

RESOURCES FOR

everyday

ANTI-OPPRESSIVE
PRACTICES

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To Our Community,

As therapists, we often tackle difficult subject matter with our clients. There are some topics that we may feel less equipped to deal with or lack the appropriate language for in the moment. However, we are committed to finding resources, engaging in supervision with peers and mentors in our community, and diving into self-reflection to provide the best support possible for our clients in future sessions.

In light of the recent world events (the amplification of the Black Lives Matter movement, the murder of George Floyd, Breonna Taylor, Ahmaud Arbery, and many others), we recognize that more resources on anti-oppression, anti-racism, and social justice are needed for therapists and community members during this time, to both support our work with clients and to stand as allies and amplify the voices of Black therapists, educators, artists, and musicians.

Sensitive subject matters are addressed within these resources that may be uncomfortable to process. If you are easily triggered by sensitive content relating to social injustice, please make sure you take the proper precautions to self-care before proceeding.

When working your way through the list of resources, we encourage you to self-reflect on your own biases, privilege, and how these have shaped your lived experience. We challenge you to go beyond this list. Learn more, understand more, and do more to embrace anti-oppressive practices within therapy. Also, feel free to use this list as a framework and adapt it for your own city/province/organization.

In strength & solidarity,

Hayley & Priya

Anti-Oppressive Practice Resources

- Critical components of an [anti-oppressive framework](#)
- Artful [Anti Oppression #1- Roots](#)
- Artful [Anti Oppression #2- Isms | ArtReach](#)
- Artful [Anti Oppression #3- Systems](#)
- [Anti-Oppression Framework Refresher – LGBTQ2S Toolkit](#)
- [Anti-Oppression Resources & Exercises](#)
- [Anti-racism Resources](#)
- [EduColor Resources](#)



Podcasts



- [Community Stress and Black America](#) | The thoughtful counselor
- [Healing from Intergenerational Trauma](#) | 15 mins on the couch
- [Language and Power in the Fight for Human Rights](#) | Justice Matters
- [Leadership Liberation - Seeing with an Anti-Oppressive Lens](#) | Radical Remembrance
- [My White Identity](#) | The Radical Therapist

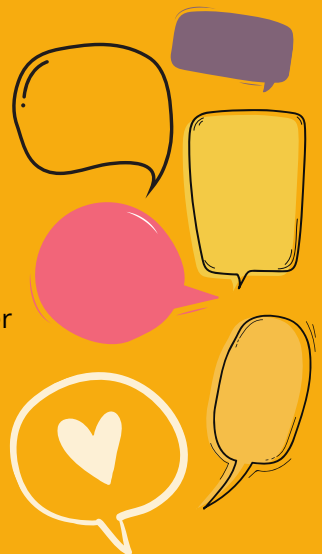
Faith-Based Resources

- [Become the Bridge discussion](#) | Steven Furtick and John Gray
- [Be the Bridge](#) | Latasha Morrison
- [Ethics, religion and diversity](#) | Counseling Today
- [Racial Reconciliation](#) | Michael Todd
- [Religious issues in therapy](#) | Good Therapy
- [White supremacy sometimes "masquerades as faith" in Christian churches](#) | Yahoo



TEDx Talks

- [Black Self / White World — lessons on internalized racism](#) | Jabari Lyles
- [Bones and Banjo: Confronting Cultural Appropriation](#) | Kafari + Jake Hoffman
- [Examining Cultural Appropriation through Music](#) | Helen Feng
- [How to deconstruct racism, one headline at a time](#) | Baratunde Thurston
- [It's Time to Re-imagine Canada's 'nice' Identity](#) | Riley Yesno
- [Let's get to the root of racial injustice](#) | Megan Ming Francis
- [The Power and Promise of Social Justice Activism](#) | Zohra Moosa
- [The danger of silence](#) | Clint Smith
- [The symbols of systemic racism — and how to take away their power](#) | Paul Rucker
- [Understanding structural racism](#) | Luiza Lodder
- [Why your doctor should care about social justice](#) | Mary Bassett



Connections between Music & Social Justice

- [Anti-oppressive practice in music therapy \(2013\)](#) | Sue Baines
- [Jazz and Justice: Racism and the Political Economy of the Music](#)
- [Love Music Hate Racism](#)
- [Music and Social Justice Movements](#)
- [Music Therapy and Social Justice: A Personal Journey \(2012\)](#) | Sandra Lynn Curtis
- [NYTimes Article on Black Music Culture Appropriation](#)
- [Story behind the Protest Song: A Reference Guide to the 50 Songs That Changed the 20th Century: A Reference Guide to the 50 Songs That Changed the 20th Century](#)



Music

Please Note: *The following songs, and associated videos, may contain harsh language and/or scenes of violence. The music included in this list is an artistic expression and interpretation of the artists' reality.*

- "A Change Is Gonna Come" - Sam Cooke
- "Black" - Dave
- "Blowin' In The Wind" - Bob Dylan
- "Changes" - Tupac Shakur
- "Famalay" - Skinny Fabulous, Machel Montano, & Bunji Garlin
- "From Little Things, Big Things Grow" - Paul Kelly
- "I'm Not Racist" - Joyner Lucas
- "Man In The Mirror" - Michael Jackson
- "Mystery of Inequity" - Lauryn Hill
- "One Love" - Bob Marley
- "Stand Up" - Cynthia Erivo
- "This is America" - Childish Gambino
- "We Shall Overcome" - Joan Baez
- "What's Going On?" - Marvin Gaye
- "Where Is The Love?" - The Black Eyed Peas
- "White Privilege II" - Macklemore & Ryan Lewis ft. Jamila Woods

Movies

13th (Netflix)

When They See Us (Netflix)

Explained: The Racial Wealth Gap (Netflix)

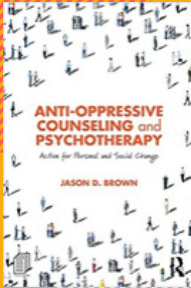
Just Mercy (Amazon Prime)

The Skin We're In (CBC)

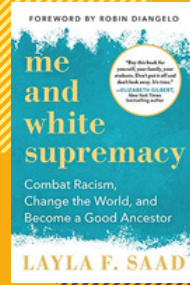
[Black Lives Matter Activist Videos](#)



Books



Anti-Opressive Counseling
and Psychotherapy
by *Jason D. Brown*



Me and White Supremacy
by *Layla F. Saad*



So You Want to Talk About Race
by *Ijeoma Oluo*



White Fragility
by *Robin Diangelo*

More books listed at:

[Anti-Racism Resources](#)

[EduColor](#)

Additional Resources

Music Therapy Community:

[AMTA Code of Ethics](#)

[Black Music Therapy Network Address](#)

[CAMT Code of Ethics](#)

[CAMT President's Address](#)

Social Campaigns:

[Black Lives Matter: Home](#)

['Say Hello' Campaign](#)

[We Matter Campaign](#)

History:

[A History of Racism in America](#)

[Prejudice and discrimination in Canada](#)

Legislation:

[What Are Human Rights?](#)

Reflections & Writing Prompts

Thank you for making the conscious decision to learn more about anti-oppressive practices. In this moment, you may feel that:

"The more you know, the more you realize you don't know."

- Aristotle

Don't let this feeling discount your progress. Let's take this one step further. Now, we ask you to sit with the knowledge you have learned and reflect on the way this could inform your practice and future actions.

Consider the following:

- How do you address race/racism with your clients? What language do you use and why?
- How do you attempt to create a safe space for clients of different races and ethnicities?
- Are you aware of the Black and BIPOC pioneers within the music therapy field (e.g. Dr. Deforia Lane, Richard M. Graham)? Was this part of your formal education?
- Do you bring materials into your practice that celebrate diversity (e.g. books, songs, and instruments that represent different cultures, etc.)? Why or why not?
- Are you comfortable challenging oppressive language? Do you have the vocabulary?
- What feels uncomfortable? How do you address the discomfort?
- How do you show up with your clients authentically in the discomfort?

Inner-Work/Self-Care Suggestions:

- Create your own playlist of Black artists and musicians. Consider the way they have influenced/supported/inspired you on your journey as a musician and music therapist?
- Examine your own background; what makes you special? How do your lived experiences allow you to connect and empathize with the oppression your Black and BIPOC clients may be facing?
- Improvise. How is all of this making you feel? Try processing or expressing your emotions through improvisation. Afterwards, reflect: What came up? Was there anything that surprised you? How does music continue to support you? How can you use the elements of music to support your Black and BIPOC clients?

Reflection Tools & Resources:

- **Be an Ally:** [5 Tips For Being An Ally](#)
- **Expressive Writing Prompts** to Overcome White Fragility & Spiritual Bypass
- **How to Confront Microaggressions**, [Whether You're A Target, Bystander or Perpetrator](#)
- [Muratori, M., & Haynes, R. H. \(2020\). Social Injustice Against Marginalized Groups. In Coping Skills for a Stressful World: A Workbook for Counselors and Clients \(5th ed.\). John Wiley & Sons](#)
- **The Social Justice Toolbox:** www.socialjusticetoolbox.com
- **What is Social Justice:** [Quiz & Worksheet - Social Justice Issues](#)

Reflection Space



Reflection Space



Places to Donate

Don't Know Where to Donate?

Learn more about each charity or foundation:

- [ANGUISH AND ACTION](#) | Barack Obama
- [How You Can Support Black People Today, Tomorrow & Forever](#)
- [Where to Donate to Support the Black Lives Matter Movement](#)

Donate:

- [Black Lives Matter](#)
- [Black Visions Collective](#)
- [Covid Bailout NYC](#)
- [Know Your Rights Camp](#)
- [Mental Health Resources for the Toronto Community](#)
- [Minnesota Freedom Fund](#)
- [Now Toronto](#)
- [Reclaim the Block](#)



Instagram Accounts



ACT

@blackandembodied

@blackmusictherapynetwork

@bodyfulhealing

@decolonize_

@decolonizingtherapy

@dr.marielbuque

@dr.thema

@laylafsaad

@mariaxcamille

@melanatedwomenshealth

@melaninandmentalhealth

@moemotivate

@mspackyeti

@nedratawwab

@nowwhitesaviours

@officialmillennialblack

@queerblacktherapist

@rachel.cargle

@radicalselflove

@refinedtherapy

@reflectionswithaparna

@theconsciouskid

@therapyforblackgirls

@trevornoah

@zuriadele

Music: in practice and self-care

As music therapists, we have the power to use music in work with our clients, in self-care, and in processing emotions. We encourage you to use music purposefully at this time as you do your inner and outer work, reflect, and rest.

In-Practice Suggestions

- Culture: How does your work culture (e.g. independent practice, health institution/organization) address intersectionality (race, class, age, gender, ability etc.)? Does it feel like a safe space to speak up about racism/sexism/homophobia etc.?
 - Suggestion: Organize a monthly check-in with your staff/colleagues to discuss anti-oppression and be inclusive of everyone's experience WITHOUT expecting BIPOC to educate you or to be the spokesperson for their entire race/ethnicity.
- Instruments: Do you know the origins and history of the instruments you use in your practice?
 - Suggestion: Stay informed about the origins and evolution of instruments and have that information available to other staff and clients.
- Music: As music therapists we often select music based on our client's preferences and musical interests. Is there any genre in which you have less information about in which you could do more research and listening, that might contain predominantly Black and/or BIPOC voices (e.g. hip-hop/rap, chants, blues, jazz)?
 - Suggestion: Reflect on what music you consider to be 'useful' or 'less useful' in therapy and why? Are there certain genres of music you do not engage with? What are your beliefs around these genres of music?

Thank
you

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."

—Dr. Seuss

We thank you for your courage and willingness to learn about anti-oppressive approaches to practice. Please share this resource with your colleagues, family, and friends so that we can work toward the collective goal of equitable treatment for all.

Please do not hesitate to connect with us if you have questions or resources that you would like to share and add to this developing list. Hayley can be contacted at mtahayley@gmail.com and Priya can be contacted at priya.shah.mta@gmail.com.