

DEI Corner Sept Newsletter, the Black & African American community, MacGillivray

I've tried a number of times to approach this short essay, ever since the inception of this crucial, central iteration of this year's newsletters, with the theme of Racism: Let's Talk. Each time, I find myself embarking on a book project. What should I talk about? Should I talk about Critical Race Theory, which I spent years teaching, and which is so much in the news of late? Should I talk about my membership in a Black family, due to interracial marriage? The learning curve, the stressors, the identifications, de-identifications, and misidentifications . . . Should I talk about examples of my own internalized racism, which persist—of course—even though I am married to a Black man? Should I talk about the history of conflict and tension between white and Black women, which I am familiar with both historically as well as personally, and which can have a big impact on clinical work—given that most clinicians are white women, and most clients are women, of all races? All worthy topics, surely; all book projects, in the main.

Instead, in addition to proffering a list of recommended cultural artifacts, as I will do for each of these issues, I decided rather to keep it short and sweet, and to simply say . . . Attention White People: DO THE WORK! Welcome Black people into your circles. Make the extra effort to invite that colleague or neighbor to lunch, and eventually into your home. Watch and read, movies and books. Have you seen *Moonlight*? Most white people I have polled have not. And yet it won the Academy Award for Best Picture in 2017. It is also a movie which consists entirely of Black people. Join a study group. Join the conversation. Take a workshop. Do the work!

As an aid to this call-to-arms, this firm-yet-humble admonishment, I offer the list below, as well as the opportunity to join a study and support group I would like to launch on the topics of white privilege and white allyship. Those interested can contact me at my email address: drcatherine@appuitherapy.com. Let's read, study, think, process, and learn together!

RESOURCES (as always, an eclectic, highly personal mix of cultural artifacts)

Documentaries:

I Am Not Your Negro

The African Americans: Many Rivers to Cross

Slavery by Another Name

Dark Girls

The Black List: Volume One

Through a Lens Darkly: Black Photographers and the Emergence of a People
13th

When the Levees Broke: A Requiem in Four Acts

Unforgivable Blackness: The Rise and Fall of Jack Johnson

Jazz

Fictional Films:

Moonlight
Twelve Years a Slave
Get Out
Malcolm X
The Best Man
Love and Basketball
Loving
The Color Purple
Fruitvale Station
Tangerine
Selma
The Watermelon Woman
Paris Is Burning
Glory
Black Panther
Fences

Fiction and Theatre:

The Bluest Eye by Toni Morrison
For Colored Girls Who Have Considered Suicide: When the Rainbow is Enuf by Ntozake Shange
The Invisible Man by Ralph Ellison
Giovanni's Room by James Baldwin
The Color Purple by Alice Walker

Nonfiction and Memoir:

Waking Up White: And Finding Myself in the Story of Race by Debbie Irving
Caste: The Origins of Our Discontents by Isabel Wilkerson
The Warmth of Other Suns: The Epic Story of America's Great Migration by Isabel Wilkerson
White Fragility: Why It's So Hard for White People to Talk about Racism by Robin DiAngelo
How to Be an Anti-Racist by Ibram X Kendi
Post-Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing by Joy DeGruy
My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem
Zami by Audre Lorde
The New Jim Crow by Michelle Alexander

Poetry:

Blessing the Boats: New and Collected Poems 1988-2000 by Lucille Clifton
The Collected Poems by Langston Hughes
Thomas and Beulah by Rita Dove
Chosen Poems: Old and New by Audre Lorde
Prelude to a Bruise by Saeed Jones
Citizen: An American Lyric by Claudia Rankine

Television

Dear White People

Atlanta

Black AF

I Could Destroy You

Insecure

Pose