 Sometimes I wish I could have bottled

NOTE Confidence: 0.78695855

00:03:03.017 --> 00:03:05.308 the antidote for that kind of agony,

NOTE Confidence: 0.78695855

00:03:05.310 --> 00:03:07.648 secretly sent the cure back in time
NOTE Confidence: 0.78695855

00:03:07.648 --> 00:03:09.639 over those Atlantic shores so that
NOTE Confidence: 0.78695855

00:03:09.639 --> 00:03:11.493 my Mama would not have inherited
NOTE Confidence: 0.78695855

00:03:11.493 --> 00:03:13.387 the remnants of that anguish,
NOTE Confidence: 0.78695855

00:03:13.390 --> 00:03:15.960 and none of us kids would have had to watch
NOTE Confidence: 0.78695855

00:03:16.019 --> 00:03:18.347 this cycle of terror with our own eyes.
NOTE Confidence: 0.78695855

00:03:18.350 --> 00:03:20.170 Better yet.
NOTE Confidence: 0.78695855

00:03:20.170 --> 00:03:23.110 I wish I could have intercepted
NOTE Confidence: 0.78695855

00:03:23.110 --> 00:03:24.580 the original blows.
NOTE Confidence: 0.78695855

00:03:24.580 --> 00:03:27.254 Made duds of every weapon of subjugation
NOTE Confidence: 0.78695855

00:03:27.254 --> 00:03:29.543 violently launched by our oppressors so
NOTE Confidence: 0.78695855

00:03:29.543 --> 00:03:31.691 that toxic venom wouldn't be embedded
NOTE Confidence: 0.78695855

00:03:31.691 --> 00:03:33.836 in the DNA of their successors,
NOTE Confidence: 0.78695855

00:03:33.840 --> 00:03:36.568 who to this day ensure that in addition
NOTE Confidence: 0.78695855

00:03:36.568 --> 00:03:38.800 to carrying your pain in my blood,
NOTE Confidence: 0.78695855

00:03:38.800 --> 00:03:43.606 I also know the direct sting of my own.

NOTE Confidence: 0.78695855

00:03:43.610 --> 00:03:45.285 Apparently I can't depend on

NOTE Confidence: 0.78695855

00:03:45.285 --> 00:03:48.409 them to cease firing. So so you.

NOTE Confidence: 0.78695855

00:03:48.409 --> 00:03:51.967 You felt like my only hope.

NOTE Confidence: 0.78695855

00:03:51.970 --> 00:03:52.789 To be honest,

NOTE Confidence: 0.78695855

00:03:52.789 --> 00:03:55.569 I really did try to start with begging Mama.

NOTE Confidence: 0.78695855

00:03:55.570 --> 00:03:58.207 I pleaded with her to care for her injuries,

NOTE Confidence: 0.78695855

00:03:58.210 --> 00:03:59.695 to bandage those wounds that

NOTE Confidence: 0.78695855

00:03:59.695 --> 00:04:01.630 Granddad left in her body memory,

NOTE Confidence: 0.78695855

00:04:01.630 --> 00:04:04.269 but her eyes just seemed to keep

NOTE Confidence: 0.78695855

00:04:04.269 --> 00:04:06.499 telling me that she can't do.

NOTE Confidence: 0.78695855

00:04:06.500 --> 00:04:06.707 What?

NOTE Confidence: 0.78695855

00:04:06.707 --> 00:04:07.328 She don't know.

NOTE Confidence: 0.888337841666667

00:04:09.980 --> 00:04:13.328 Grandma's eyes had the same testimony.

NOTE Confidence: 0.888337841666667

00:04:13.330 --> 00:04:15.978 So I came here.

NOTE Confidence: 0.888337841666667

00:04:15.980 --> 00:04:18.195 Originally because I needed you

NOTE Confidence: 0.888337841666667

00:04:18.195 --> 00:04:21.550 to know so that she could do so,
NOTE Confidence: 0.888337841666667

00:04:21.550 --> 00:04:24.062 that I can make sure that they
NOTE Confidence: 0.888337841666667

00:04:24.062 --> 00:04:25.748 don't get dragged onto the field
NOTE Confidence: 0.888337841666667

00:04:25.748 --> 00:04:27.389 to fight my battles when they
NOTE Confidence: 0.888337841666667

00:04:27.389 --> 00:04:29.190 are facing a war of their own.
NOTE Confidence: 0.863055569090909

00:04:31.360 --> 00:04:33.243 But on the way I found a
NOTE Confidence: 0.863055569090909

00:04:33.243 --> 00:04:34.910 stack of your narratives.
NOTE Confidence: 0.863055569090909

00:04:34.910 --> 00:04:36.310 I must have rummaged through
NOTE Confidence: 0.863055569090909

00:04:36.310 --> 00:04:37.430 volumes of your words,
NOTE Confidence: 0.863055569090909

00:04:37.430 --> 00:04:39.530 trying to find the blueprint to bring
NOTE Confidence: 0.863055569090909

00:04:39.530 --> 00:04:43.190 back to show Mama and them. Instead.
NOTE Confidence: 0.863055569090909

00:04:43.190 --> 00:04:45.388 In those pages, I find evidence of
NOTE Confidence: 0.863055569090909

00:04:45.388 --> 00:04:47.797 how hard you fought to protect us.
NOTE Confidence: 0.863055569090909

00:04:47.800 --> 00:04:50.705 How you persevered under conditions I could
NOTE Confidence: 0.863055569090909

00:04:50.705 --> 00:04:55.310 not have imagined to endure because of that.
NOTE Confidence: 0.863055569090909

00:04:55.310 --> 00:04:58.839 We survived. Because of that.

NOTE Confidence: 0.863055569090909
00:04:58.840 --> 00:05:00.784 I hate the fact that I even had
NOTE Confidence: 0.863055569090909
00:05:00.784 --> 00:05:02.578 to come back here desperate,
NOTE Confidence: 0.863055569090909
00:05:02.580 --> 00:05:04.650 desperately pleading for even more
NOTE Confidence: 0.863055569090909
00:05:04.650 --> 00:05:07.180 bravery than you have already shown.
NOTE Confidence: 0.863055569090909
00:05:07.180 --> 00:05:10.627 So I borrowed your prayers for my trip home.
NOTE Confidence: 0.863055569090909
00:05:10.630 --> 00:05:12.583 When I called out to God with this dilemma,
NOTE Confidence: 0.863055569090909
00:05:12.590 --> 00:05:14.939 she reminded me that your story is far more
NOTE Confidence: 0.863055569090909
00:05:14.939 --> 00:05:18.690 than the transfer of pain, and that this.
NOTE Confidence: 0.863055569090909
00:05:18.690 --> 00:05:21.954 This is just my leg of the journey.
NOTE Confidence: 0.863055569090909
00:05:21.960 --> 00:05:24.004 When you found out that they were
NOTE Confidence: 0.863055569090909
00:05:24.004 --> 00:05:26.120 in route to destroy your body,
NOTE Confidence: 0.863055569090909
00:05:26.120 --> 00:05:28.255 you planted these seeds way
NOTE Confidence: 0.863055569090909
00:05:28.255 --> 00:05:29.963 deep inside of me.
NOTE Confidence: 0.863055569090909
00:05:29.970 --> 00:05:33.826 My mission is the realization of your faith.
NOTE Confidence: 0.863055569090909
00:05:33.830 --> 00:05:36.819 This desire for healing has roots that
NOTE Confidence: 0.863055569090909

00:05:36.819 --> 00:05:39.159 are directly connected to your heart.
NOTE Confidence: 0.863055569090909

00:05:39.160 --> 00:05:41.600 And Mom was too.
NOTE Confidence: 0.863055569090909

00:05:41.600 --> 00:05:42.860 Now that I understand,
NOTE Confidence: 0.863055569090909

00:05:42.860 --> 00:05:45.571 I had to stop back by to leave
NOTE Confidence: 0.863055569090909

00:05:45.571 --> 00:05:48.189 gratitude on this altar for your fire.
NOTE Confidence: 0.863055569090909

00:05:48.190 --> 00:05:53.038 I will honor it. I will embody it.
NOTE Confidence: 0.863055569090909

00:05:53.040 --> 00:05:55.520 I will pass it on.
NOTE Confidence: 0.863055569090909

00:05:55.520 --> 00:05:56.604 With love.
NOTE Confidence: 0.863055569090909

00:05:56.604 --> 00:06:01.010 Your great, great, great granddaughter.
NOTE Confidence: 0.863055569090909

00:06:01.010 --> 00:06:02.010 Welcome everybody.
NOTE Confidence: 0.908074172

00:06:08.790 --> 00:06:10.570 I will share my screen.
NOTE Confidence: 0.840690456

00:06:15.290 --> 00:06:18.632 But I start today with that
NOTE Confidence: 0.840690456

00:06:18.632 --> 00:06:21.305 poem as an offering. Each.
NOTE Confidence: 0.840690456

00:06:21.305 --> 00:06:23.975 Segment of it captures a different
NOTE Confidence: 0.840690456

00:06:23.975 --> 00:06:28.420 layer of my journey, all parts of.
NOTE Confidence: 0.840690456

00:06:28.420 --> 00:06:31.717 The reason why I am here today,

NOTE Confidence: 0.840690456

00:06:31.720 --> 00:06:34.667 invited to talk to you about something

NOTE Confidence: 0.840690456

00:06:34.667 --> 00:06:37.914 that I just feel like is the reason

NOTE Confidence: 0.840690456

00:06:37.914 --> 00:06:41.000 why I'm on this earth healing. And.

NOTE Confidence: 0.840690456

00:06:41.000 --> 00:06:44.010 In that piece, you'll see the journey.

NOTE Confidence: 0.840690456

00:06:44.010 --> 00:06:46.413 I actually shared this piece of a few years

NOTE Confidence: 0.840690456

00:06:46.413 --> 00:06:48.644 ago when I was invited to give a keynote

NOTE Confidence: 0.840690456

00:06:48.644 --> 00:06:51.286 for a black student graduation at Columbia.

NOTE Confidence: 0.840690456

00:06:51.290 --> 00:06:53.348 And it was a different piece.

NOTE Confidence: 0.840690456

00:06:53.350 --> 00:06:56.554 And at that time it was a different piece

NOTE Confidence: 0.840690456

00:06:56.554 --> 00:06:59.699 from when I had written it years before.

NOTE Confidence: 0.840690456

00:06:59.700 --> 00:07:02.460 And what I discovered is that.

NOTE Confidence: 0.840690456

00:07:02.460 --> 00:07:04.098 In writing it,

NOTE Confidence: 0.840690456

00:07:04.098 --> 00:07:06.828 it was a manifestation of

NOTE Confidence: 0.840690456

00:07:06.828 --> 00:07:09.050 some internalized oppression.

NOTE Confidence: 0.840690456

00:07:09.050 --> 00:07:11.147 What I had grown to do was to look

NOTE Confidence: 0.840690456

00:07:11.147 --> 00:07:13.828 up at those who raised me and start
NOTE Confidence: 0.840690456

00:07:13.828 --> 00:07:15.549 asking questions with the stank.
NOTE Confidence: 0.840690456

00:07:15.550 --> 00:07:18.546 Face a judgment like why didn't y'all?
NOTE Confidence: 0.840690456

00:07:18.550 --> 00:07:22.614 How come you didn't? Why you ain't got?
NOTE Confidence: 0.840690456

00:07:22.620 --> 00:07:24.328 Because if you would have did this,
NOTE Confidence: 0.840690456

00:07:24.330 --> 00:07:26.890 then I would have.
NOTE Confidence: 0.840690456

00:07:26.890 --> 00:07:30.850 The way that that history was alive in me,
NOTE Confidence: 0.840690456

00:07:30.850 --> 00:07:34.702 it invited me to look up at those who
NOTE Confidence: 0.840690456

00:07:34.702 --> 00:07:38.300 invested and sacrificed for me to be real.
NOTE Confidence: 0.840690456

00:07:38.300 --> 00:07:40.352 To stare in the face of the things that
NOTE Confidence: 0.840690456

00:07:40.352 --> 00:07:42.590 I thought were shortcomings for them.
NOTE Confidence: 0.840690456

00:07:42.590 --> 00:07:44.540 And to look at them with
NOTE Confidence: 0.840690456

00:07:44.540 --> 00:07:45.840 the face of judgment.
NOTE Confidence: 0.840690456

00:07:45.840 --> 00:07:49.140 Essay because y'all didn't do.
NOTE Confidence: 0.840690456

00:07:49.140 --> 00:07:55.300 I'm carrying. So before I do anything.
NOTE Confidence: 0.840690456

00:07:55.300 --> 00:07:59.776 I remember. To go back humbly.

NOTE Confidence: 0.840690456

00:07:59.780 --> 00:08:03.609 To revisit the faces of those folks.

NOTE Confidence: 0.840690456

00:08:03.610 --> 00:08:05.740 My father dimani,

NOTE Confidence: 0.840690456

00:08:05.740 --> 00:08:07.870 my grandmother Gloria,

NOTE Confidence: 0.840690456

00:08:07.870 --> 00:08:10.020 my other grandmother Ruby may,

NOTE Confidence: 0.840690456

00:08:10.020 --> 00:08:13.060 and my grandfather but Owens.

NOTE Confidence: 0.840690456

00:08:13.060 --> 00:08:15.706 All who I ancest is now.

NOTE Confidence: 0.840690456

00:08:15.710 --> 00:08:18.347 But there was some reworking that I had to

NOTE Confidence: 0.840690456

00:08:18.347 --> 00:08:21.309 do in my relationship and my understanding.

NOTE Confidence: 0.840690456

00:08:21.310 --> 00:08:23.330 Every choice that they made,

NOTE Confidence: 0.840690456

00:08:23.330 --> 00:08:24.760 every tear that they cried,

NOTE Confidence: 0.840690456

00:08:24.760 --> 00:08:26.674 every seed that they sold was

NOTE Confidence: 0.840690456

00:08:26.674 --> 00:08:28.350 all poured into the soil.

NOTE Confidence: 0.840690456

00:08:28.350 --> 00:08:31.246 That is the foundation of who I am.

NOTE Confidence: 0.840690456

00:08:31.250 --> 00:08:35.226 So I don't go anywhere without giving thanks.

NOTE Confidence: 0.840690456

00:08:35.230 --> 00:08:37.504 I also don't go anywhere without

NOTE Confidence: 0.840690456

00:08:37.504 --> 00:08:40.708 reminding that I am doctor Zuleika Rugolo,
NOTE Confidence: 0.840690456

00:08:40.710 --> 00:08:41.704 Clinton Henderson.
NOTE Confidence: 0.840690456

00:08:41.704 --> 00:08:45.183 The Rugolo is in the middle there.
NOTE Confidence: 0.840690456

00:08:45.190 --> 00:08:47.262 The way we do back home is that
NOTE Confidence: 0.840690456

00:08:47.262 --> 00:08:49.302 family get excited and they'll merge
NOTE Confidence: 0.840690456

00:08:49.302 --> 00:08:51.486 the names of some family members.
NOTE Confidence: 0.840690456

00:08:51.490 --> 00:08:53.905 And so I get to be called.
NOTE Confidence: 0.840690456

00:08:53.910 --> 00:08:55.226 And every time I say my name,
NOTE Confidence: 0.840690456

00:08:55.230 --> 00:08:57.547 I get to bring forth my grandmothers
NOTE Confidence: 0.840690456

00:08:57.547 --> 00:09:00.430 Ruby Mae and Gloria. So I greet you.
NOTE Confidence: 0.840690456

00:09:00.430 --> 00:09:02.105 As the Lake Arlo Henderson
NOTE Confidence: 0.840690456

00:09:02.105 --> 00:09:05.180 from East New York, Brooklyn.
NOTE Confidence: 0.840690456

00:09:05.180 --> 00:09:07.532 Is excited to be here with you all
NOTE Confidence: 0.840690456

00:09:07.532 --> 00:09:09.976 to share about this journey of of
NOTE Confidence: 0.840690456

00:09:09.976 --> 00:09:12.217 healing and the creation of the
NOTE Confidence: 0.840690456

00:09:12.217 --> 00:09:14.157 sense of for black well-being.

NOTE Confidence: 0.840690456

00:09:14.160 --> 00:09:15.824 Take a breath for me in this room

NOTE Confidence: 0.840690456

00:09:15.824 --> 00:09:17.424 and in whatever rooms that you're

NOTE Confidence: 0.840690456

00:09:17.424 --> 00:09:18.839 in on the zoom screen,

NOTE Confidence: 0.840690456

00:09:18.840 --> 00:09:22.296 bring some life into this room.

NOTE Confidence: 0.840690456

00:09:22.300 --> 00:09:24.538 How you doing? How you feeling?

NOTE Confidence: 0.840690456

00:09:24.540 --> 00:09:25.748 What's present for you?

NOTE Confidence: 0.848053646666667

00:09:29.670 --> 00:09:31.266 Connect with it for a second.

NOTE Confidence: 0.865040576666667

00:09:35.340 --> 00:09:38.558 Are there people? Who you might just

NOTE Confidence: 0.865040576666667

00:09:38.558 --> 00:09:41.256 give a thought or breath to as they

NOTE Confidence: 0.865040576666667

00:09:41.256 --> 00:09:43.428 played integral roles in your own.

NOTE Confidence: 0.865040576666667

00:09:43.430 --> 00:09:45.130 Well, presence in your well-being

NOTE Confidence: 0.865040576666667

00:09:45.130 --> 00:09:47.220 journey bring them into the space.

NOTE Confidence: 0.898577716

00:09:50.780 --> 00:09:51.732 Breathe out anything that

NOTE Confidence: 0.898577716

00:09:51.732 --> 00:09:53.160 you might need to let go.

NOTE Confidence: 0.815336475833333

00:09:58.000 --> 00:09:59.778 And if you there's anything that you

NOTE Confidence: 0.815336475833333

00:09:59.778 --> 00:10:01.229 learn about Zuleyka from Brooklyn,
NOTE Confidence: 0.815336475833333

00:10:01.230 --> 00:10:02.772 this thing just going to be
NOTE Confidence: 0.815336475833333

00:10:02.772 --> 00:10:03.800 Zuleika from Brooklyn talking.
NOTE Confidence: 0.815336475833333

00:10:03.800 --> 00:10:07.508 So I hope you're ready we presented today.
NOTE Confidence: 0.7826536

00:10:09.800 --> 00:10:13.958 So. Much of that work, much of my work
NOTE Confidence: 0.7826536

00:10:13.958 --> 00:10:16.126 and much of my story of growing up,
NOTE Confidence: 0.7826536

00:10:16.130 --> 00:10:19.602 and I often describe that something
NOTE Confidence: 0.7826536

00:10:19.602 --> 00:10:22.098 that I've grown to accept as a part
NOTE Confidence: 0.7826536

00:10:22.098 --> 00:10:24.853 of a gifting is to have sensitivities
NOTE Confidence: 0.7826536

00:10:24.853 --> 00:10:27.400 to other people's feelings and often
NOTE Confidence: 0.7826536

00:10:27.400 --> 00:10:29.630 sensitivity to other people suffering.
NOTE Confidence: 0.7826536

00:10:29.630 --> 00:10:31.662 And so because I could walk into a
NOTE Confidence: 0.7826536

00:10:31.662 --> 00:10:34.338 room and be like, oh, I could feel,
NOTE Confidence: 0.7826536

00:10:34.338 --> 00:10:36.722 I could sense that from young.
NOTE Confidence: 0.7826536

00:10:36.722 --> 00:10:39.730 I feel like those were some of the
NOTE Confidence: 0.7826536

00:10:39.812 --> 00:10:41.635 seeds that created the foundation.

NOTE Confidence: 0.7826536

00:10:41.635 --> 00:10:43.980 You are healing to be such an

NOTE Confidence: 0.7826536

00:10:44.048 --> 00:10:46.196 important part of my life journey.

NOTE Confidence: 0.7826536

00:10:46.200 --> 00:10:48.680 And one of the things that you know,

NOTE Confidence: 0.7826536

00:10:48.680 --> 00:10:50.690 we'll look closely at is,

NOTE Confidence: 0.7826536

00:10:50.690 --> 00:10:52.820 Umm, I did many things,

NOTE Confidence: 0.7826536

00:10:52.820 --> 00:10:54.976 but one of the more recent things

NOTE Confidence: 0.7826536

00:10:54.976 --> 00:10:57.514 that I did was just to ask the

NOTE Confidence: 0.7826536

00:10:57.514 --> 00:11:00.039 question of what did our ancestors do?

NOTE Confidence: 0.7826536

00:11:00.040 --> 00:11:02.360 How were they healing?

NOTE Confidence: 0.7826536

00:11:02.360 --> 00:11:04.150 And so before getting started,

NOTE Confidence: 0.7826536

00:11:04.150 --> 00:11:05.879 it looks like it'll be really small.

NOTE Confidence: 0.7826536

00:11:05.880 --> 00:11:07.755 So I'll read it aloud. Sorry about that.

NOTE Confidence: 0.7826536

00:11:07.755 --> 00:11:09.330 And then you can feel free to

NOTE Confidence: 0.7826536

00:11:09.379 --> 00:11:10.716 get up and walk to a screen.

NOTE Confidence: 0.7826536

00:11:10.720 --> 00:11:14.446 But I want us to engage in the beginning.

NOTE Confidence: 0.7826536

00:11:14.450 --> 00:11:16.618 I read off the four quotes that came
NOTE Confidence: 0.7826536

00:11:16.618 --> 00:11:18.791 from the research that I'll talk about
NOTE Confidence: 0.7826536

00:11:18.791 --> 00:11:21.390 later and I'll ask you to just identify
NOTE Confidence: 0.7826536

00:11:21.390 --> 00:11:23.987 one that most resonates with with you.
NOTE Confidence: 0.7826536

00:11:23.990 --> 00:11:25.530 It doesn't have to resonate because you
NOTE Confidence: 0.7826536

00:11:25.530 --> 00:11:27.228 feel like you agree with what it says.
NOTE Confidence: 0.7826536

00:11:27.230 --> 00:11:29.050 Maybe it's sparking a question,
NOTE Confidence: 0.7826536

00:11:29.050 --> 00:11:29.890 an inquiry,
NOTE Confidence: 0.7826536

00:11:29.890 --> 00:11:33.258 maybe it maybe like some kind of reaction,
NOTE Confidence: 0.7826536

00:11:33.258 --> 00:11:35.368 but I'll read them aloud.
NOTE Confidence: 0.7826536

00:11:35.370 --> 00:11:37.603 I'll ask you to identify one that
NOTE Confidence: 0.7826536

00:11:37.603 --> 00:11:39.934 you know lands for some reason and
NOTE Confidence: 0.7826536

00:11:39.934 --> 00:11:42.291 then just take about a minute with
NOTE Confidence: 0.7826536

00:11:42.291 --> 00:11:45.098 the person who's next to you and.
NOTE Confidence: 0.7826536

00:11:45.100 --> 00:11:46.635 Identify the one that you've
NOTE Confidence: 0.7826536

00:11:46.635 --> 00:11:48.773 chosen and then just say a little

NOTE Confidence: 0.7826536

00:11:48.773 --> 00:11:50.663 bit about how it's spoken to you.

NOTE Confidence: 0.7826536

00:11:50.670 --> 00:11:54.300 So top left.

NOTE Confidence: 0.7826536

00:11:54.300 --> 00:11:56.825 Enslaved women attempted to preserve

NOTE Confidence: 0.7826536

00:11:56.825 --> 00:11:58.845 family well-being by teaching

NOTE Confidence: 0.7826536

00:11:58.845 --> 00:12:00.840 children the meaning of signs,

NOTE Confidence: 0.7826536

00:12:00.840 --> 00:12:02.238 signs in nature.

NOTE Confidence: 0.7826536

00:12:02.238 --> 00:12:05.034 And human behavior conveyed the threat

NOTE Confidence: 0.7826536

00:12:05.034 --> 00:12:08.102 of death, the meaning of dreams,

NOTE Confidence: 0.7826536

00:12:08.102 --> 00:12:10.134 importance of future interactions

NOTE Confidence: 0.7826536

00:12:10.134 --> 00:12:12.090 with neighbors and enemies.

NOTE Confidence: 0.7826536

00:12:12.090 --> 00:12:13.926 Within a sacred vision of health,

NOTE Confidence: 0.7826536

00:12:13.930 --> 00:12:17.060 signs served as remedies against

NOTE Confidence: 0.7826536

00:12:17.060 --> 00:12:19.564 misfortune alongside herbal medicines.

NOTE Confidence: 0.7826536

00:12:19.570 --> 00:12:23.750 We'll call that number 1 #2 top right.

NOTE Confidence: 0.812771002

00:12:26.470 --> 00:12:28.998 Mama with doctor on me with tea and

NOTE Confidence: 0.812771002

00:12:28.998 --> 00:12:31.589 grease made from weeds and marrow bones.

NOTE Confidence: 0.812771002

00:12:31.590 --> 00:12:33.466 My mother looked after most of us

NOTE Confidence: 0.812771002

00:12:33.466 --> 00:12:35.845 when we were sick. She used roots,

NOTE Confidence: 0.812771002

00:12:35.845 --> 00:12:37.870 herbs and grease and medicine.

NOTE Confidence: 0.812771002

00:12:37.870 --> 00:12:40.090 The overseer got in town,

NOTE Confidence: 0.812771002

00:12:40.090 --> 00:12:42.169 but my mother got through rubbing you.

NOTE Confidence: 0.812771002

00:12:42.170 --> 00:12:44.940 You would soon be well.

NOTE Confidence: 0.812771002

00:12:44.940 --> 00:12:47.860 We'll call that number 2.

NOTE Confidence: 0.812771002

00:12:47.860 --> 00:12:49.087 #3 bottom left.

NOTE Confidence: 0.812771002

00:12:49.087 --> 00:12:51.132 By reading the movements or

NOTE Confidence: 0.812771002

00:12:51.132 --> 00:12:53.099 alignments of coffee grounds,

NOTE Confidence: 0.812771002

00:12:53.100 --> 00:12:55.740 cards, bones, and other materials,

NOTE Confidence: 0.812771002

00:12:55.740 --> 00:12:58.603 the divine or discerned information to help

NOTE Confidence: 0.812771002

00:12:58.603 --> 00:13:02.460 an afflicted person pursue, pursue a cure.

NOTE Confidence: 0.812771002

00:13:02.460 --> 00:13:04.660 We'll call that #3.

NOTE Confidence: 0.812771002

00:13:04.660 --> 00:13:06.840 And #4 and bottom right.

NOTE Confidence: 0.812771002

00:13:06.840 --> 00:13:10.095 In time of illness or other trouble,

NOTE Confidence: 0.812771002

00:13:10.100 --> 00:13:13.836 fellow enslaved would turn in and help out.

NOTE Confidence: 0.812771002

00:13:13.840 --> 00:13:16.132 Men and women aided the afflicted

NOTE Confidence: 0.812771002

00:13:16.132 --> 00:13:18.200 person through different types of work.

NOTE Confidence: 0.812771002

00:13:18.200 --> 00:13:21.038 Nobody was left to suffer alone.

NOTE Confidence: 0.812771002

00:13:21.040 --> 00:13:22.600 And all this loving care

NOTE Confidence: 0.812771002

00:13:22.600 --> 00:13:24.160 cheered up the troubled soul,

NOTE Confidence: 0.812771002

00:13:24.160 --> 00:13:26.560 whether he got well or died.

NOTE Confidence: 0.812771002

00:13:26.560 --> 00:13:28.256 We'll call that #4.

NOTE Confidence: 0.812771002

00:13:28.256 --> 00:13:30.376 So just a few minutes,

NOTE Confidence: 0.812771002

00:13:30.380 --> 00:13:32.500 and if you would, let's take a minute.

NOTE Confidence: 0.812771002

00:13:32.500 --> 00:13:35.356 If you need to get closer to

NOTE Confidence: 0.812771002

00:13:35.356 --> 00:13:37.260 the screen to locate one,

NOTE Confidence: 0.812771002

00:13:37.260 --> 00:13:39.420 identify one that resonates with you.

NOTE Confidence: 0.812771002

00:13:39.420 --> 00:13:41.360 And then I'll ask that you go back to your

NOTE Confidence: 0.812771002

00:13:41.413 --> 00:13:43.213 seat with whatever you get in a minute,
NOTE Confidence: 0.812771002

00:13:43.220 --> 00:13:45.096 and then just talk to who's next
NOTE Confidence: 0.812771002

00:13:45.096 --> 00:13:47.209 to you about what came up for you,
NOTE Confidence: 0.812771002

00:13:47.210 --> 00:13:48.740 and then we'll come back together.
NOTE Confidence: 0.812771002

00:13:48.740 --> 00:13:53.620 Cool. All right. And feel free on zoom.
NOTE Confidence: 0.812771002

00:13:53.620 --> 00:13:56.041 If you feel move to add it in the
NOTE Confidence: 0.812771002

00:13:56.041 --> 00:13:58.079 chat you can do that as well.
NOTE Confidence: 0.812771002

00:13:58.080 --> 00:13:58.590 OK.
NOTE Confidence: 0.3726257

00:14:04.220 --> 00:14:04.570 See.
NOTE Confidence: 0.870550985454546

00:14:06.870 --> 00:14:09.462 If you can see, this is what this
NOTE Confidence: 0.870550985454546

00:14:09.462 --> 00:14:11.781 is what working with narratives did
NOTE Confidence: 0.870550985454546

00:14:11.781 --> 00:14:15.030 to me too right to get you going.
NOTE Confidence: 0.870550985454546

00:14:15.030 --> 00:14:16.820 So feel free to finish
NOTE Confidence: 0.870550985454546

00:14:16.820 --> 00:14:18.252 whatever thought is happening.
NOTE Confidence: 0.888905766666667

00:14:21.010 --> 00:14:22.168 But did you?
NOTE Confidence: 0.861361665714286

00:14:24.750 --> 00:14:26.794 Feel the energy that filled the room.

NOTE Confidence: 0.864251521428571
00:14:29.240 --> 00:14:32.495 Everybody was able to maybe locate something,
NOTE Confidence: 0.864251521428571
00:14:32.500 --> 00:14:34.618 maybe because you were asked to,
NOTE Confidence: 0.864251521428571
00:14:34.620 --> 00:14:36.606 but the volume I've taught in
NOTE Confidence: 0.864251521428571
00:14:36.606 --> 00:14:38.330 classrooms when people don't really
NOTE Confidence: 0.864251521428571
00:14:38.330 --> 00:14:40.639 feel like answering it, be real quiet.
NOTE Confidence: 0.834556128666667
00:14:43.140 --> 00:14:44.792 So anybody have anything,
NOTE Confidence: 0.834556128666667
00:14:44.792 --> 00:14:47.270 one or two people that you
NOTE Confidence: 0.834556128666667
00:14:47.354 --> 00:14:49.499 really feel moved to share?
NOTE Confidence: 0.834556128666667
00:14:49.500 --> 00:14:54.458 Yeah. Despite your action.
NOTE Confidence: 0.834556128666667
00:14:54.460 --> 00:14:55.740 There were always something
NOTE Confidence: 0.834556128666667
00:14:55.740 --> 00:14:57.440 that when you got sick,
NOTE Confidence: 0.834556128666667
00:14:57.440 --> 00:14:59.540 whether with the healer or so forth,
NOTE Confidence: 0.834556128666667
00:14:59.540 --> 00:15:01.070 for example, cognitively.
NOTE Confidence: 0.759725740555556
00:15:06.850 --> 00:15:09.199 I'm sorry. All you had to do is cough
NOTE Confidence: 0.759725740555556
00:15:09.199 --> 00:15:11.726 or sniff and immediately someones jammed
NOTE Confidence: 0.759725740555556

00:15:11.726 --> 00:15:14.782 down your throat and so let's see.
NOTE Confidence: 0.759725740555556

00:15:14.782 --> 00:15:17.929 So I'm 59 now so that was about and
NOTE Confidence: 0.759725740555556

00:15:17.929 --> 00:15:20.440 probably 9 or 10 and so even now I
NOTE Confidence: 0.759725740555556

00:15:20.515 --> 00:15:22.979 still do those things like you hear
NOTE Confidence: 0.759725740555556

00:15:22.979 --> 00:15:25.935 my voice now and so having finally
NOTE Confidence: 0.759725740555556

00:15:25.935 --> 00:15:28.665 getting COVID and still lingering cough.
NOTE Confidence: 0.759725740555556

00:15:28.670 --> 00:15:31.190 So mixtures of cranberry juice,
NOTE Confidence: 0.759725740555556

00:15:31.190 --> 00:15:32.590 honey, apple cider vinegar.
NOTE Confidence: 0.759725740555556

00:15:32.590 --> 00:15:34.690 And so I that follows through
NOTE Confidence: 0.759725740555556

00:15:34.757 --> 00:15:36.110 with my grandchildren.
NOTE Confidence: 0.759725740555556

00:15:36.110 --> 00:15:38.430 If you come over the house and you're sick,
NOTE Confidence: 0.759725740555556

00:15:38.430 --> 00:15:40.215 then you're going to get
NOTE Confidence: 0.759725740555556

00:15:40.215 --> 00:15:42.000 something jammed down your throat.
NOTE Confidence: 0.759725740555556

00:15:42.000 --> 00:15:43.670 And so that resonates because
NOTE Confidence: 0.759725740555556

00:15:43.670 --> 00:15:45.880 it means we need you to you.
NOTE Confidence: 0.759725740555556

00:15:45.880 --> 00:15:48.008 We need you to be well emotionally

NOTE Confidence: 0.759725740555556
00:15:48.008 --> 00:15:48.616 and psychologically.
NOTE Confidence: 0.759725740555556
00:15:48.620 --> 00:15:49.958 And so even listening to you,
NOTE Confidence: 0.759725740555556
00:15:49.960 --> 00:15:51.380 when you first started,
NOTE Confidence: 0.759725740555556
00:15:51.380 --> 00:15:53.155 we all had that experience.
NOTE Confidence: 0.759725740555556
00:15:53.160 --> 00:15:54.012 Like, I'm a little bit older
NOTE Confidence: 0.759725740555556
00:15:54.012 --> 00:15:54.803 than you was like, well,
NOTE Confidence: 0.759725740555556
00:15:54.803 --> 00:15:55.918 why didn't you do this?
NOTE Confidence: 0.759725740555556
00:15:55.920 --> 00:15:57.558 And then as we grow older,
NOTE Confidence: 0.759725740555556
00:15:57.560 --> 00:15:59.558 we understand that we were limited
NOTE Confidence: 0.759725740555556
00:15:59.558 --> 00:16:01.360 because of the systemic racism.
NOTE Confidence: 0.759725740555556
00:16:01.360 --> 00:16:02.648 So it's very powerful.
NOTE Confidence: 0.746957145
00:16:04.100 --> 00:16:06.820 One years old and when you said color
NOTE Confidence: 0.746957145
00:16:06.820 --> 00:16:09.762 oral at tasted it in my mouth immediately
NOTE Confidence: 0.746957145
00:16:09.762 --> 00:16:12.702 and I was like but it is what it is
NOTE Confidence: 0.746957145
00:16:12.702 --> 00:16:15.094 it is what was happening whether your
NOTE Confidence: 0.746957145

00:16:15.094 --> 00:16:17.758 stomach hurt or your throat whatever
NOTE Confidence: 0.746957145

00:16:17.758 --> 00:16:20.857 you was getting so sweet thank you for
NOTE Confidence: 0.746957145

00:16:20.857 --> 00:16:22.820 sharing that and I'm I'm also checking
NOTE Confidence: 0.746957145

00:16:22.820 --> 00:16:24.705 the chat so you are not forgotten
NOTE Confidence: 0.746957145

00:16:24.705 --> 00:16:26.529 on zoom anybody else had anything
NOTE Confidence: 0.746957145

00:16:26.529 --> 00:16:28.439 that you really wanted to share.
NOTE Confidence: 0.814523

00:16:33.340 --> 00:16:33.760 Sweet.
NOTE Confidence: 0.804457964

00:16:40.750 --> 00:16:43.310 John Jackson, an elderly man,
NOTE Confidence: 0.804457964

00:16:43.310 --> 00:16:45.970 recalled his boyhood in slavery.
NOTE Confidence: 0.804457964

00:16:45.970 --> 00:16:48.266 You know, they laid the heap of
NOTE Confidence: 0.804457964

00:16:48.266 --> 00:16:50.029 stress on education these days.
NOTE Confidence: 0.804457964

00:16:50.030 --> 00:16:51.830 But education is one thing,
NOTE Confidence: 0.804457964

00:16:51.830 --> 00:16:54.150 and fireside training is another.
NOTE Confidence: 0.804457964

00:16:54.150 --> 00:16:57.358 We had fireside training.
NOTE Confidence: 0.804457964

00:16:57.360 --> 00:16:59.922 Jackson's act frase conveys the process
NOTE Confidence: 0.804457964

00:16:59.922 --> 00:17:02.318 of learning from enslaved elders after

NOTE Confidence: 0.804457964

00:17:02.318 --> 00:17:04.790 the Sun had set on the day's work.

NOTE Confidence: 0.804457964

00:17:04.790 --> 00:17:07.294 Here's why. Elder Jackson's.

NOTE Confidence: 0.804457964

00:17:07.294 --> 00:17:10.424 Quote really sent the whole

NOTE Confidence: 0.804457964

00:17:10.424 --> 00:17:12.669 vibration through my body.

NOTE Confidence: 0.804457964

00:17:12.670 --> 00:17:15.196 The idea of fireside training meant

NOTE Confidence: 0.804457964

00:17:15.196 --> 00:17:17.950 that our ancestors were intentionally,

NOTE Confidence: 0.804457964

00:17:17.950 --> 00:17:19.630 in the context that they were in,

NOTE Confidence: 0.804457964

00:17:19.630 --> 00:17:21.635 intentionally carving out time to

NOTE Confidence: 0.804457964

00:17:21.635 --> 00:17:24.030 say whatever healing gifts I have.

NOTE Confidence: 0.804457964

00:17:24.030 --> 00:17:25.766 I'm going to pass them on to

NOTE Confidence: 0.804457964

00:17:25.766 --> 00:17:27.388 you so that you know how.

NOTE Confidence: 0.804457964

00:17:27.390 --> 00:17:29.862 So we could be in the room today

NOTE Confidence: 0.804457964

00:17:29.862 --> 00:17:31.759 talking about cod liver liberal.

NOTE Confidence: 0.804457964

00:17:31.760 --> 00:17:35.350 Right, so while we get.

NOTE Confidence: 0.804457964

00:17:35.350 --> 00:17:37.534 A range of stories about what

NOTE Confidence: 0.804457964

00:17:37.534 --> 00:17:39.508 happened during that form of
NOTE Confidence: 0.804457964

00:17:39.508 --> 00:17:41.308 mass group trauma historically,
NOTE Confidence: 0.804457964

00:17:41.310 --> 00:17:43.734 and talk about a lot about how that
NOTE Confidence: 0.804457964

00:17:43.734 --> 00:17:46.229 led to the transference of pain.
NOTE Confidence: 0.804457964

00:17:46.230 --> 00:17:48.309 When I read these words and I was like,
NOTE Confidence: 0.804457964

00:17:48.310 --> 00:17:48.772 oh,
NOTE Confidence: 0.804457964

00:17:48.772 --> 00:17:50.620 they was intentionally carving
NOTE Confidence: 0.804457964

00:17:50.620 --> 00:17:52.468 out space for healing,
NOTE Confidence: 0.804457964

00:17:52.470 --> 00:17:54.526 and not only for them in that time,
NOTE Confidence: 0.804457964

00:17:54.530 --> 00:17:56.366 but they were intentionally
NOTE Confidence: 0.804457964

00:17:56.366 --> 00:17:59.120 creating pathways to pass that on.
NOTE Confidence: 0.804457964

00:17:59.120 --> 00:18:01.486 So that we could have those things
NOTE Confidence: 0.804457964

00:18:01.486 --> 00:18:04.032 and there was something about the
NOTE Confidence: 0.804457964

00:18:04.032 --> 00:18:05.976 intentional transfer of knowledge
NOTE Confidence: 0.804457964

00:18:05.976 --> 00:18:08.500 that meant that they had faith
NOTE Confidence: 0.804457964

00:18:08.500 --> 00:18:10.817 in the fact that what they knew.

NOTE Confidence: 0.804457964

00:18:10.820 --> 00:18:12.920 Will contribute to healing for generations

NOTE Confidence: 0.804457964

00:18:12.920 --> 00:18:15.240 of people who were not even there.

NOTE Confidence: 0.804457964

00:18:15.240 --> 00:18:16.740 At that time.

NOTE Confidence: 0.804457964

00:18:16.740 --> 00:18:19.740 Fireside training was huge for me.

NOTE Confidence: 0.804457964

00:18:19.740 --> 00:18:21.420 It meant that there was a

NOTE Confidence: 0.804457964

00:18:21.420 --> 00:18:23.329 trail that I need to go back.

NOTE Confidence: 0.804457964

00:18:23.330 --> 00:18:23.976 And follow.

NOTE Confidence: 0.804457964

00:18:23.976 --> 00:18:26.237 It meant that there was more than

NOTE Confidence: 0.804457964

00:18:26.237 --> 00:18:28.507 some kind of transference of pain,

NOTE Confidence: 0.804457964

00:18:28.510 --> 00:18:30.388 which I was so grateful for,

NOTE Confidence: 0.804457964

00:18:30.390 --> 00:18:32.140 historical trauma theory in my

NOTE Confidence: 0.804457964

00:18:32.140 --> 00:18:33.540 early doctoral studies because

NOTE Confidence: 0.804457964

00:18:33.540 --> 00:18:35.367 it gave me an important lens.

NOTE Confidence: 0.804457964

00:18:35.370 --> 00:18:37.142 It affirmed some things.

NOTE Confidence: 0.804457964

00:18:37.142 --> 00:18:40.298 It actually helped me transfer that blame

NOTE Confidence: 0.804457964

00:18:40.298 --> 00:18:43.210 and that judgment into the right place.

NOTE Confidence: 0.804457964

00:18:43.210 --> 00:18:43.503 Right?

NOTE Confidence: 0.804457964

00:18:43.503 --> 00:18:45.261 And so I was so grateful

NOTE Confidence: 0.804457964

00:18:45.261 --> 00:18:46.710 for having that framing,

NOTE Confidence: 0.804457964

00:18:46.710 --> 00:18:47.780 that understanding.

NOTE Confidence: 0.804457964

00:18:47.780 --> 00:18:50.455 But there was something about

NOTE Confidence: 0.804457964

00:18:50.455 --> 00:18:52.999 knowing that healing was being

NOTE Confidence: 0.804457964

00:18:52.999 --> 00:18:55.579 transferred to that was so crucial.

NOTE Confidence: 0.804457964

00:18:55.580 --> 00:18:58.510 For my own healing journey,

NOTE Confidence: 0.804457964

00:18:58.510 --> 00:19:00.352 my relationships not only with my

NOTE Confidence: 0.804457964

00:19:00.352 --> 00:19:02.062 family members, but but with myself.

NOTE Confidence: 0.804457964

00:19:02.062 --> 00:19:04.116 And so this very fact of fireside

NOTE Confidence: 0.804457964

00:19:04.116 --> 00:19:05.500 training was something that

NOTE Confidence: 0.804457964

00:19:05.500 --> 00:19:08.030 inspired me to go on the journey.

NOTE Confidence: 0.804457964

00:19:08.030 --> 00:19:08.870 So in the poem,

NOTE Confidence: 0.804457964

00:19:08.870 --> 00:19:10.550 when I talk about going back and

NOTE Confidence: 0.804457964
00:19:10.550 --> 00:19:12.038 rummaging through their narratives,
NOTE Confidence: 0.804457964
00:19:12.040 --> 00:19:13.660 I was trying to follow.
NOTE Confidence: 0.804457964
00:19:13.660 --> 00:19:15.368 I was like, oh,
NOTE Confidence: 0.804457964
00:19:15.368 --> 00:19:16.649 you were intentionally
NOTE Confidence: 0.804457964
00:19:16.649 --> 00:19:18.210 leaving information for me,
NOTE Confidence: 0.804457964
00:19:18.210 --> 00:19:19.270 original instructions.
NOTE Confidence: 0.804457964
00:19:19.270 --> 00:19:21.920 So I wanted to know,
NOTE Confidence: 0.804457964
00:19:21.920 --> 00:19:24.360 I wanted to get closer.
NOTE Confidence: 0.804457964
00:19:24.360 --> 00:19:26.028 I wanted to answer the question
NOTE Confidence: 0.804457964
00:19:26.028 --> 00:19:27.466 what did our ancestors teach
NOTE Confidence: 0.804457964
00:19:27.466 --> 00:19:28.836 us about healing our past,
NOTE Confidence: 0.804457964
00:19:28.840 --> 00:19:29.899 present and future?
NOTE Confidence: 0.870339200666667
00:19:32.400 --> 00:19:35.490 So again the journey was with
NOTE Confidence: 0.870339200666667
00:19:35.490 --> 00:19:38.158 historical trauma theory was so
NOTE Confidence: 0.870339200666667
00:19:38.158 --> 00:19:40.539 instrumental to this work, right?
NOTE Confidence: 0.870339200666667

00:19:40.539 --> 00:19:43.091 So being able to have this framing to
NOTE Confidence: 0.870339200666667

00:19:43.091 --> 00:19:45.873 say Oh no it it wasn't just a first
NOTE Confidence: 0.870339200666667

00:19:45.873 --> 00:19:47.997 generation of people transferring some
NOTE Confidence: 0.870339200666667

00:19:47.997 --> 00:19:50.907 trauma response to the second generation
NOTE Confidence: 0.870339200666667

00:19:50.907 --> 00:19:53.812 without some other things happening,
NOTE Confidence: 0.870339200666667

00:19:53.812 --> 00:19:58.439 right that the the existence of not only.
NOTE Confidence: 0.870339200666667

00:19:58.440 --> 00:20:01.037 Current or real time acts of terror,
NOTE Confidence: 0.870339200666667

00:20:01.040 --> 00:20:03.380 but also the systematic and structural
NOTE Confidence: 0.870339200666667

00:20:03.380 --> 00:20:04.940 transference of those things.
NOTE Confidence: 0.870339200666667

00:20:04.940 --> 00:20:07.092 That was the reason why we was passing
NOTE Confidence: 0.870339200666667

00:20:07.092 --> 00:20:09.197 on trauma responses in the 1st place.
NOTE Confidence: 0.870339200666667

00:20:09.200 --> 00:20:12.320 Don't forget that that part of the story,
NOTE Confidence: 0.870339200666667

00:20:12.320 --> 00:20:13.880 right so strong historical
NOTE Confidence: 0.870339200666667

00:20:13.880 --> 00:20:15.830 trauma was real for me.
NOTE Confidence: 0.870339200666667

00:20:15.830 --> 00:20:17.408 For each person in my family,
NOTE Confidence: 0.870339200666667

00:20:17.410 --> 00:20:18.922 I got to have a map to be

NOTE Confidence: 0.870339200666667
00:20:18.922 --> 00:20:20.449 able to locate some things.
NOTE Confidence: 0.870339200666667
00:20:20.450 --> 00:20:22.782 Oh. That's why grandad.
NOTE Confidence: 0.870339200666667
00:20:22.782 --> 00:20:26.950 That might be where that came from.
NOTE Confidence: 0.870339200666667
00:20:26.950 --> 00:20:29.288 So following this journey it gave me
NOTE Confidence: 0.870339200666667
00:20:29.288 --> 00:20:31.125 an important framing for being able
NOTE Confidence: 0.870339200666667
00:20:31.125 --> 00:20:33.248 to see and also to hold space with
NOTE Confidence: 0.870339200666667
00:20:33.248 --> 00:20:35.054 the people that I was working with
NOTE Confidence: 0.870339200666667
00:20:35.054 --> 00:20:37.326 as a clinician and therapy, right.
NOTE Confidence: 0.870339200666667
00:20:37.326 --> 00:20:40.367 Being able to offer a sometimes an
NOTE Confidence: 0.870339200666667
00:20:40.367 --> 00:20:43.015 expanded view of the things that we feel
NOTE Confidence: 0.870339200666667
00:20:43.015 --> 00:20:45.869 up and up close and personally right,
NOTE Confidence: 0.870339200666667
00:20:45.870 --> 00:20:47.358 to offer new language,
NOTE Confidence: 0.870339200666667
00:20:47.358 --> 00:20:48.846 to offer new framing,
NOTE Confidence: 0.870339200666667
00:20:48.850 --> 00:20:52.450 to offer insight into that I am not damaged.
NOTE Confidence: 0.868680705263158
00:20:55.200 --> 00:20:57.852 So reading the work of Doctor
NOTE Confidence: 0.868680705263158

00:20:57.852 --> 00:20:59.620 Maria Yellowhorse Braveheart and
NOTE Confidence: 0.868680705263158

00:20:59.699 --> 00:21:02.274 finding this conceptual model of
NOTE Confidence: 0.868680705263158

00:21:02.274 --> 00:21:04.334 historical trauma was important.
NOTE Confidence: 0.868680705263158

00:21:04.340 --> 00:21:06.258 In that way, it helped to make
NOTE Confidence: 0.868680705263158

00:21:06.258 --> 00:21:08.319 sure that we weren't telling some
NOTE Confidence: 0.868680705263158

00:21:08.319 --> 00:21:10.659 a historical story of black folks.
NOTE Confidence: 0.868680705263158

00:21:10.660 --> 00:21:12.382 It helped to make sure that we
NOTE Confidence: 0.868680705263158

00:21:12.382 --> 00:21:13.738 weren't acting like, oh, you.
NOTE Confidence: 0.868680705263158

00:21:13.738 --> 00:21:16.740 It's just in your DNA to be less there.
NOTE Confidence: 0.868680705263158

00:21:16.740 --> 00:21:18.378 It's because of your makeup that
NOTE Confidence: 0.868680705263158

00:21:18.378 --> 00:21:20.140 you have more health disparities.
NOTE Confidence: 0.868680705263158

00:21:20.140 --> 00:21:21.922 Oh no. Right.
NOTE Confidence: 0.868680705263158

00:21:21.922 --> 00:21:24.892 So that level of affirmation
NOTE Confidence: 0.868680705263158

00:21:24.892 --> 00:21:27.059 and accountability was huge.
NOTE Confidence: 0.868680705263158

00:21:27.060 --> 00:21:29.072 What I discovered though,
NOTE Confidence: 0.868680705263158

00:21:29.072 --> 00:21:31.587 was that in the center.

NOTE Confidence: 0.868680705263158
00:21:31.590 --> 00:21:34.254 Is that triangle that takes up
NOTE Confidence: 0.868680705263158
00:21:34.254 --> 00:21:37.170 less space than most other things
NOTE Confidence: 0.868680705263158
00:21:37.170 --> 00:21:40.985 on the map where it talks about
NOTE Confidence: 0.868680705263158
00:21:40.985 --> 00:21:43.480 resilience and protective factors.
NOTE Confidence: 0.868680705263158
00:21:43.480 --> 00:21:45.839 I'm so glad that they were there,
NOTE Confidence: 0.868680705263158
00:21:45.840 --> 00:21:48.078 but Elder Jackson and fire started
NOTE Confidence: 0.868680705263158
00:21:48.078 --> 00:21:50.433 training and that energy made me want
NOTE Confidence: 0.868680705263158
00:21:50.433 --> 00:21:52.930 to take a deep dive into that triangle.
NOTE Confidence: 0.868680705263158
00:21:52.930 --> 00:21:56.122 What was happening in the story of
NOTE Confidence: 0.868680705263158
00:21:56.122 --> 00:21:58.180 resilience and protective factors?
NOTE Confidence: 0.868680705263158
00:21:58.180 --> 00:22:00.568 Well, what was there?
NOTE Confidence: 0.868680705263158
00:22:00.570 --> 00:22:01.142 To me,
NOTE Confidence: 0.868680705263158
00:22:01.142 --> 00:22:04.287 the best way to do that was to not just
NOTE Confidence: 0.868680705263158
00:22:04.287 --> 00:22:06.200 search for other contemporary models,
NOTE Confidence: 0.868680705263158
00:22:06.200 --> 00:22:10.210 but to go and hear the words of my ancestors.
NOTE Confidence: 0.868680705263158

00:22:10.210 --> 00:22:11.110 What would they say,
NOTE Confidence: 0.868680705263158

00:22:11.110 --> 00:22:12.235 and who were they being?
NOTE Confidence: 0.868680705263158

00:22:12.240 --> 00:22:14.020 What were they doing?
NOTE Confidence: 0.868680705263158

00:22:14.020 --> 00:22:17.654 So my colleagues and I wanted to find
NOTE Confidence: 0.868680705263158

00:22:17.654 --> 00:22:20.830 a way to get into that triangle,
NOTE Confidence: 0.868680705263158

00:22:20.830 --> 00:22:24.070 and we wanted to do it again through hearing
NOTE Confidence: 0.868680705263158

00:22:24.139 --> 00:22:26.739 the voices of those who came before us.
NOTE Confidence: 0.868680705263158

00:22:26.740 --> 00:22:29.449 And so we decided that we were going to
NOTE Confidence: 0.868680705263158

00:22:29.449 --> 00:22:31.787 search for narratives that could say,
NOTE Confidence: 0.868680705263158

00:22:31.790 --> 00:22:32.292 you know,
NOTE Confidence: 0.868680705263158

00:22:32.292 --> 00:22:33.798 share with us what was happening
NOTE Confidence: 0.868680705263158

00:22:33.798 --> 00:22:35.230 in the world of healing.
NOTE Confidence: 0.868680705263158

00:22:35.230 --> 00:22:37.708 What was the language that we had?
NOTE Confidence: 0.868680705263158

00:22:37.710 --> 00:22:38.536 Around that,
NOTE Confidence: 0.868680705263158

00:22:38.536 --> 00:22:40.610 what were the world's that
NOTE Confidence: 0.868680705263158

00:22:40.610 --> 00:22:42.290 we created around healing?

NOTE Confidence: 0.893601825

00:22:46.330 --> 00:22:50.330 So we did a study and thank you.

NOTE Confidence: 0.893601825

00:22:50.330 --> 00:22:53.562 Part of the invitation was letting me know

NOTE Confidence: 0.893601825

00:22:53.562 --> 00:22:56.868 that many of you have found that article.

NOTE Confidence: 0.893601825

00:22:56.870 --> 00:22:58.646 So conceptualizing healing through

NOTE Confidence: 0.893601825

00:22:58.646 --> 00:23:00.422 the African American experience

NOTE Confidence: 0.893601825

00:23:00.422 --> 00:23:02.412 of historical trauma is that

NOTE Confidence: 0.893601825

00:23:02.412 --> 00:23:04.147 article that shares these findings.

NOTE Confidence: 0.893601825

00:23:04.150 --> 00:23:06.950 And So what we did is we asked

NOTE Confidence: 0.893601825

00:23:06.950 --> 00:23:08.724 what were the practices,

NOTE Confidence: 0.893601825

00:23:08.724 --> 00:23:13.008 strategies and roles that our ancestors.

NOTE Confidence: 0.893601825

00:23:13.010 --> 00:23:14.846 Uh other uh implemented or the

NOTE Confidence: 0.893601825

00:23:14.846 --> 00:23:16.749 roles that they the positions that

NOTE Confidence: 0.893601825

00:23:16.749 --> 00:23:18.891 they were in and what were the

NOTE Confidence: 0.893601825

00:23:18.891 --> 00:23:20.867 ways that they preserved those

NOTE Confidence: 0.893601825

00:23:20.867 --> 00:23:22.872 practices and strategies as well.

NOTE Confidence: 0.893601825

00:23:22.880 --> 00:23:26.604 And so we found a text Sharla

NOTE Confidence: 0.893601825

00:23:26.604 --> 00:23:30.360 Fett's work on health and healing.

NOTE Confidence: 0.893601825

00:23:30.360 --> 00:23:31.608 Which is also here.

NOTE Confidence: 0.862044754285714

00:23:34.650 --> 00:23:36.021 I'll show you.

NOTE Confidence: 0.862044754285714

00:23:36.021 --> 00:23:37.849 But on southern plantations,

NOTE Confidence: 0.862044754285714

00:23:37.850 --> 00:23:41.444 what was helpful is that that that

NOTE Confidence: 0.862044754285714

00:23:41.444 --> 00:23:44.006 they had already done an exploration

NOTE Confidence: 0.862044754285714

00:23:44.006 --> 00:23:46.590 of finding some artifacts inside,

NOTE Confidence: 0.862044754285714

00:23:46.590 --> 00:23:48.825 finding some data about healing

NOTE Confidence: 0.862044754285714

00:23:48.825 --> 00:23:50.166 on southern plantations.

NOTE Confidence: 0.862044754285714

00:23:50.170 --> 00:23:52.132 And so while we definitely are

NOTE Confidence: 0.862044754285714

00:23:52.132 --> 00:23:54.649 excited to do some primary research,

NOTE Confidence: 0.862044754285714

00:23:54.650 --> 00:23:56.708 what felt very primary about it

NOTE Confidence: 0.862044754285714

00:23:56.708 --> 00:23:59.558 was that we got to actually look at

NOTE Confidence: 0.862044754285714

00:23:59.558 --> 00:24:02.147 and engage with the words as people

NOTE Confidence: 0.862044754285714

00:24:02.147 --> 00:24:04.589 in these bodies and to discover.

NOTE Confidence: 0.862044754285714
00:24:04.590 --> 00:24:06.370 Maybe different angles or or
NOTE Confidence: 0.862044754285714
00:24:06.370 --> 00:24:08.620 new elements of what was there.
NOTE Confidence: 0.862044754285714
00:24:08.620 --> 00:24:11.100 And So what we found is that in
NOTE Confidence: 0.862044754285714
00:24:11.100 --> 00:24:13.900 terms of roles on these plantations,
NOTE Confidence: 0.862044754285714
00:24:13.900 --> 00:24:16.820 there were those of our ancestors who sold,
NOTE Confidence: 0.862044754285714
00:24:16.820 --> 00:24:18.452 served in the roles of healers
NOTE Confidence: 0.862044754285714
00:24:18.452 --> 00:24:20.400 and those who served in the roles
NOTE Confidence: 0.862044754285714
00:24:20.400 --> 00:24:21.468 of seekers of healing.
NOTE Confidence: 0.862044754285714
00:24:21.470 --> 00:24:23.080 And they weren't discreet, right.
NOTE Confidence: 0.862044754285714
00:24:23.080 --> 00:24:25.173 So in one situation you might have
NOTE Confidence: 0.862044754285714
00:24:25.173 --> 00:24:26.489 been somebody seeking healing
NOTE Confidence: 0.862044754285714
00:24:26.489 --> 00:24:28.667 and another you might have been
NOTE Confidence: 0.862044754285714
00:24:28.667 --> 00:24:29.756 somebody performing healing.
NOTE Confidence: 0.862044754285714
00:24:29.760 --> 00:24:31.986 And so we kept following and
NOTE Confidence: 0.862044754285714
00:24:31.986 --> 00:24:33.680 through looking at, you know,
NOTE Confidence: 0.862044754285714

00:24:33.680 --> 00:24:34.840 what they expressed and.
NOTE Confidence: 0.862044754285714

00:24:34.840 --> 00:24:36.910 Uh, the evidence and the examples,
NOTE Confidence: 0.862044754285714

00:24:36.910 --> 00:24:38.286 what were they doing?
NOTE Confidence: 0.862044754285714

00:24:38.286 --> 00:24:38.630 Right?
NOTE Confidence: 0.862044754285714

00:24:38.630 --> 00:24:41.638 And so we came up with these findings
NOTE Confidence: 0.862044754285714

00:24:41.638 --> 00:24:44.610 in terms of the seekers of healing,
NOTE Confidence: 0.862044754285714

00:24:44.610 --> 00:24:46.549 we felt discovered that there was a
NOTE Confidence: 0.862044754285714

00:24:46.549 --> 00:24:48.708 part of their healing practice that was
NOTE Confidence: 0.862044754285714

00:24:48.708 --> 00:24:50.941 about figuring out what to do, right?
NOTE Confidence: 0.862044754285714

00:24:50.941 --> 00:24:52.927 So before engaging in some healing,
NOTE Confidence: 0.862044754285714

00:24:52.930 --> 00:24:54.990 you would see exchanges between
NOTE Confidence: 0.862044754285714

00:24:54.990 --> 00:24:56.576 them and saying, oh,
NOTE Confidence: 0.862044754285714

00:24:56.576 --> 00:24:59.690 I need to go and consult with a conjurer,
NOTE Confidence: 0.862044754285714

00:24:59.690 --> 00:25:00.328 a diviner,
NOTE Confidence: 0.862044754285714

00:25:00.328 --> 00:25:02.880 a healer in the community so that they
NOTE Confidence: 0.862044754285714

00:25:02.951 --> 00:25:05.681 could tell me what to do to pursue a cure.

NOTE Confidence: 0.862044754285714
00:25:05.690 --> 00:25:07.520 So this step of figuring out
NOTE Confidence: 0.862044754285714
00:25:07.520 --> 00:25:09.530 what to do was essential,
NOTE Confidence: 0.862044754285714
00:25:09.530 --> 00:25:10.978 fighting back and resisting.
NOTE Confidence: 0.862044754285714
00:25:10.978 --> 00:25:13.172 So healing was also about, oh,
NOTE Confidence: 0.862044754285714
00:25:13.172 --> 00:25:15.464 we about to transform the conditions.
NOTE Confidence: 0.862044754285714
00:25:15.470 --> 00:25:16.702 That's creating distress and
NOTE Confidence: 0.862044754285714
00:25:16.702 --> 00:25:18.242 despair in the 1st place.
NOTE Confidence: 0.862044754285714
00:25:18.250 --> 00:25:19.076 So oh,
NOTE Confidence: 0.862044754285714
00:25:19.076 --> 00:25:21.967 you are a healer who gets to
NOTE Confidence: 0.862044754285714
00:25:21.967 --> 00:25:24.947 travel to other plantations that
NOTE Confidence: 0.862044754285714
00:25:24.950 --> 00:25:26.894 go you tell them what's about
NOTE Confidence: 0.862044754285714
00:25:26.894 --> 00:25:29.781 to go down or they trust you on
NOTE Confidence: 0.862044754285714
00:25:29.781 --> 00:25:32.043 the the plantation as the nurse.
NOTE Confidence: 0.862044754285714
00:25:32.050 --> 00:25:34.996 So you get to share information
NOTE Confidence: 0.862044754285714
00:25:34.996 --> 00:25:35.978 and strategically.
NOTE Confidence: 0.862044754285714

00:25:35.980 --> 00:25:39.020 Evaluate their knowledge and then
NOTE Confidence: 0.862044754285714

00:25:39.020 --> 00:25:42.070 decide how to use that wisely in
NOTE Confidence: 0.862044754285714

00:25:42.070 --> 00:25:44.410 order to create an outlet for relief,
NOTE Confidence: 0.862044754285714

00:25:44.410 --> 00:25:44.913 right?
NOTE Confidence: 0.862044754285714

00:25:44.913 --> 00:25:47.428 So fighting back and resisting,
NOTE Confidence: 0.862044754285714

00:25:47.430 --> 00:25:48.230 seeking relief,
NOTE Confidence: 0.862044754285714

00:25:48.230 --> 00:25:49.830 addressing and confronting pain.
NOTE Confidence: 0.862044754285714

00:25:49.830 --> 00:25:51.804 So back to the cod liver roll.
NOTE Confidence: 0.862044754285714

00:25:51.810 --> 00:25:54.522 So there were many stories about
NOTE Confidence: 0.862044754285714

00:25:54.522 --> 00:25:57.185 being led to into the forest and
NOTE Confidence: 0.862044754285714

00:25:57.185 --> 00:25:59.349 like figuring out what herbs to
NOTE Confidence: 0.862044754285714

00:25:59.349 --> 00:26:01.371 pick right and then taking those
NOTE Confidence: 0.862044754285714

00:26:01.371 --> 00:26:03.489 to address to create healing,
NOTE Confidence: 0.862044754285714

00:26:03.490 --> 00:26:05.502 enduring and pushing through.
NOTE Confidence: 0.862044754285714

00:26:05.502 --> 00:26:06.508 So sometimes.
NOTE Confidence: 0.862044754285714

00:26:06.510 --> 00:26:08.841 It was just tapping into this cognitive

NOTE Confidence: 0.862044754285714
00:26:08.841 --> 00:26:11.119 space that they were able to curate.
NOTE Confidence: 0.862044754285714
00:26:11.120 --> 00:26:12.480 That was a protected space.
NOTE Confidence: 0.862044754285714
00:26:12.480 --> 00:26:13.236 And I was like, all right,
NOTE Confidence: 0.862044754285714
00:26:13.240 --> 00:26:15.440 I know what's happening in front of me.
NOTE Confidence: 0.862044754285714
00:26:15.440 --> 00:26:17.540 I know the constraints that are imposed.
NOTE Confidence: 0.862044754285714
00:26:17.540 --> 00:26:20.088 But there is a world inside that
NOTE Confidence: 0.862044754285714
00:26:20.088 --> 00:26:21.999 ain't nobody got access to.
NOTE Confidence: 0.862044754285714
00:26:22.000 --> 00:26:25.157 So while I'm being threatened with violence,
NOTE Confidence: 0.862044754285714
00:26:25.160 --> 00:26:27.460 while I'm being dehumanized, oh,
NOTE Confidence: 0.862044754285714
00:26:27.460 --> 00:26:30.100 the part of me that knows fully who I am.
NOTE Confidence: 0.862044754285714
00:26:30.100 --> 00:26:32.410 So being able to retreat into that
NOTE Confidence: 0.862044754285714
00:26:32.410 --> 00:26:35.297 space was an essential part of healing.
NOTE Confidence: 0.862044754285714
00:26:35.300 --> 00:26:36.830 And then again for the.
NOTE Confidence: 0.862044754285714
00:26:36.830 --> 00:26:37.139 Healers.
NOTE Confidence: 0.862044754285714
00:26:37.139 --> 00:26:39.920 So the overlap was in figuring out what to
NOTE Confidence: 0.776981488181818

00:26:39.988 --> 00:26:41.710 do. So even if you are a healer,
NOTE Confidence: 0.776981488181818

00:26:41.710 --> 00:26:44.290 you might be engaging with spiritual
NOTE Confidence: 0.776981488181818

00:26:44.290 --> 00:26:46.674 guides about what information to now
NOTE Confidence: 0.776981488181818

00:26:46.674 --> 00:26:49.464 share with the person who is the seeker of
NOTE Confidence: 0.776981488181818

00:26:49.464 --> 00:26:51.134 healing accessing original instructions.
NOTE Confidence: 0.776981488181818

00:26:51.134 --> 00:26:54.270 So many of the narratives talk about
NOTE Confidence: 0.776981488181818

00:26:54.270 --> 00:26:56.594 having an African born parent who said
NOTE Confidence: 0.776981488181818

00:26:56.594 --> 00:26:59.189 do this and now I'm following that.
NOTE Confidence: 0.776981488181818

00:26:59.190 --> 00:27:03.270 And so though that was a pattern of. Use it.
NOTE Confidence: 0.776981488181818

00:27:03.270 --> 00:27:05.645 Relying on those original instructions
NOTE Confidence: 0.776981488181818

00:27:05.645 --> 00:27:08.316 to figure out your path for healing,
NOTE Confidence: 0.776981488181818

00:27:08.320 --> 00:27:10.448 fighting back and resisting in ways that
NOTE Confidence: 0.776981488181818

00:27:10.448 --> 00:27:12.419 we would describe performing healing.
NOTE Confidence: 0.776981488181818

00:27:12.420 --> 00:27:15.220 So sitting by the sick bed of someone
NOTE Confidence: 0.776981488181818

00:27:15.220 --> 00:27:17.878 sourcing the land and creating medicine,
NOTE Confidence: 0.776981488181818

00:27:17.880 --> 00:27:19.512 standing in the gap and holding

NOTE Confidence: 0.776981488181818
00:27:19.512 --> 00:27:20.600 each other in love.
NOTE Confidence: 0.776981488181818
00:27:20.600 --> 00:27:22.735 So sometimes it was just holding space,
NOTE Confidence: 0.776981488181818
00:27:22.740 --> 00:27:25.120 being there. Words weren't necessary,
NOTE Confidence: 0.776981488181818
00:27:25.120 --> 00:27:27.256 but the description of, you know,
NOTE Confidence: 0.776981488181818
00:27:27.260 --> 00:27:29.956 being able to to to be there while
NOTE Confidence: 0.776981488181818
00:27:29.956 --> 00:27:32.210 somebody was on their sick bed performing.
NOTE Confidence: 0.776981488181818
00:27:32.210 --> 00:27:34.530 Past that, they weren't able to do not
NOTE Confidence: 0.776981488181818
00:27:34.530 --> 00:27:36.827 just the expected test on plantation life,
NOTE Confidence: 0.776981488181818
00:27:36.830 --> 00:27:38.702 but you not going to be able to
NOTE Confidence: 0.776981488181818
00:27:38.702 --> 00:27:40.759 look out for your baby or you know,
NOTE Confidence: 0.776981488181818
00:27:40.760 --> 00:27:43.584 this person and so that wasn't a critical
NOTE Confidence: 0.776981488181818
00:27:43.584 --> 00:27:46.318 part of creating space for healing.
NOTE Confidence: 0.776981488181818
00:27:46.320 --> 00:27:47.382 And then lastly,
NOTE Confidence: 0.776981488181818
00:27:47.382 --> 00:27:48.798 laying the foundation for
NOTE Confidence: 0.776981488181818
00:27:48.798 --> 00:27:50.460 intergenerational healing and well-being.
NOTE Confidence: 0.776981488181818

00:27:50.460 --> 00:27:52.966 So again, going back to Elder Jackson,
NOTE Confidence: 0.776981488181818
00:27:52.970 --> 00:27:54.110 it was like, oh.
NOTE Confidence: 0.776981488181818
00:27:54.110 --> 00:27:55.461 They weren't just like, oh,
NOTE Confidence: 0.776981488181818
00:27:55.461 --> 00:27:56.727 this is what's going to get
NOTE Confidence: 0.776981488181818
00:27:56.727 --> 00:27:57.580 us through right now.
NOTE Confidence: 0.776981488181818
00:27:57.580 --> 00:27:59.972 But I believe that these are the tools
NOTE Confidence: 0.776981488181818
00:27:59.972 --> 00:28:01.807 that's going to help my children,
NOTE Confidence: 0.776981488181818
00:28:01.810 --> 00:28:02.950 my children's children,
NOTE Confidence: 0.776981488181818
00:28:02.950 --> 00:28:05.230 and believing that they are going
NOTE Confidence: 0.776981488181818
00:28:05.230 --> 00:28:07.674 to be useful for the different
NOTE Confidence: 0.776981488181818
00:28:07.674 --> 00:28:09.669 types of challenges and adversities
NOTE Confidence: 0.776981488181818
00:28:09.738 --> 00:28:11.448 that we would face to come.
NOTE Confidence: 0.776981488181818
00:28:11.450 --> 00:28:15.548 So when we discovered these strategies,
NOTE Confidence: 0.776981488181818
00:28:15.550 --> 00:28:19.078 and you can read about our description of the
NOTE Confidence: 0.776981488181818
00:28:19.078 --> 00:28:22.237 first two that overlapped in the article.
NOTE Confidence: 0.776981488181818
00:28:22.240 --> 00:28:25.691 What we realized is that it offered

NOTE Confidence: 0.776981488181818

00:28:25.691 --> 00:28:29.144 something to add to that conceptual

NOTE Confidence: 0.776981488181818

00:28:29.144 --> 00:28:31.640 model of historical trauma.

NOTE Confidence: 0.776981488181818

00:28:31.640 --> 00:28:32.560 For us.

NOTE Confidence: 0.907516032727273

00:28:34.750 --> 00:28:36.975 We added cultural and spiritual

NOTE Confidence: 0.907516032727273

00:28:36.975 --> 00:28:39.570 heritage and ancestors at the top.

NOTE Confidence: 0.907516032727273

00:28:39.570 --> 00:28:43.287 So one thing this act of going back for,

NOTE Confidence: 0.907516032727273

00:28:43.290 --> 00:28:45.439 you know, what your elders did was

NOTE Confidence: 0.907516032727273

00:28:45.439 --> 00:28:47.712 important and meant that we were always

NOTE Confidence: 0.907516032727273

00:28:47.712 --> 00:28:49.630 dipping into an original stash, right?

NOTE Confidence: 0.907516032727273

00:28:49.630 --> 00:28:51.430 That no matter where we were,

NOTE Confidence: 0.907516032727273

00:28:51.430 --> 00:28:53.006 we still had access.

NOTE Confidence: 0.907516032727273

00:28:53.006 --> 00:28:55.370 And even though that access was

NOTE Confidence: 0.907516032727273

00:28:55.446 --> 00:28:58.032 the intention was to disrupt that

NOTE Confidence: 0.907516032727273

00:28:58.032 --> 00:29:00.750 through those forces of subjugation,

NOTE Confidence: 0.907516032727273

00:29:00.750 --> 00:29:04.670 we found ways to always access also.

NOTE Confidence: 0.907516032727273

00:29:04.670 --> 00:29:06.992 The framing of our lives is that we don't

NOTE Confidence: 0.907516032727273

00:29:06.992 --> 00:29:09.339 just think about life as one-dimensional.

NOTE Confidence: 0.907516032727273

00:29:09.340 --> 00:29:11.324 Like I only get to engage with who's

NOTE Confidence: 0.907516032727273

00:29:11.324 --> 00:29:13.296 in this room at this very moment.

NOTE Confidence: 0.907516032727273

00:29:13.300 --> 00:29:16.270 I also get to engage with the people who

NOTE Confidence: 0.907516032727273

00:29:16.270 --> 00:29:19.107 been gone and the generations to come.

NOTE Confidence: 0.907516032727273

00:29:19.110 --> 00:29:21.066 So while access quote UN quote

NOTE Confidence: 0.907516032727273

00:29:21.066 --> 00:29:23.239 was cut off in this world,

NOTE Confidence: 0.907516032727273

00:29:23.240 --> 00:29:25.340 what we had was a world

NOTE Confidence: 0.907516032727273

00:29:25.340 --> 00:29:26.740 that was trans temporal.

NOTE Confidence: 0.907516032727273

00:29:26.740 --> 00:29:28.420 So you you.

NOTE Confidence: 0.907516032727273

00:29:28.420 --> 00:29:31.916 That's cute, but the way my life is set up.

NOTE Confidence: 0.907516032727273

00:29:31.920 --> 00:29:33.640 I got an inheritance that

NOTE Confidence: 0.907516032727273

00:29:33.640 --> 00:29:35.360 I can always tap into.

NOTE Confidence: 0.907516032727273

00:29:35.360 --> 00:29:38.447 So while the other models start at

NOTE Confidence: 0.907516032727273

00:29:38.447 --> 00:29:40.900 subjugation and mass group trauma,

NOTE Confidence: 0.907516032727273
00:29:40.900 --> 00:29:43.268 there is an important beginning that when we
NOTE Confidence: 0.907516032727273
00:29:43.268 --> 00:29:45.700 talk about healing and working with anybody,
NOTE Confidence: 0.907516032727273
00:29:45.700 --> 00:29:47.940 children, adolescents and their families,
NOTE Confidence: 0.907516032727273
00:29:47.940 --> 00:29:50.478 the reminder that you got a
NOTE Confidence: 0.907516032727273
00:29:50.478 --> 00:29:52.760 stash that can't nobody touch.
NOTE Confidence: 0.907516032727273
00:29:52.760 --> 00:29:56.088 So putting that on the model was important.
NOTE Confidence: 0.907516032727273
00:29:56.090 --> 00:29:57.498 Then in the middle.
NOTE Confidence: 0.907516032727273
00:29:57.498 --> 00:30:00.048 So that arrow from mass group trauma
NOTE Confidence: 0.907516032727273
00:30:00.048 --> 00:30:02.610 to that by that directional arrow at
NOTE Confidence: 0.907516032727273
00:30:02.610 --> 00:30:05.025 the top just reinforces this notion
NOTE Confidence: 0.907516032727273
00:30:05.025 --> 00:30:09.080 of trying to attack you know that
NOTE Confidence: 0.907516032727273
00:30:09.080 --> 00:30:12.300 preservation of that that Wellness
NOTE Confidence: 0.907516032727273
00:30:12.300 --> 00:30:14.625 wellspring even though there was
NOTE Confidence: 0.907516032727273
00:30:14.625 --> 00:30:17.492 attempted to to disrupt that that
NOTE Confidence: 0.907516032727273
00:30:17.492 --> 00:30:19.817 we still maintain those connections
NOTE Confidence: 0.907516032727273

00:30:19.817 --> 00:30:22.191 and access and would perpetually
NOTE Confidence: 0.907516032727273

00:30:22.191 --> 00:30:25.257 be able to tap into that resource.
NOTE Confidence: 0.907516032727273

00:30:25.260 --> 00:30:27.732 So mass group trauma on the
NOTE Confidence: 0.907516032727273

00:30:27.732 --> 00:30:28.556 primary generation.
NOTE Confidence: 0.907516032727273

00:30:28.560 --> 00:30:29.584 So yes,
NOTE Confidence: 0.907516032727273

00:30:29.584 --> 00:30:32.144 it created historical trauma responses,
NOTE Confidence: 0.907516032727273

00:30:32.150 --> 00:30:34.814 but the fact that we are here means that
NOTE Confidence: 0.907516032727273

00:30:34.814 --> 00:30:37.106 wounding was not the only thing involved.
NOTE Confidence: 0.907516032727273

00:30:37.110 --> 00:30:38.040 So for us,
NOTE Confidence: 0.907516032727273

00:30:38.040 --> 00:30:40.210 you will never tell our story without
NOTE Confidence: 0.907516032727273

00:30:40.280 --> 00:30:42.530 elevating our healing experience to the
NOTE Confidence: 0.907516032727273

00:30:42.530 --> 00:30:45.389 same status as you talk about wounding.
NOTE Confidence: 0.907516032727273

00:30:45.390 --> 00:30:46.867 And so for us in this model,
NOTE Confidence: 0.907516032727273

00:30:46.870 --> 00:30:49.810 it's imperative that when you see us,
NOTE Confidence: 0.907516032727273

00:30:49.810 --> 00:30:51.518 when you dare to tell our stories,
NOTE Confidence: 0.907516032727273

00:30:51.520 --> 00:30:53.046 make sure you tell the full story.

NOTE Confidence: 0.907516032727273
00:30:53.050 --> 00:30:54.938 And even when you don't, this model
NOTE Confidence: 0.907516032727273
00:30:54.938 --> 00:30:58.850 actually for you is so that this is my first.
NOTE Confidence: 0.907516032727273
00:30:58.850 --> 00:30:59.502 That training.
NOTE Confidence: 0.907516032727273
00:30:59.502 --> 00:31:01.458 So my nieces will forever know,
NOTE Confidence: 0.907516032727273
00:31:01.460 --> 00:31:03.917 my nephew will forever know their children,
NOTE Confidence: 0.907516032727273
00:31:03.920 --> 00:31:06.489 will forever know that we we are
NOTE Confidence: 0.907516032727273
00:31:06.489 --> 00:31:09.317 more than just the story of despair.
NOTE Confidence: 0.907516032727273
00:31:09.320 --> 00:31:11.072 Finally, those things, right.
NOTE Confidence: 0.907516032727273
00:31:11.072 --> 00:31:13.700 So when we talk about intergenerational
NOTE Confidence: 0.907516032727273
00:31:13.773 --> 00:31:15.584 transmission, again you say,
NOTE Confidence: 0.907516032727273
00:31:15.584 --> 00:31:16.240 hey, well,
NOTE Confidence: 0.907516032727273
00:31:16.240 --> 00:31:17.896 the generations that came before they,
NOTE Confidence: 0.907516032727273
00:31:17.900 --> 00:31:19.520 they had these things going on.
NOTE Confidence: 0.907516032727273
00:31:19.520 --> 00:31:22.212 So that's why we see the incidences
NOTE Confidence: 0.907516032727273
00:31:22.212 --> 00:31:25.008 of whatever in the next generation
NOTE Confidence: 0.907516032727273

00:31:25.008 --> 00:31:27.748 often talking about pathology, right?
NOTE Confidence: 0.907516032727273

00:31:27.748 --> 00:31:31.036 But if those same pathways work
NOTE Confidence: 0.907516032727273

00:31:31.036 --> 00:31:32.680 to transmit trauma?
NOTE Confidence: 0.907516032727273

00:31:32.680 --> 00:31:33.456 Guess what?
NOTE Confidence: 0.907516032727273

00:31:33.456 --> 00:31:36.172 They can also transmit some other things.
NOTE Confidence: 0.907516032727273

00:31:36.180 --> 00:31:38.294 They can also transfer some other things.
NOTE Confidence: 0.907516032727273

00:31:38.300 --> 00:31:39.551 So, and again,
NOTE Confidence: 0.907516032727273

00:31:39.551 --> 00:31:42.053 that fireside training piece was like,
NOTE Confidence: 0.907516032727273

00:31:42.060 --> 00:31:42.436 oh,
NOTE Confidence: 0.907516032727273

00:31:42.436 --> 00:31:44.316 and it was intentional to
NOTE Confidence: 0.907516032727273

00:31:44.316 --> 00:31:45.820 transfer those other things.
NOTE Confidence: 0.907516032727273

00:31:45.820 --> 00:31:47.812 And so if we are endeavoring
NOTE Confidence: 0.907516032727273

00:31:47.812 --> 00:31:49.140 to figure out what
NOTE Confidence: 0.932801021578948

00:31:49.215 --> 00:31:51.429 the world of human looks like
NOTE Confidence: 0.932801021578948

00:31:51.429 --> 00:31:53.305 with black folks, if we only
NOTE Confidence: 0.932801021578948

00:31:53.305 --> 00:31:54.835 look at half of this story,

NOTE Confidence: 0.932801021578948

00:31:54.840 --> 00:31:56.000 you're in the wrong room.

NOTE Confidence: 0.869593552

00:32:00.460 --> 00:32:03.550 You start an empty handed.

NOTE Confidence: 0.869593552

00:32:03.550 --> 00:32:06.318 And again, it ain't for you to know.

NOTE Confidence: 0.869593552

00:32:06.320 --> 00:32:07.913 Because the way that our lives are set up.

NOTE Confidence: 0.7724521575

00:32:10.830 --> 00:32:14.106 All of the ways, well that is due to

NOTE Confidence: 0.7724521575

00:32:14.106 --> 00:32:17.426 sound but is humming tap like movement.

NOTE Confidence: 0.7724521575

00:32:17.430 --> 00:32:19.566 Our ancestors made sure that we

NOTE Confidence: 0.7724521575

00:32:19.566 --> 00:32:22.743 had a way to reconnect to the

NOTE Confidence: 0.7724521575

00:32:22.743 --> 00:32:25.523 possibility of healing and well-being.

NOTE Confidence: 0.7724521575

00:32:25.530 --> 00:32:27.700 So when we were looking.

NOTE Confidence: 0.7724521575

00:32:27.700 --> 00:32:31.135 And many, many discussions about

NOTE Confidence: 0.7724521575

00:32:31.135 --> 00:32:33.196 intergenerational transmission talk,

NOTE Confidence: 0.7724521575

00:32:33.200 --> 00:32:35.456 talk about kind of social transmission

NOTE Confidence: 0.7724521575

00:32:35.456 --> 00:32:38.018 and talk about kind of what gets

NOTE Confidence: 0.7724521575

00:32:38.018 --> 00:32:40.718 transferred from like in the womb from a

NOTE Confidence: 0.7724521575

00:32:40.718 --> 00:32:43.254 mom to a child or what gets transferred
NOTE Confidence: 0.7724521575

00:32:43.254 --> 00:32:45.640 because of what people didn't heal.
NOTE Confidence: 0.7724521575

00:32:45.640 --> 00:32:47.304 And so that stuck out to me when
NOTE Confidence: 0.7724521575

00:32:47.304 --> 00:32:49.185 looking at historical trauma theory and
NOTE Confidence: 0.7724521575

00:32:49.185 --> 00:32:50.950 discussions of post traumatic slave
NOTE Confidence: 0.7724521575

00:32:50.950 --> 00:32:52.620 syndrome and the conversation that,
NOTE Confidence: 0.7724521575

00:32:52.620 --> 00:32:55.254 oh, there were no counseling centers
NOTE Confidence: 0.7724521575

00:32:55.254 --> 00:32:57.790 set up for black folks at the time.
NOTE Confidence: 0.7724521575

00:32:57.790 --> 00:33:00.526 And so for me, it originally there was like,
NOTE Confidence: 0.7724521575

00:33:00.530 --> 00:33:02.588 Oh yeah, that's right. So we couldn't.
NOTE Confidence: 0.7724521575

00:33:02.590 --> 00:33:04.186 But this whole work was like,
NOTE Confidence: 0.7724521575

00:33:04.190 --> 00:33:06.702 Oh yeah, no, we might not have been
NOTE Confidence: 0.7724521575

00:33:06.702 --> 00:33:08.430 sitting on nobody's couch,
NOTE Confidence: 0.7724521575

00:33:08.430 --> 00:33:10.758 but healing was happening.
NOTE Confidence: 0.7724521575

00:33:10.758 --> 00:33:12.504 Healing was happening.
NOTE Confidence: 0.7724521575

00:33:12.510 --> 00:33:14.814 And so when you want to use all

NOTE Confidence: 0.7724521575

00:33:14.814 --> 00:33:17.206 of the cute words given to me,

NOTE Confidence: 0.7724521575

00:33:17.210 --> 00:33:18.088 cultural whatever,

NOTE Confidence: 0.7724521575

00:33:18.088 --> 00:33:19.844 and inclusivity and all

NOTE Confidence: 0.7724521575

00:33:19.844 --> 00:33:22.130 of that kind of stuff,

NOTE Confidence: 0.7724521575

00:33:22.130 --> 00:33:24.342 and you are not creating arms that

NOTE Confidence: 0.7724521575

00:33:24.342 --> 00:33:26.647 are big enough to hold the ways

NOTE Confidence: 0.7724521575

00:33:26.647 --> 00:33:28.579 in which we identify Wellness and

NOTE Confidence: 0.7724521575

00:33:28.652 --> 00:33:31.166 well-being and which we define healing,

NOTE Confidence: 0.7724521575

00:33:31.170 --> 00:33:32.680 then you ain't including nothing.

NOTE Confidence: 0.715640298

00:33:35.880 --> 00:33:37.980 What ways do you centers?

NOTE Confidence: 0.715640298

00:33:37.980 --> 00:33:40.440 What ways do you counseling spaces?

NOTE Confidence: 0.715640298

00:33:40.440 --> 00:33:42.309 What ways do they make space for

NOTE Confidence: 0.715640298

00:33:42.309 --> 00:33:44.193 the different ways in which black

NOTE Confidence: 0.715640298

00:33:44.193 --> 00:33:45.898 people pursue and experience healing?

NOTE Confidence: 0.715640298

00:33:45.900 --> 00:33:47.250 What ways are they doing that?

NOTE Confidence: 0.956530235

00:33:50.490 --> 00:33:51.338 How do you know?
NOTE Confidence: 0.882992360769231

00:33:53.420 --> 00:33:55.391 And if you leave here and you only take
NOTE Confidence: 0.882992360769231

00:33:55.391 --> 00:33:57.185 what's in this article, what I say,
NOTE Confidence: 0.882992360769231

00:33:57.185 --> 00:33:58.715 then you still ain't being inclusive.
NOTE Confidence: 0.882992360769231

00:33:58.720 --> 00:34:00.248 Because the way black folks are set up,
NOTE Confidence: 0.882992360769231

00:34:00.250 --> 00:34:02.908 we ain't monolithic.
NOTE Confidence: 0.882992360769231

00:34:02.910 --> 00:34:05.606 So whoever is in your office may not
NOTE Confidence: 0.882992360769231

00:34:05.606 --> 00:34:08.090 be down with God live all. Thank you.
NOTE Confidence: 0.8630815865

00:34:10.110 --> 00:34:12.455 The only way you'll know if you're
NOTE Confidence: 0.8630815865

00:34:12.455 --> 00:34:14.442 being inclusive in that space is
NOTE Confidence: 0.8630815865

00:34:14.442 --> 00:34:16.570 at one you check who you're being.
NOTE Confidence: 0.8630815865

00:34:16.570 --> 00:34:18.226 What are the the healing frameworks
NOTE Confidence: 0.8630815865

00:34:18.226 --> 00:34:19.949 that I'm bringing into this office?
NOTE Confidence: 0.8630815865

00:34:19.950 --> 00:34:22.630 It's who I'm being.
NOTE Confidence: 0.8630815865

00:34:22.630 --> 00:34:24.885 Spacious enough to invite the
NOTE Confidence: 0.8630815865

00:34:24.885 --> 00:34:27.140 fullness of who those other

NOTE Confidence: 0.8630815865

00:34:27.219 --> 00:34:29.830 people are into the room with me.

NOTE Confidence: 0.8630815865

00:34:29.830 --> 00:34:32.738 It's who I'm being.

NOTE Confidence: 0.8630815865

00:34:32.740 --> 00:34:33.410 Spacious enough?

NOTE Confidence: 0.8630815865

00:34:33.410 --> 00:34:35.755 So that if somebody has a world

NOTE Confidence: 0.8630815865

00:34:35.755 --> 00:34:37.600 of healing that doesn't resonate

NOTE Confidence: 0.8630815865

00:34:37.600 --> 00:34:40.832 with what I know and what I learned

NOTE Confidence: 0.8630815865

00:34:40.832 --> 00:34:42.329 inside somebody's classroom,

NOTE Confidence: 0.8630815865

00:34:42.330 --> 00:34:44.850 that I still know how to make space for

NOTE Confidence: 0.8630815865

00:34:44.850 --> 00:34:47.540 it is who I am being inclusive enough.

NOTE Confidence: 0.904875301428572

00:34:50.150 --> 00:34:53.447 If not. Cool. Don't get stuck there.

NOTE Confidence: 0.91928232

00:34:55.570 --> 00:34:58.615 Figure out. And I'm not just saying

NOTE Confidence: 0.91928232

00:34:58.615 --> 00:35:00.170 shape shift and act like it.

NOTE Confidence: 0.91928232

00:35:00.170 --> 00:35:01.338 I don't like performative.

NOTE Confidence: 0.931166376666667

00:35:03.760 --> 00:35:05.870 You might discover that you

NOTE Confidence: 0.931166376666667

00:35:05.870 --> 00:35:08.062 need to check out. This is

NOTE Confidence: 0.931166376666667

00:35:08.062 --> 00:35:09.568 where the journey ends for you.

NOTE Confidence: 0.854483815

00:35:11.690 --> 00:35:14.600 Or you get to ask yourself.

NOTE Confidence: 0.854483815

00:35:14.600 --> 00:35:16.530 Am I willing and able?

NOTE Confidence: 0.8985232525

00:35:20.020 --> 00:35:21.448 To make that space.

NOTE Confidence: 0.841154343

00:35:23.590 --> 00:35:25.126 Which starts with critical

NOTE Confidence: 0.841154343

00:35:25.126 --> 00:35:27.430 dialogue at the level of you.

NOTE Confidence: 0.841154343

00:35:27.430 --> 00:35:30.638 So while this model and this this way

NOTE Confidence: 0.841154343

00:35:30.638 --> 00:35:33.875 of framing healing is absolutely and

NOTE Confidence: 0.841154343

00:35:33.875 --> 00:35:37.385 it's creation definitely for my people.

NOTE Confidence: 0.841154343

00:35:37.390 --> 00:35:39.840 It's an invitation for everybody to say,

NOTE Confidence: 0.841154343

00:35:39.840 --> 00:35:43.210 well, what is my story?

NOTE Confidence: 0.841154343

00:35:43.210 --> 00:35:45.130 What is the experience and framing

NOTE Confidence: 0.841154343

00:35:45.130 --> 00:35:47.374 of healing that I take into

NOTE Confidence: 0.841154343

00:35:47.374 --> 00:35:49.178 whatever buildings and classrooms?

NOTE Confidence: 0.841154343

00:35:49.180 --> 00:35:50.836 Be aware of it.

NOTE Confidence: 0.841154343

00:35:50.836 --> 00:35:52.906 So that you don't intentionally

NOTE Confidence: 0.841154343

00:35:52.906 --> 00:35:55.810 or unintentionally weaponize it.

NOTE Confidence: 0.841154343

00:35:55.810 --> 00:35:57.938 As a way to create barriers and boundaries

NOTE Confidence: 0.841154343

00:35:57.938 --> 00:36:00.048 in the spaces where you have power,

NOTE Confidence: 0.841154343

00:36:00.050 --> 00:36:01.802 so that people cannot breathe and

NOTE Confidence: 0.841154343

00:36:01.802 --> 00:36:03.566 be themselves and access healing in

NOTE Confidence: 0.841154343

00:36:03.566 --> 00:36:05.449 ways that resonate with who they are.

NOTE Confidence: 0.841154343

00:36:05.450 --> 00:36:07.658 Who are you being?

NOTE Confidence: 0.841154343

00:36:07.660 --> 00:36:10.000 What is your story?

NOTE Confidence: 0.841154343

00:36:10.000 --> 00:36:11.830 Who told you what healing is?

NOTE Confidence: 0.89251164625

00:36:15.560 --> 00:36:17.576 The last treatment plan that you wrote up,

NOTE Confidence: 0.89251164625

00:36:17.580 --> 00:36:19.458 whose definition of healing was that?

NOTE Confidence: 0.86986375

00:36:26.140 --> 00:36:26.929 So the model.

NOTE Confidence: 0.808416455

00:36:30.450 --> 00:36:33.366 This is a part. Of the baton that I

NOTE Confidence: 0.808416455

00:36:33.366 --> 00:36:35.792 realized that I needed to carry to

NOTE Confidence: 0.808416455

00:36:35.792 --> 00:36:38.137 make sure that there were expanded

NOTE Confidence: 0.808416455

00:36:38.137 --> 00:36:40.873 ways in these stuffy academic rooms
NOTE Confidence: 0.808416455

00:36:40.873 --> 00:36:43.220 and journals to know that there's a
NOTE Confidence: 0.808416455

00:36:43.220 --> 00:36:45.593 framework for us to be able to justify
NOTE Confidence: 0.808416455

00:36:45.593 --> 00:36:48.090 the things that we know in our bones.
NOTE Confidence: 0.863462195

00:36:51.050 --> 00:36:52.930 The conceptual model of
NOTE Confidence: 0.863462195

00:36:52.930 --> 00:36:53.870 intergenerational healing.
NOTE Confidence: 0.845274391428571

00:36:57.310 --> 00:37:01.132 So. I'm horrible and this time
NOTE Confidence: 0.845274391428571

00:37:01.132 --> 00:37:03.130 following. So yeah, I gotta you
NOTE Confidence: 0.845274391428571

00:37:03.130 --> 00:37:05.240 gotta link at me or something.
NOTE Confidence: 0.86521358

00:37:07.340 --> 00:37:09.805 So lastly, it wasn't good
NOTE Confidence: 0.86521358

00:37:09.805 --> 00:37:13.220 enough for me to make a model.
NOTE Confidence: 0.86521358

00:37:13.220 --> 00:37:15.502 And just write up a discussion and
NOTE Confidence: 0.86521358

00:37:15.502 --> 00:37:17.230 an implication section and be like,
NOTE Confidence: 0.86521358

00:37:17.230 --> 00:37:18.210 alright, y'all have that,
NOTE Confidence: 0.86521358

00:37:18.210 --> 00:37:19.435 go do something with it.
NOTE Confidence: 0.808805325

00:37:21.990 --> 00:37:23.760 It's like, oh, I don't got to wait for that.

NOTE Confidence: 0.88914935

00:37:26.080 --> 00:37:29.536 I don't just have to say what's missing.

NOTE Confidence: 0.88914935

00:37:29.540 --> 00:37:32.550 I get to go create.

NOTE Confidence: 0.88914935

00:37:32.550 --> 00:37:37.128 What insights have been given to me?

NOTE Confidence: 0.88914935

00:37:37.130 --> 00:37:39.930 So ultimately.

NOTE Confidence: 0.88914935

00:37:39.930 --> 00:37:41.988 But I got the brilliant gift to

NOTE Confidence: 0.88914935

00:37:41.988 --> 00:37:44.589 be able to do was to ask myself

NOTE Confidence: 0.88914935

00:37:44.589 --> 00:37:46.234 what would that model look

NOTE Confidence: 0.88914935

00:37:46.308 --> 00:37:48.270 like as a real living thing?

NOTE Confidence: 0.800598261428571

00:37:52.760 --> 00:37:55.420 Now births the Center for

NOTE Confidence: 0.800598261428571

00:37:55.420 --> 00:37:57.280 black well-being. LLC.

NOTE Confidence: 0.902737585454545

00:38:00.080 --> 00:38:02.920 Our framework is to go to all the

NOTE Confidence: 0.902737585454545

00:38:02.920 --> 00:38:05.906 layers of this model and to use it

NOTE Confidence: 0.902737585454545

00:38:05.906 --> 00:38:08.439 to inform and shape our guiding.

NOTE Confidence: 0.902737585454545

00:38:08.440 --> 00:38:11.836 Use it as our guiding philosophy.

NOTE Confidence: 0.902737585454545

00:38:11.840 --> 00:38:15.264 So what we said about cultural and spiritual

NOTE Confidence: 0.902737585454545

00:38:15.264 --> 00:38:17.850 heritage and ancestors in practice,
NOTE Confidence: 0.902737585454545

00:38:17.850 --> 00:38:20.594 that looks like remembering who we are.
NOTE Confidence: 0.902737585454545

00:38:20.600 --> 00:38:23.140 Activating and remixing cultural strengths,
NOTE Confidence: 0.902737585454545

00:38:23.140 --> 00:38:25.308 assets, and original instructions
NOTE Confidence: 0.902737585454545

00:38:25.308 --> 00:38:28.018 as a vital healing source.
NOTE Confidence: 0.902737585454545

00:38:28.020 --> 00:38:30.348 Maybe you're asking what does that look like
NOTE Confidence: 0.902737585454545

00:38:30.348 --> 00:38:32.887 in your work with individuals or families?
NOTE Confidence: 0.902737585454545

00:38:32.890 --> 00:38:34.910 Well, in order to remember,
NOTE Confidence: 0.902737585454545

00:38:34.910 --> 00:38:36.490 sometimes might need to know.
NOTE Confidence: 0.902737585454545

00:38:36.490 --> 00:38:40.288 Do you know? Do they know?
NOTE Confidence: 0.902737585454545

00:38:40.290 --> 00:38:41.960 Maybe it's just creating space.
NOTE Confidence: 0.902737585454545

00:38:41.960 --> 00:38:44.500 What's your healing story?
NOTE Confidence: 0.902737585454545

00:38:44.500 --> 00:38:46.243 One thing that I love is to
NOTE Confidence: 0.902737585454545

00:38:46.243 --> 00:38:47.720 take the genogram and flip it.
NOTE Confidence: 0.902737585454545

00:38:47.720 --> 00:38:50.422 Use it as a way to trace
NOTE Confidence: 0.902737585454545

00:38:50.422 --> 00:38:51.580 healing across generations.

NOTE Confidence: 0.902737585454545

00:38:51.580 --> 00:38:53.476 How are people healing back then?

NOTE Confidence: 0.902737585454545

00:38:53.480 --> 00:38:56.944 What parts of that do resonate with you?

NOTE Confidence: 0.902737585454545

00:38:56.950 --> 00:38:59.211 And what parts did you feel like

NOTE Confidence: 0.902737585454545

00:38:59.211 --> 00:39:01.730 you wanted to run from a transform?

NOTE Confidence: 0.902737585454545

00:39:01.730 --> 00:39:03.130 Where did you feel like

NOTE Confidence: 0.902737585454545

00:39:03.130 --> 00:39:03.970 healing wasn't happening?

NOTE Confidence: 0.902737585454545

00:39:03.970 --> 00:39:06.643 What do you think was the impact on you?

NOTE Confidence: 0.902737585454545

00:39:06.650 --> 00:39:08.708 People get to create their own

NOTE Confidence: 0.902737585454545

00:39:08.708 --> 00:39:10.646 personalized map and now you have

NOTE Confidence: 0.902737585454545

00:39:10.646 --> 00:39:13.040 a tool that you get to use that is

NOTE Confidence: 0.902737585454545

00:39:13.040 --> 00:39:15.026 really all the nice social work

NOTE Confidence: 0.902737585454545

00:39:15.026 --> 00:39:16.294 cliches that write Stephanie.

NOTE Confidence: 0.902737585454545

00:39:16.294 --> 00:39:17.116 I was like,

NOTE Confidence: 0.902737585454545

00:39:17.116 --> 00:39:18.760 don't write those in the papers

NOTE Confidence: 0.902737585454545

00:39:18.813 --> 00:39:19.928 that you submit to me,

NOTE Confidence: 0.902737585454545

00:39:19.930 --> 00:39:20.460 please.
NOTE Confidence: 0.826895096666667

00:39:22.580 --> 00:39:26.036 But meeting somebody where they are.
NOTE Confidence: 0.826895096666667

00:39:26.040 --> 00:39:28.665 That that's what it can look like.
NOTE Confidence: 0.833498135833333

00:39:30.710 --> 00:39:32.846 Next, amplify healing as an essential
NOTE Confidence: 0.833498135833333

00:39:32.846 --> 00:39:35.040 possibility and part of our present,
NOTE Confidence: 0.833498135833333

00:39:35.040 --> 00:39:36.748 past, present, and future.
NOTE Confidence: 0.833498135833333

00:39:36.748 --> 00:39:38.883 So wherever we are going,
NOTE Confidence: 0.833498135833333

00:39:38.890 --> 00:39:40.490 whatever space I'm invited to,
NOTE Confidence: 0.833498135833333

00:39:40.490 --> 00:39:42.548 we are talking about healing center.
NOTE Confidence: 0.833498135833333

00:39:42.550 --> 00:39:45.826 I'm grateful for the things that trauma
NOTE Confidence: 0.833498135833333

00:39:45.826 --> 00:39:48.289 informed awareness has given me and.
NOTE Confidence: 0.833498135833333

00:39:48.290 --> 00:39:50.170 The way that it gets to look when
NOTE Confidence: 0.833498135833333

00:39:50.170 --> 00:39:52.037 I put healing at the center.
NOTE Confidence: 0.833498135833333

00:39:52.040 --> 00:39:54.024 Healing is the intention.
NOTE Confidence: 0.833498135833333

00:39:54.024 --> 00:39:57.000 Healing as the reminder old man.
NOTE Confidence: 0.833498135833333

00:39:57.000 --> 00:39:58.956 How creative I get to be,

NOTE Confidence: 0.833498135833333
00:39:58.960 --> 00:40:00.520 how creative we get to be,
NOTE Confidence: 0.833498135833333
00:40:00.520 --> 00:40:02.470 how creative they get to be.
NOTE Confidence: 0.833498135833333
00:40:02.470 --> 00:40:04.094 What does that look like in practice?
NOTE Confidence: 0.833498135833333
00:40:04.100 --> 00:40:05.788 Just asking radically imagination.
NOTE Confidence: 0.833498135833333
00:40:05.788 --> 00:40:08.320 What would it look like if
NOTE Confidence: 0.833498135833333
00:40:08.398 --> 00:40:10.270 this thing was transformed?
NOTE Confidence: 0.833498135833333
00:40:10.270 --> 00:40:13.329 What would it feel like to you?
NOTE Confidence: 0.833498135833333
00:40:13.330 --> 00:40:13.790 Right.
NOTE Confidence: 0.797545911818182
00:40:16.250 --> 00:40:18.885 Next, affirm African cosmological beliefs
NOTE Confidence: 0.797545911818182
00:40:18.885 --> 00:40:22.170 and the transpersonal nature of healing.
NOTE Confidence: 0.797545911818182
00:40:22.170 --> 00:40:24.578 So again, you may have somebody who
NOTE Confidence: 0.797545911818182
00:40:24.578 --> 00:40:26.830 doesn't just think in this dimension.
NOTE Confidence: 0.797545911818182
00:40:26.830 --> 00:40:29.119 They believe that they have tools that
NOTE Confidence: 0.797545911818182
00:40:29.119 --> 00:40:31.249 they can access from other spaces,
NOTE Confidence: 0.797545911818182
00:40:31.250 --> 00:40:32.441 spiritually and otherwise.
NOTE Confidence: 0.797545911818182

00:40:32.441 --> 00:40:35.660 You might need to ask questions about gifts.

NOTE Confidence: 0.81143178

00:40:39.170 --> 00:40:41.426 What were? What else was available?

NOTE Confidence: 0.81143178

00:40:41.430 --> 00:40:42.790 What do they know?

NOTE Confidence: 0.81143178

00:40:42.790 --> 00:40:45.520 What are the stories from their families?

NOTE Confidence: 0.81143178

00:40:45.520 --> 00:40:47.374 Maintain space where we can identify

NOTE Confidence: 0.81143178

00:40:47.374 --> 00:40:49.240 and explore spiritual gifts and healing.

NOTE Confidence: 0.81143178

00:40:49.240 --> 00:40:52.075 So similar to what I just named

NOTE Confidence: 0.81143178

00:40:52.080 --> 00:40:53.456 Createspace to intentionally share

NOTE Confidence: 0.81143178

00:40:53.456 --> 00:40:55.176 our healing gifts and wisdom.

NOTE Confidence: 0.81143178

00:40:55.180 --> 00:40:56.716 So that's fireside training,

NOTE Confidence: 0.81143178

00:40:56.716 --> 00:40:59.475 and I'll talk in the next slide

NOTE Confidence: 0.81143178

00:40:59.475 --> 00:41:01.395 really quickly about what that

NOTE Confidence: 0.81143178

00:41:01.395 --> 00:41:03.500 looks like at the center.

NOTE Confidence: 0.81143178

00:41:03.500 --> 00:41:06.832 Createspace for relief and Joy and #7.

NOTE Confidence: 0.81143178

00:41:06.832 --> 00:41:09.814 So this ain't no order of priority,

NOTE Confidence: 0.81143178

00:41:09.820 --> 00:41:12.424 it's just what I got to next

NOTE Confidence: 0.81143178

00:41:12.424 --> 00:41:15.460 when I was trying to write OK.

NOTE Confidence: 0.81143178

00:41:15.460 --> 00:41:17.480 Acknowledge and share about the

NOTE Confidence: 0.81143178

00:41:17.480 --> 00:41:19.096 impact of traumatic exploitation,

NOTE Confidence: 0.81143178

00:41:19.100 --> 00:41:20.960 violence and subjugation, violence,

NOTE Confidence: 0.81143178

00:41:20.960 --> 00:41:22.820 subjugation and oppression for

NOTE Confidence: 0.81143178

00:41:22.820 --> 00:41:24.660 affirmation and accountability.

NOTE Confidence: 0.81143178

00:41:24.660 --> 00:41:27.916 So while I know that my work right,

NOTE Confidence: 0.81143178

00:41:27.920 --> 00:41:30.272 I like Jay Shetty and in his

NOTE Confidence: 0.81143178

00:41:30.272 --> 00:41:31.900 book think like a monk,

NOTE Confidence: 0.81143178

00:41:31.900 --> 00:41:33.740 he talked about Dharma, right.

NOTE Confidence: 0.81143178

00:41:33.740 --> 00:41:36.220 And how you don't really have to do it all,

NOTE Confidence: 0.81143178

00:41:36.220 --> 00:41:37.570 you just have to be focused

NOTE Confidence: 0.81143178

00:41:37.570 --> 00:41:38.660 on what your daughter is.

NOTE Confidence: 0.81143178

00:41:38.660 --> 00:41:40.090 And I believe that my

NOTE Confidence: 0.81143178

00:41:40.090 --> 00:41:41.234 Dharma is healing center,

NOTE Confidence: 0.81143178

00:41:41.240 --> 00:41:43.736 somebody else's dormer is trauma informed,

NOTE Confidence: 0.81143178

00:41:43.740 --> 00:41:44.290 right?

NOTE Confidence: 0.81143178

00:41:44.290 --> 00:41:48.140 So while the things that I am

NOTE Confidence: 0.81143178

00:41:48.140 --> 00:41:51.551 involved in will prioritize the

NOTE Confidence: 0.81143178

00:41:51.551 --> 00:41:53.906 commitment to well-being and healing.

NOTE Confidence: 0.81143178

00:41:53.910 --> 00:41:56.162 It's not, you know,

NOTE Confidence: 0.81143178

00:41:56.162 --> 00:41:58.310 omitting or not prioritizing

NOTE Confidence: 0.81143178

00:41:58.310 --> 00:42:00.860 awareness of mass group trauma

NOTE Confidence: 0.81143178

00:42:00.860 --> 00:42:03.790 and forces not just historical,

NOTE Confidence: 0.81143178

00:42:03.790 --> 00:42:04.366 historical,

NOTE Confidence: 0.81143178

00:42:04.366 --> 00:42:07.246 but ongoing forces of subjugation.

NOTE Confidence: 0.81143178

00:42:07.250 --> 00:42:09.110 That's very present you know,

NOTE Confidence: 0.81143178

00:42:09.110 --> 00:42:10.671 for me and so how that out

NOTE Confidence: 0.81143178

00:42:10.671 --> 00:42:12.357 pictures in the work that I'll do,

NOTE Confidence: 0.81143178

00:42:12.360 --> 00:42:15.069 I'll be able to share quickly as well.

NOTE Confidence: 0.867514275263158

00:42:19.200 --> 00:42:22.217 So at the center, here are some

NOTE Confidence: 0.867514275263158
00:42:22.217 --> 00:42:25.204 of the things that we've done
NOTE Confidence: 0.867514275263158
00:42:25.204 --> 00:42:28.396 created spaces for relief and joy.
NOTE Confidence: 0.867514275263158
00:42:28.400 --> 00:42:30.110 We do a monthly event called
NOTE Confidence: 0.867514275263158
00:42:30.110 --> 00:42:31.294 the Digital Oasis, right?
NOTE Confidence: 0.867514275263158
00:42:31.294 --> 00:42:33.238 Something that played an instrumental role
NOTE Confidence: 0.867514275263158
00:42:33.238 --> 00:42:35.788 in healing and well-being was just gathering.
NOTE Confidence: 0.867514275263158
00:42:35.790 --> 00:42:37.410 So having a monthly space where
NOTE Confidence: 0.867514275263158
00:42:37.410 --> 00:42:39.260 we just get to be together.
NOTE Confidence: 0.867514275263158
00:42:39.260 --> 00:42:39.936 Sharing information.
NOTE Confidence: 0.867514275263158
00:42:39.936 --> 00:42:42.640 So at each Oasis or at each event,
NOTE Confidence: 0.867514275263158
00:42:42.640 --> 00:42:46.098 somebody gets to share of their gifts.
NOTE Confidence: 0.867514275263158
00:42:46.100 --> 00:42:47.756 So whoever comes gets to learn
NOTE Confidence: 0.867514275263158
00:42:47.756 --> 00:42:49.887 a new modality or walk away with
NOTE Confidence: 0.867514275263158
00:42:49.887 --> 00:42:51.497 information that can be applied
NOTE Confidence: 0.867514275263158
00:42:51.497 --> 00:42:53.668 that they don't have to wait to
NOTE Confidence: 0.867514275263158

00:42:53.668 --> 00:42:55.559 figure out insurance and wait to
NOTE Confidence: 0.867514275263158

00:42:55.559 --> 00:42:57.654 figure out finding somebody that
NOTE Confidence: 0.867514275263158

00:42:57.654 --> 00:43:00.419 they like you know to work with.
NOTE Confidence: 0.867514275263158

00:43:00.420 --> 00:43:02.485 But what if we just create spaces
NOTE Confidence: 0.867514275263158

00:43:02.485 --> 00:43:04.038 where we're sharing the information
NOTE Confidence: 0.867514275263158

00:43:04.038 --> 00:43:05.874 that people can access and grab
NOTE Confidence: 0.867514275263158

00:43:05.874 --> 00:43:07.903 and put in their own toolkit
NOTE Confidence: 0.867514275263158

00:43:07.903 --> 00:43:09.263 and experience Wellness and.
NOTE Confidence: 0.867514275263158

00:43:09.270 --> 00:43:11.286 Right now in ways that are needed.
NOTE Confidence: 0.867514275263158

00:43:11.290 --> 00:43:14.650 And we do that collectively.
NOTE Confidence: 0.867514275263158

00:43:14.650 --> 00:43:17.810 So a range of things we got together.
NOTE Confidence: 0.867514275263158

00:43:17.810 --> 00:43:21.678 Talk about online dating.
NOTE Confidence: 0.867514275263158

00:43:21.680 --> 00:43:25.108 Black pleasure and passion.
NOTE Confidence: 0.867514275263158

00:43:25.110 --> 00:43:27.650 An event focused on music,
NOTE Confidence: 0.867514275263158

00:43:27.650 --> 00:43:28.071 right,
NOTE Confidence: 0.867514275263158

00:43:28.071 --> 00:43:30.597 and creating music that affirms a

NOTE Confidence: 0.867514275263158
00:43:30.597 --> 00:43:33.029 creating music that can help recenter
NOTE Confidence: 0.867514275263158
00:43:33.029 --> 00:43:35.225 us in times when it's needed.
NOTE Confidence: 0.867514275263158
00:43:35.230 --> 00:43:37.050 Sharing the tool of emotional
NOTE Confidence: 0.867514275263158
00:43:37.050 --> 00:43:38.506 freedom technique or tapping.
NOTE Confidence: 0.867514275263158
00:43:38.510 --> 00:43:39.449 So you know,
NOTE Confidence: 0.867514275263158
00:43:39.449 --> 00:43:42.184 we mix it up and just keep it
NOTE Confidence: 0.867514275263158
00:43:42.184 --> 00:43:44.746 simple and Createspace as the model
NOTE Confidence: 0.867514275263158
00:43:44.746 --> 00:43:47.650 is the theme for those events.
NOTE Confidence: 0.867514275263158
00:43:47.650 --> 00:43:48.390 And lastly,
NOTE Confidence: 0.867514275263158
00:43:48.390 --> 00:43:50.610 our Community level engagement is when
NOTE Confidence: 0.867514275263158
00:43:50.610 --> 00:43:53.529 we work as consultants with organization.
NOTE Confidence: 0.867514275263158
00:43:53.530 --> 00:43:55.714 So there's the time where I get to.
NOTE Confidence: 0.867514275263158
00:43:55.720 --> 00:43:56.953 Amp up #7,
NOTE Confidence: 0.867514275263158
00:43:56.953 --> 00:43:57.364 right.
NOTE Confidence: 0.867514275263158
00:43:57.364 --> 00:44:02.155 So when you want to bring me in because of
NOTE Confidence: 0.867514275263158

00:44:02.155 --> 00:44:05.485 all your beautiful DI lovely commitments,

NOTE Confidence: 0.867514275263158

00:44:05.490 --> 00:44:08.017 what's beautiful is that we get to

NOTE Confidence: 0.867514275263158

00:44:08.017 --> 00:44:10.658 merge the skills of clinical practice,

NOTE Confidence: 0.867514275263158

00:44:10.660 --> 00:44:13.719 our awareness of who we are and

NOTE Confidence: 0.867514275263158

00:44:13.719 --> 00:44:15.534 healing centered engagement and

NOTE Confidence: 0.867514275263158

00:44:15.534 --> 00:44:17.679 create spaces where we invite

NOTE Confidence: 0.867514275263158

00:44:17.679 --> 00:44:20.290 organizations to be held accountable

NOTE Confidence: 0.867514275263158

00:44:20.290 --> 00:44:23.020 and to reimagine what it could look

NOTE Confidence: 0.867514275263158

00:44:23.020 --> 00:44:25.519 like to create an organization.

NOTE Confidence: 0.867514275263158

00:44:25.520 --> 00:44:27.056 That feels like Wellness,

NOTE Confidence: 0.867514275263158

00:44:27.056 --> 00:44:29.360 especially to the black folks and

NOTE Confidence: 0.867514275263158

00:44:29.427 --> 00:44:31.611 to other folks of color who inhabit

NOTE Confidence: 0.867514275263158

00:44:31.611 --> 00:44:33.659 or are parts of those spaces.

NOTE Confidence: 0.844969845

00:44:36.570 --> 00:44:37.710 A lot of stuff I'm missing.

NOTE Confidence: 0.844969845

00:44:37.710 --> 00:44:39.042 I don't know where we are

NOTE Confidence: 0.844969845

00:44:39.042 --> 00:44:42.410 in time, but. 10 minutes.

NOTE Confidence: 0.904897082

00:44:44.600 --> 00:44:50.108 OK, OK, so I will, I will stop here.

NOTE Confidence: 0.904897082

00:44:50.110 --> 00:44:52.035 The long and the short of it,

NOTE Confidence: 0.904897082

00:44:52.040 --> 00:44:53.958 and we were talking about this earlier.

NOTE Confidence: 0.9374464

00:44:56.610 --> 00:45:00.951 This is because. Of every single

NOTE Confidence: 0.9374464

00:45:00.951 --> 00:45:03.813 person that was in the gratitude

NOTE Confidence: 0.9374464

00:45:03.813 --> 00:45:06.480 page earlier. This is because.

NOTE Confidence: 0.839329899090909

00:45:08.780 --> 00:45:11.432 My parents the same Mama that

NOTE Confidence: 0.839329899090909

00:45:11.432 --> 00:45:13.750 I referenced in the poem.

NOTE Confidence: 0.839329899090909

00:45:13.750 --> 00:45:15.760 With everything knew how to

NOTE Confidence: 0.839329899090909

00:45:15.760 --> 00:45:17.776 create a world, to Createspace,

NOTE Confidence: 0.839329899090909

00:45:17.776 --> 00:45:21.000 to surround me with tools that even if

NOTE Confidence: 0.839329899090909

00:45:21.074 --> 00:45:23.909 she wasn't directly giving them to me,

NOTE Confidence: 0.839329899090909

00:45:23.910 --> 00:45:26.304 I had access to the things that

NOTE Confidence: 0.839329899090909

00:45:26.304 --> 00:45:28.629 ultimately held up nearest to myself.

NOTE Confidence: 0.864341095714286

00:45:30.690 --> 00:45:33.635 Helped me to go inward and discover, yeah,

NOTE Confidence: 0.864341095714286

00:45:33.635 --> 00:45:36.470 you know, I might want to do social work
NOTE Confidence: 0.864341095714286

00:45:36.547 --> 00:45:39.123 and I might have wanted to Dibble and
NOTE Confidence: 0.864341095714286

00:45:39.123 --> 00:45:42.948 dabble in academia, and I might have.
NOTE Confidence: 0.864341095714286

00:45:42.950 --> 00:45:45.782 Wanted to do something that would be helpful
NOTE Confidence: 0.864341095714286

00:45:45.782 --> 00:45:48.499 to Anton from the YMCA where I worked.
NOTE Confidence: 0.949282452

00:45:51.160 --> 00:45:54.598 But it was about growing the
NOTE Confidence: 0.949282452

00:45:54.598 --> 00:45:58.224 healing story that was inside of me.
NOTE Confidence: 0.949282452

00:45:58.230 --> 00:46:00.510 In a way that invited me to just
NOTE Confidence: 0.949282452

00:46:00.510 --> 00:46:02.610 follow the path to my own Dharma,
NOTE Confidence: 0.949282452

00:46:02.610 --> 00:46:03.726 to my own destiny.
NOTE Confidence: 0.949282452

00:46:03.726 --> 00:46:05.968 And so I don't just ask myself
NOTE Confidence: 0.949282452

00:46:05.968 --> 00:46:07.940 about a professional identity,
NOTE Confidence: 0.949282452

00:46:07.940 --> 00:46:09.417 but I ask myself, what are the
NOTE Confidence: 0.949282452

00:46:09.417 --> 00:46:10.970 things that are supposed to be out,
NOTE Confidence: 0.949282452

00:46:10.970 --> 00:46:15.037 pictured and realized because I am here?
NOTE Confidence: 0.949282452

00:46:15.040 --> 00:46:17.864 If we look back at any of the

NOTE Confidence: 0.949282452

00:46:17.864 --> 00:46:19.718 narratives or at the model,

NOTE Confidence: 0.949282452

00:46:19.720 --> 00:46:21.970 what's beautiful is that our

NOTE Confidence: 0.949282452

00:46:21.970 --> 00:46:23.770 ancestors were doing CBT.

NOTE Confidence: 0.923298488

00:46:26.970 --> 00:46:29.780 Our ancestors were, you know,

NOTE Confidence: 0.923298488

00:46:29.780 --> 00:46:31.910 when you look at those stage

NOTE Confidence: 0.923298488

00:46:31.910 --> 00:46:33.738 theories of help seeking, right,

NOTE Confidence: 0.923298488

00:46:33.738 --> 00:46:35.370 they would demonstrate it.

NOTE Confidence: 0.923298488

00:46:35.370 --> 00:46:38.106 Oh, let me figure out what to do first.

NOTE Confidence: 0.923298488

00:46:38.110 --> 00:46:39.916 Let me find a world that it

NOTE Confidence: 0.923298488

00:46:39.916 --> 00:46:41.450 made sense to do that in.

NOTE Confidence: 0.923298488

00:46:41.450 --> 00:46:43.890 Let me find some people that could trust.

NOTE Confidence: 0.923298488

00:46:43.890 --> 00:46:46.518 Let me check back in with the home with

NOTE Confidence: 0.923298488

00:46:46.518 --> 00:46:49.059 the fam and see what was safe to do.

NOTE Confidence: 0.923298488

00:46:49.060 --> 00:46:53.326 Right. And so we were methodically.

NOTE Confidence: 0.923298488

00:46:53.330 --> 00:46:54.064 And ultimately,

NOTE Confidence: 0.923298488

00:46:54.064 --> 00:46:57.320 let me check back in with who I am.
NOTE Confidence: 0.923298488

00:46:57.320 --> 00:46:59.960 I know what this world is trying to tell me.
NOTE Confidence: 0.923298488

00:46:59.960 --> 00:47:01.880 But the way this DNA is set up?
NOTE Confidence: 0.923298488

00:47:01.880 --> 00:47:04.118 Oh, there is.
NOTE Confidence: 0.923298488

00:47:04.120 --> 00:47:07.255 A wellspring of Wellness information
NOTE Confidence: 0.923298488

00:47:07.255 --> 00:47:09.136 that is mine.
NOTE Confidence: 0.923298488

00:47:09.140 --> 00:47:10.826 Hey, what's happening into that in
NOTE Confidence: 0.923298488

00:47:10.826 --> 00:47:12.273 the midst of circumstances that
NOTE Confidence: 0.923298488

00:47:12.273 --> 00:47:13.618 I couldn't even have imagined?
NOTE Confidence: 0.897469071818182

00:47:16.070 --> 00:47:18.737 So I had to return to that
NOTE Confidence: 0.897469071818182

00:47:18.737 --> 00:47:20.220 poem and transform it.
NOTE Confidence: 0.897469071818182

00:47:20.220 --> 00:47:22.716 Originally it said this dear ancestors,
NOTE Confidence: 0.897469071818182

00:47:22.720 --> 00:47:23.860 please get well.
NOTE Confidence: 0.897469071818182

00:47:23.860 --> 00:47:25.380 Please get well soon.
NOTE Confidence: 0.897469071818182

00:47:25.380 --> 00:47:27.316 That was the original version of the poem.
NOTE Confidence: 0.897469071818182

00:47:27.320 --> 00:47:29.210 It was a plea for them to heal so

NOTE Confidence: 0.897469071818182
00:47:29.210 --> 00:47:31.030 that somehow I could get healing.
NOTE Confidence: 0.897469071818182
00:47:31.030 --> 00:47:32.254 Because the way intergenerational
NOTE Confidence: 0.897469071818182
00:47:32.254 --> 00:47:33.784 transmission work is that if
NOTE Confidence: 0.897469071818182
00:47:33.784 --> 00:47:35.290 you're not well, I'm not well.
NOTE Confidence: 0.895529048666667
00:47:37.870 --> 00:47:41.062 But I had to really reevaluate and
NOTE Confidence: 0.895529048666667
00:47:41.062 --> 00:47:44.009 discover who they are and who I am,
NOTE Confidence: 0.895529048666667
00:47:44.010 --> 00:47:46.032 so that I could transform that
NOTE Confidence: 0.895529048666667
00:47:46.032 --> 00:47:48.419 and that my heart could speak to
NOTE Confidence: 0.895529048666667
00:47:48.419 --> 00:47:50.680 their hearts and say I see you.
NOTE Confidence: 0.895529048666667
00:47:50.680 --> 00:47:53.896 I thank you. May the healing that you
NOTE Confidence: 0.895529048666667
00:47:53.896 --> 00:47:56.680 have fought for me to be able to do
NOTE Confidence: 0.895529048666667
00:47:56.680 --> 00:48:00.080 reach back to you as well. Thank you.
NOTE Confidence: 0.658671682857143
00:48:07.440 --> 00:48:09.120 Thank you is this.
NOTE Confidence: 0.658671682857143
00:48:09.120 --> 00:48:11.036 Is this on? OK. Yeah.
NOTE Confidence: 0.658671682857143
00:48:11.036 --> 00:48:13.332 Thank you so much for that work.
NOTE Confidence: 0.658671682857143

00:48:13.340 --> 00:48:14.768 We're going to go ahead and
NOTE Confidence: 0.658671682857143

00:48:14.768 --> 00:48:15.720 move on to questions.
NOTE Confidence: 0.658671682857143

00:48:15.720 --> 00:48:19.610 We have about 10 minutes.
NOTE Confidence: 0.658671682857143

00:48:19.610 --> 00:48:21.950 No, we're going to answer
NOTE Confidence: 0.658671682857143

00:48:21.950 --> 00:48:23.115 all the questions that we
NOTE Confidence: 0.658671682857143

00:48:23.115 --> 00:48:27.530 have until we can. Does.
NOTE Confidence: 0.850952382222222

00:48:29.650 --> 00:48:30.778 Alright, are there any
NOTE Confidence: 0.850952382222222

00:48:30.778 --> 00:48:32.188 questions in the chat too?
NOTE Confidence: 0.850952382222222

00:48:32.190 --> 00:48:33.930 We have somebody in the chat.
NOTE Confidence: 0.850952382222222

00:48:33.930 --> 00:48:35.666 Please say your name too and your
NOTE Confidence: 0.850952382222222

00:48:35.666 --> 00:48:36.869 affiliation with yell when you.
NOTE Confidence: 0.28106135

00:48:39.190 --> 00:48:43.480 Hi, my name is Sam Hayek and I thank you so
NOTE Confidence: 0.903420210769231

00:48:43.586 --> 00:48:46.436 much for sharing. All your
NOTE Confidence: 0.903420210769231

00:48:46.436 --> 00:48:49.740 knowledge with us and experience.
NOTE Confidence: 0.913126163

00:48:54.280 --> 00:48:57.969 I have. My question is what does
NOTE Confidence: 0.913126163

00:48:57.969 --> 00:49:01.749 it take for? Non black folks.

NOTE Confidence: 0.857251086666667
00:49:03.950 --> 00:49:08.066 To be healers of black folks.
NOTE Confidence: 0.857251086666667
00:49:08.070 --> 00:49:12.060 How can we? Transfer or
NOTE Confidence: 0.857251086666667
00:49:12.060 --> 00:49:13.980 transmit this this knowledge,
NOTE Confidence: 0.857251086666667
00:49:13.980 --> 00:49:18.480 this you know, generation,
NOTE Confidence: 0.857251086666667
00:49:18.480 --> 00:49:20.730 generationally transmitted.
NOTE Confidence: 0.857251086666667
00:49:20.730 --> 00:49:24.400 Intuitive. And practical know how?
NOTE Confidence: 0.89864736375
00:49:26.570 --> 00:49:30.698 To people who are not born into it.
NOTE Confidence: 0.89864736375
00:49:30.700 --> 00:49:33.410 Because otherwise.
NOTE Confidence: 0.89864736375
00:49:33.410 --> 00:49:35.880 You know the ratio of, you know,
NOTE Confidence: 0.89864736375
00:49:35.880 --> 00:49:38.805 doctors and psychologists and psychiatrists.
NOTE Confidence: 0.89864736375
00:49:38.810 --> 00:49:43.562 That are non that that are black folks too.
NOTE Confidence: 0.89864736375
00:49:43.570 --> 00:49:44.790 Black, black folks.
NOTE Confidence: 0.89864736375
00:49:44.790 --> 00:49:46.390 It's very very low.
NOTE Confidence: 0.89864736375
00:49:46.390 --> 00:49:49.238 So we need to head train non black
NOTE Confidence: 0.89864736375
00:49:49.238 --> 00:49:53.300 folks to work with black folks.
NOTE Confidence: 0.89864736375

00:49:53.300 --> 00:49:55.930 Can you help me there? No.
NOTE Confidence: 0.857243

00:49:58.080 --> 00:49:58.640 So.
NOTE Confidence: 0.855515066

00:50:02.710 --> 00:50:04.720 Something. Whenever I go somewhere,
NOTE Confidence: 0.855515066

00:50:04.720 --> 00:50:07.860 I usually say. I got home training.
NOTE Confidence: 0.855515066

00:50:07.860 --> 00:50:09.939 My Mama taught me not to walk up in
NOTE Confidence: 0.855515066

00:50:09.939 --> 00:50:11.732 somebody else house, take off my shoes,
NOTE Confidence: 0.855515066

00:50:11.732 --> 00:50:13.653 turn their chair there and tell them
NOTE Confidence: 0.855515066

00:50:13.653 --> 00:50:15.676 what temperature to set their house at.
NOTE Confidence: 0.855515066

00:50:15.680 --> 00:50:20.454 So. Often our professions amp us up.
NOTE Confidence: 0.855515066

00:50:20.460 --> 00:50:22.539 They put the battery in our back
NOTE Confidence: 0.855515066

00:50:22.539 --> 00:50:24.402 with this audacity to believe that
NOTE Confidence: 0.855515066

00:50:24.402 --> 00:50:26.523 we have an invitation to places that
NOTE Confidence: 0.855515066

00:50:26.585 --> 00:50:28.510 we don't necessarily always have.
NOTE Confidence: 0.855515066

00:50:28.510 --> 00:50:32.478 So there is the work of critical self
NOTE Confidence: 0.855515066

00:50:32.478 --> 00:50:35.640 reflection. I think that that is huge, right?
NOTE Confidence: 0.855515066

00:50:35.640 --> 00:50:39.140 Is there an invitation here for me?

NOTE Confidence: 0.855515066

00:50:39.140 --> 00:50:41.788 And if I really have a deep investment

NOTE Confidence: 0.855515066

00:50:41.788 --> 00:50:43.974 in becoming and showing up as

NOTE Confidence: 0.855515066

00:50:43.974 --> 00:50:46.158 somebody who would have an invitation

NOTE Confidence: 0.855515066

00:50:46.228 --> 00:50:48.478 to support healing and well-being,

NOTE Confidence: 0.855515066

00:50:48.480 --> 00:50:49.244 what transformation?

NOTE Confidence: 0.855515066

00:50:49.244 --> 00:50:52.332 Where am I willing to go in order

NOTE Confidence: 0.855515066

00:50:52.332 --> 00:50:53.520 to become that?

NOTE Confidence: 0.855515066

00:50:53.520 --> 00:50:56.320 So I can't sit here and give a blanket answer

NOTE Confidence: 0.855515066

00:50:56.383 --> 00:50:58.805 for what that looks like because again,

NOTE Confidence: 0.855515066

00:50:58.810 --> 00:50:59.791 we're not monolithic.

NOTE Confidence: 0.855515066

00:50:59.791 --> 00:51:01.784 I might be like, all right here,

NOTE Confidence: 0.855515066

00:51:01.784 --> 00:51:03.152 do all these things and you

NOTE Confidence: 0.855515066

00:51:03.152 --> 00:51:04.576 show up to somebody who like,

NOTE Confidence: 0.855515066

00:51:04.580 --> 00:51:06.540 I don't want that, right?

NOTE Confidence: 0.855515066

00:51:06.540 --> 00:51:09.130 So how are the I I think a lot of

NOTE Confidence: 0.855515066

00:51:09.218 --> 00:51:11.528 the answers to these things start
NOTE Confidence: 0.855515066

00:51:11.528 --> 00:51:14.180 at the level of self inquiry.
NOTE Confidence: 0.855515066

00:51:14.180 --> 00:51:17.450 Who am I being? Who have I been so far?
NOTE Confidence: 0.855515066

00:51:17.450 --> 00:51:18.410 And investigate.
NOTE Confidence: 0.855515066

00:51:18.410 --> 00:51:21.770 Flip some of that research to really
NOTE Confidence: 0.855515066

00:51:21.770 --> 00:51:23.829 understand at the level of you.
NOTE Confidence: 0.855515066

00:51:23.830 --> 00:51:26.273 What is it that has been keeping
NOTE Confidence: 0.855515066

00:51:26.273 --> 00:51:28.573 distance between me and the people that
NOTE Confidence: 0.855515066

00:51:28.573 --> 00:51:31.560 I thought I put on these licenses to help?
NOTE Confidence: 0.855515066

00:51:31.560 --> 00:51:33.136 What is that thing?
NOTE Confidence: 0.855515066

00:51:33.136 --> 00:51:36.240 They're leaning in and and getting insights.
NOTE Confidence: 0.855515066

00:51:36.240 --> 00:51:38.158 The people who are going to have
NOTE Confidence: 0.855515066

00:51:38.158 --> 00:51:40.135 the answers you need are the actual
NOTE Confidence: 0.855515066

00:51:40.135 --> 00:51:41.779 people in the room with you,
NOTE Confidence: 0.855515066

00:51:41.780 --> 00:51:44.196 and so they will be able to share.
NOTE Confidence: 0.855515066

00:51:44.200 --> 00:51:46.530 And maybe your work is other things, right?

NOTE Confidence: 0.855515066

00:51:46.530 --> 00:51:49.350 So one, in those healing narratives,

NOTE Confidence: 0.855515066

00:51:49.350 --> 00:51:53.400 we weren't only just inviting healing

NOTE Confidence: 0.855515066

00:51:53.400 --> 00:51:57.120 support from people of African ancestry,

NOTE Confidence: 0.855515066

00:51:57.120 --> 00:51:57.731 right?

NOTE Confidence: 0.855515066

00:51:57.731 --> 00:52:02.619 We also had other collaborations we were had.

NOTE Confidence: 0.855515066

00:52:02.620 --> 00:52:04.588 There were stories that I remember

NOTE Confidence: 0.855515066

00:52:04.588 --> 00:52:06.752 about communities with Native Americans.

NOTE Confidence: 0.855515066

00:52:06.752 --> 00:52:10.026 And so there are ways in which

NOTE Confidence: 0.855515066

00:52:10.026 --> 00:52:12.226 we identify that people are.

NOTE Confidence: 0.854490775454546

00:52:14.380 --> 00:52:17.098 Have a heart that feels like

NOTE Confidence: 0.854490775454546

00:52:17.098 --> 00:52:19.250 healing and well-being to us.

NOTE Confidence: 0.854490775454546

00:52:19.250 --> 00:52:22.373 The last thing that I was so it's not an

NOTE Confidence: 0.854490775454546

00:52:22.373 --> 00:52:24.388 exclusionary experience in that sense.

NOTE Confidence: 0.854490775454546

00:52:24.390 --> 00:52:28.004 Sometimes there is an invitation, but the

NOTE Confidence: 0.854490775454546

00:52:28.004 --> 00:52:30.889 particular ingredients for what makes.

NOTE Confidence: 0.854490775454546

00:52:30.890 --> 00:52:34.320 Us in terms of whatever.
NOTE Confidence: 0.854490775454546

00:52:34.320 --> 00:52:35.840 Credentials we walking in with
NOTE Confidence: 0.854490775454546

00:52:35.840 --> 00:52:38.124 what makes us a space where people
NOTE Confidence: 0.854490775454546

00:52:38.124 --> 00:52:39.879 feel like healing can happen.
NOTE Confidence: 0.854490775454546

00:52:39.880 --> 00:52:41.728 The answer for that is going
NOTE Confidence: 0.854490775454546

00:52:41.728 --> 00:52:42.960 to be very different.
NOTE Confidence: 0.854490775454546

00:52:42.960 --> 00:52:44.460 What you might ask yourself,
NOTE Confidence: 0.854490775454546

00:52:44.460 --> 00:52:48.565 is that the level where my power is, is at.
NOTE Confidence: 0.854490775454546

00:52:48.565 --> 00:52:52.195 With what I understand about what
NOTE Confidence: 0.854490775454546

00:52:52.195 --> 00:52:54.688 creates the conditions that reinforce.
NOTE Confidence: 0.854490775454546

00:52:54.688 --> 00:52:57.520 The absence of well-being or harm
NOTE Confidence: 0.854490775454546

00:52:57.598 --> 00:52:59.958 or hurt in this role that I got,
NOTE Confidence: 0.854490775454546

00:52:59.960 --> 00:53:00.884 what can I do?
NOTE Confidence: 0.854490775454546

00:53:00.884 --> 00:53:03.234 So it might not be sitting in the room
NOTE Confidence: 0.854490775454546

00:53:03.234 --> 00:53:05.040 with black folks and their families.
NOTE Confidence: 0.854490775454546

00:53:05.040 --> 00:53:07.360 It might be working at the level of

NOTE Confidence: 0.854490775454546

00:53:07.360 --> 00:53:09.398 your power to transform the conditions

NOTE Confidence: 0.854490775454546

00:53:09.398 --> 00:53:12.180 that create the need in the 1st place.

NOTE Confidence: 0.854490775454546

00:53:12.180 --> 00:53:14.938 How are you being to the people

NOTE Confidence: 0.854490775454546

00:53:14.938 --> 00:53:16.120 that you teach?

NOTE Confidence: 0.854490775454546

00:53:16.120 --> 00:53:18.520 How are you being to the people that

NOTE Confidence: 0.854490775454546

00:53:18.520 --> 00:53:21.117 you lead as directors of your program?

NOTE Confidence: 0.854490775454546

00:53:21.120 --> 00:53:23.906 What are the ways that you're making

NOTE Confidence: 0.854490775454546

00:53:23.906 --> 00:53:27.476 it so that the people who are are are?

NOTE Confidence: 0.854490775454546

00:53:27.480 --> 00:53:29.694 Reporting to you don't feel like

NOTE Confidence: 0.854490775454546

00:53:29.694 --> 00:53:32.680 they can be well in there every day.

NOTE Confidence: 0.854490775454546

00:53:32.680 --> 00:53:35.508 Maybe that's where you have to start.

NOTE Confidence: 0.854490775454546

00:53:35.510 --> 00:53:37.652 And then that might be a blueprint

NOTE Confidence: 0.854490775454546

00:53:37.652 --> 00:53:39.558 that lends to other discoveries

NOTE Confidence: 0.854490775454546

00:53:39.558 --> 00:53:41.932 that help you Createspace to become

NOTE Confidence: 0.854490775454546

00:53:41.932 --> 00:53:43.829 a person who is invited to support

NOTE Confidence: 0.854490775454546

00:53:43.829 --> 00:53:45.632 the healing of well-being of black
NOTE Confidence: 0.854490775454546

00:53:45.632 --> 00:53:48.010 folks in the way that may be desired.
NOTE Confidence: 0.96044553

00:53:52.510 --> 00:53:55.644 Thank you. Thank you.
NOTE Confidence: 0.96044553

00:53:55.644 --> 00:54:00.380 We have one more question. On him.
NOTE Confidence: 0.96044553

00:54:00.380 --> 00:54:02.396 One of the things for for marriage
NOTE Confidence: 0.96044553

00:54:02.400 --> 00:54:06.129 therapy is we say that our our clients
NOTE Confidence: 0.82033767869

00:54:06.140 --> 00:54:09.248 are the they know themselves now whether
NOTE Confidence: 0.82033767869

00:54:09.248 --> 00:54:11.799 trauma and transgender trauma they know
NOTE Confidence: 0.82033767869

00:54:11.799 --> 00:54:14.466 their experience and so I always look
NOTE Confidence: 0.82033767869

00:54:14.538 --> 00:54:16.950 at it's about relationship because when
NOTE Confidence: 0.82033767869

00:54:16.950 --> 00:54:19.424 you come into the room your clients
NOTE Confidence: 0.82033767869

00:54:19.424 --> 00:54:21.440 know if you're genuine or not and
NOTE Confidence: 0.82033767869

00:54:21.501 --> 00:54:23.475 we as black people understand that.
NOTE Confidence: 0.82033767869

00:54:23.480 --> 00:54:26.230 So we know most of the time if you really
NOTE Confidence: 0.82033767869

00:54:26.299 --> 00:54:28.516 are trying to help us or is it are
NOTE Confidence: 0.82033767869

00:54:28.516 --> 00:54:30.472 you trying to check the boxes and so.

NOTE Confidence: 0.82033767869

00:54:30.472 --> 00:54:31.984 I just needed to tell you publicly.

NOTE Confidence: 0.82033767869

00:54:31.990 --> 00:54:37.690 You rock. So I. I need that model.

NOTE Confidence: 0.82033767869

00:54:37.690 --> 00:54:39.990 One of the things I was looking at

NOTE Confidence: 0.82033767869

00:54:39.990 --> 00:54:42.459 as I went through because I just

NOTE Confidence: 0.82033767869

00:54:42.459 --> 00:54:43.995 finished my MFT program.

NOTE Confidence: 0.82033767869

00:54:44.000 --> 00:54:46.156 Looking at ways that will help us.

NOTE Confidence: 0.82033767869

00:54:46.156 --> 00:54:48.363 And so just what I can see from the

NOTE Confidence: 0.82033767869

00:54:48.363 --> 00:54:50.659 board and I'm going to go back and look,

NOTE Confidence: 0.82033767869

00:54:50.660 --> 00:54:52.584 your model is phenomenal.

NOTE Confidence: 0.82033767869

00:54:52.584 --> 00:54:56.510 If nobody ever tells you black girl magic,

NOTE Confidence: 0.82033767869

00:54:56.510 --> 00:54:57.790 you got it all together.

NOTE Confidence: 0.82033767869

00:54:57.790 --> 00:54:58.819 I appreciate you.

NOTE Confidence: 0.8287020825

00:54:59.740 --> 00:55:00.860 And I would snap,

NOTE Confidence: 0.850953702857143

00:55:00.870 --> 00:55:02.487 but my fingers are not loud enough.

NOTE Confidence: 0.70518011

00:55:03.710 --> 00:55:07.049 Excellent. Thank you.

NOTE Confidence: 0.70518011

00:55:07.050 --> 00:55:09.588 Lastly, I would also say so,
NOTE Confidence: 0.70518011

00:55:09.590 --> 00:55:11.310 the idea of fireside training,
NOTE Confidence: 0.70518011

00:55:11.310 --> 00:55:13.569 what it inspires me to do and what we
NOTE Confidence: 0.70518011

00:55:13.569 --> 00:55:16.223 do at the center is to create something
NOTE Confidence: 0.70518011

00:55:16.223 --> 00:55:18.928 called the black Clinical Scholars program,
NOTE Confidence: 0.70518011

00:55:18.930 --> 00:55:23.030 right? So one of the.
NOTE Confidence: 0.70518011

00:55:23.030 --> 00:55:25.958 One of the things that I now understand.
NOTE Confidence: 0.70518011

00:55:25.960 --> 00:55:28.320 Going through my own healing journey is that,
NOTE Confidence: 0.70518011

00:55:28.320 --> 00:55:31.456 oh, we were just talking about this upstairs.
NOTE Confidence: 0.70518011

00:55:31.460 --> 00:55:33.580 I am the magic.
NOTE Confidence: 0.70518011

00:55:33.580 --> 00:55:35.524 I don't need to put it
NOTE Confidence: 0.70518011

00:55:35.524 --> 00:55:36.820 in a certain container.
NOTE Confidence: 0.70518011

00:55:36.820 --> 00:55:39.205 I don't need to put it in a container
NOTE Confidence: 0.70518011

00:55:39.205 --> 00:55:41.497 where I gotta fight for creating the
NOTE Confidence: 0.70518011

00:55:41.497 --> 00:55:44.038 things that actually I know are necessary.
NOTE Confidence: 0.70518011

00:55:44.040 --> 00:55:46.294 So in the spirit of fireside training,

NOTE Confidence: 0.70518011

00:55:46.300 --> 00:55:48.244 which is one of the guiding

NOTE Confidence: 0.70518011

00:55:48.244 --> 00:55:49.540 principles for the center,

NOTE Confidence: 0.70518011

00:55:49.540 --> 00:55:51.215 we've created something called the

NOTE Confidence: 0.70518011

00:55:51.215 --> 00:55:52.555 black Clinical Scholars Program.

NOTE Confidence: 0.70518011

00:55:52.560 --> 00:55:55.206 And So what it does is that it invites

NOTE Confidence: 0.70518011

00:55:55.206 --> 00:55:59.620 blacks social work students from.

NOTE Confidence: 0.70518011

00:55:59.620 --> 00:56:00.484 Helping professions,

NOTE Confidence: 0.70518011

00:56:00.484 --> 00:56:03.940 programs to be able to meet with us.

NOTE Confidence: 0.70518011

00:56:03.940 --> 00:56:06.956 We we've built it out in different ways.

NOTE Confidence: 0.70518011

00:56:06.960 --> 00:56:09.739 But originally we're trying to go for

NOTE Confidence: 0.70518011

00:56:09.739 --> 00:56:12.279 some grant funding and monies for it.

NOTE Confidence: 0.70518011

00:56:12.280 --> 00:56:13.410 But then I was like, Oh yeah,

NOTE Confidence: 0.70518011

00:56:13.410 --> 00:56:14.535 no, that's not the model.

NOTE Confidence: 0.70518011

00:56:14.540 --> 00:56:16.800 Keep it simple and Createspace.

NOTE Confidence: 0.70518011

00:56:16.800 --> 00:56:18.744 So what are the things that I was trying

NOTE Confidence: 0.70518011

00:56:18.744 --> 00:56:20.958 to write to somebody to get the funds

NOTE Confidence: 0.70518011

00:56:20.958 --> 00:56:22.698 for what's available for us to do now.

NOTE Confidence: 0.70518011

00:56:22.700 --> 00:56:24.625 And so we've created space to be

NOTE Confidence: 0.70518011

00:56:24.625 --> 00:56:27.176 able to meet with black social work

NOTE Confidence: 0.70518011

00:56:27.176 --> 00:56:29.536 students and students and other.

NOTE Confidence: 0.70518011

00:56:29.540 --> 00:56:31.718 Department of Psychology who just need

NOTE Confidence: 0.70518011

00:56:31.718 --> 00:56:34.688 a space to kind of talk about who they

NOTE Confidence: 0.70518011

00:56:34.688 --> 00:56:37.154 are and what are the options for how

NOTE Confidence: 0.70518011

00:56:37.154 --> 00:56:39.750 you get your magic out there to do,

NOTE Confidence: 0.70518011

00:56:39.750 --> 00:56:41.270 especially the healing work.

NOTE Confidence: 0.70518011

00:56:41.270 --> 00:56:43.136 And there's also a high school

NOTE Confidence: 0.70518011

00:56:43.136 --> 00:56:45.255 version of that that I have a model

NOTE Confidence: 0.70518011

00:56:45.255 --> 00:56:47.170 for as well that we plan to do.

NOTE Confidence: 0.70518011

00:56:47.170 --> 00:56:50.250 So that actually is kind of my personal

NOTE Confidence: 0.70518011

00:56:50.250 --> 00:56:53.588 response to the question that you brought up,

NOTE Confidence: 0.70518011

00:56:53.590 --> 00:56:55.669 which is if.

NOTE Confidence: 0.70518011

00:56:55.670 --> 00:56:58.006 As many black folks are often looking for

NOTE Confidence: 0.70518011

00:56:58.006 --> 00:57:00.250 black folks to create spaces for healing,

NOTE Confidence: 0.70518011

00:57:00.250 --> 00:57:05.476 how do we just expand and?

NOTE Confidence: 0.70518011

00:57:05.480 --> 00:57:06.033 Lastly.

NOTE Confidence: 0.70518011

00:57:06.033 --> 00:57:08.798 The idea of the spiritual

NOTE Confidence: 0.70518011

00:57:08.798 --> 00:57:10.457 transmission of healing,

NOTE Confidence: 0.70518011

00:57:10.460 --> 00:57:12.866 meaning that in many of the

NOTE Confidence: 0.70518011

00:57:12.866 --> 00:57:14.470 narratives people talked about.

NOTE Confidence: 0.70518011

00:57:14.470 --> 00:57:15.758 Having spiritual gifts just

NOTE Confidence: 0.70518011

00:57:15.758 --> 00:57:17.780 because of who they are, right?

NOTE Confidence: 0.70518011

00:57:17.780 --> 00:57:19.010 Their family lineage.

NOTE Confidence: 0.70518011

00:57:19.010 --> 00:57:21.868 And so imagine creating spaces for high

NOTE Confidence: 0.70518011

00:57:21.868 --> 00:57:24.150 school students to be able to like,

NOTE Confidence: 0.70518011

00:57:24.150 --> 00:57:25.602 actually talk about that,

NOTE Confidence: 0.70518011

00:57:25.602 --> 00:57:28.880 you know, and you know.

NOTE Confidence: 0.70518011

00:57:28.880 --> 00:57:30.580 Graduate students,
NOTE Confidence: 0.70518011
00:57:30.580 --> 00:57:31.924 undergraduate students as well.
NOTE Confidence: 0.70518011
00:57:31.924 --> 00:57:34.864 And then you get to come through your
NOTE Confidence: 0.70518011
00:57:34.864 --> 00:57:37.024 academic process really figuring out
NOTE Confidence: 0.70518011
00:57:37.024 --> 00:57:39.483 what's your thumbprint on this thing, right?
NOTE Confidence: 0.70518011
00:57:39.483 --> 00:57:40.798 So what is the thing?
NOTE Confidence: 0.70518011
00:57:40.800 --> 00:57:42.558 Again, that can happen through you.
NOTE Confidence: 0.70518011
00:57:42.560 --> 00:57:44.198 And then we cover more territory.
NOTE Confidence: 0.70518011
00:57:44.200 --> 00:57:44.634 You know,
NOTE Confidence: 0.70518011
00:57:44.634 --> 00:57:46.153 if we're all doing the same thing,
NOTE Confidence: 0.70518011
00:57:46.160 --> 00:57:48.158 mastering the same theories and formulas,
NOTE Confidence: 0.70518011
00:57:48.160 --> 00:57:48.856 then that's cute.
NOTE Confidence: 0.70518011
00:57:48.856 --> 00:57:50.248 But what about the people who
NOTE Confidence: 0.70518011
00:57:50.248 --> 00:57:51.010 don't want those?
NOTE Confidence: 0.88334818
00:57:54.160 --> 00:57:55.156 Thank you, Doctor Henderson.
NOTE Confidence: 0.88334818
00:57:55.156 --> 00:57:56.920 I know we're running out on time.

NOTE Confidence: 0.88334818

00:57:56.920 --> 00:57:58.525 We're already did.

NOTE Confidence: 0.88334818

00:57:58.525 --> 00:58:01.735 So thank you all for coming.

NOTE Confidence: 0.88334818

00:58:01.740 --> 00:58:05.490 Claps. Thank you for inviting me

NOTE Confidence: 0.88334818

00:58:05.490 --> 00:58:07.444 and thank you for choosing to

NOTE Confidence: 0.88334818

00:58:07.444 --> 00:58:09.316 spend your afternoon in this way.

NOTE Confidence: 0.88334818

00:58:09.320 --> 00:58:10.447 It really means a lot to me.

NOTE Confidence: 0.88334818

00:58:10.450 --> 00:58:11.116 So thank you.

NOTE Confidence: 0.88334818

00:58:11.116 --> 00:58:12.670 Thank you everybody on Zoom as well.

NOTE Confidence: 0.36092305

00:58:14.710 --> 00:58:15.000 2nd.