The ABCT Anti-Racism Resource List contains resources on the history of racism and the impact of racism on Black, Indigenous, and People of Color (BIPOC). This list also contains information on a variety of topics such as culturally competent therapeutic practice and teaching, how to talk about race, and white privilege. Items on the list were provided by ABCT members, and the list was organized by David Teisler, Kathleen Stewart, and Martin M. Antony. Last updated August 17, 2020.

Quick Links
- Scientific Articles
- Books
- Online Articles
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- Organizations

Scientific Articles

Addressing the “myth” of racial trauma: Developmental and ecological considerations for youth of color (Saleem et al., 2020)
Click Here for Abstract

Adverse racial climates in academia: Conceptualisation, interventions, and call to action (Williams, 2019)
Click Here for Abstract

Assessing PTSD in ethnic and racial minorities: Trauma and racial trauma (Williams et al., 2018)
Click Here for Abstract

Assessing racial trauma within a DSM-5 framework: The UConn Racial/Ethnic Stress and Trauma Survey (Williams et al., 2018)
Click Here for Abstract
Colorblind or Colorful? How Diversity Approaches Affect Cultural Majority and Minority Employees (Jansen et al., 2015)
Click Here for Abstract

Development and Implementation of a Single-Session Diversity and Multicultural Psychology Group Intervention within an Academic Psychiatric Hospital (Winer et al., 2018)
Click Here for Abstract

Examining the Role of Psychological Inflexibility, Perspective Taking, and Empathic Concern in Generalized Prejudice (Levin et al, 2015)
Click Here for Abstract

Exemplary Efforts in Psychology to Recruit and Retain Graduate Students of Color (Rogers & Molina, 2006)
Click Here for Abstract

“Keep Your Eyes on the Prize”: Reference Points and Racial Differences in Assessing Progress Toward Equality (Eibach & Ehrlinger, 2006)
Click Here for Abstract

Majority Group Members’ Negative Reactions to Future Demographic Shifts Depend on the Perceived Legitimacy of their Status: Findings from the United States and Portugal (Robert et al., 2018)
Click Here for Abstract

Multicultural Blindfolds: How Organizational Multiculturalism Can Conceal Racial Discrimination and Delegitimize Racial Discrimination Claims (Gündemir & Galinsky, 2017)
Click Here for Abstract

Paying Attention to White Culture and Privilege: A Missing Link to Advancing Racial Equity (Gulati-Partee et al., 2014)
Click Here for Abstract

Personal Reflections: Barriers and Strategies in Increasing Diversity in Psychology (Vasquez et al., 2006)
Click Here for Abstract

Prejudice and Perception: The Role of Automatic and Controlled Processes in Misperceiving a Weapon (Payne, 2001)
Click Here for Abstract

Racial microaggressions as barriers to treatment in clinical care (Williams & Halstead, 2019)
Click Here for Abstract
Racism in Our Midst: Listening to Psychologists of Color (Tinsley-Jones, 2001)
Click Here for Abstract

Reducing microaggressions and promoting interracial connection: The Racial Harmony Workshop (Williams et al., 2020)
Click Here for Abstract

Students of Color Show Health Advantages When They Attend Schools That Emphasize the Value of Diversity (Levine et al., 2019)
Click Here for Abstract

Talking About Race, Learning About Racism: The Application of Racial Identity Development Theory in the Classroom (Tatum, 1992)
Click Here for Abstract

The Challenges of Becoming a White Ally (Sue, 2017)
Click Here for Abstract

The Essence of Innocence: Consequences of Dehumanizing Black Children (Goff et al., 2014)
Click Here for Abstract

The Impact of Acceptance and Commitment Training and Multicultural Training on the Stigmatizing Attitudes and Professional Burnout of Substance Abuse Counselors (Hayes et al., 2004)
Click Here for Abstract

Understanding Diversity: The Importance of Social Acceptance (Chen & Hamilton, 2015)
Click Here for Abstract

When the Levees Break: The Costs of Vicarious Trauma, Microaggressions and Emotional Labor for the Black Administrators and the Faculty Engaging in Race Work at Traditionallly White Institutions (Anthym & Tuitt, 2019)
Click Here for Abstract

When Whites’ Attempts to be Multicultural Backfire in Intergroup Interactions (Zou & Cheryan, 2015)
Click Here for Abstract

White Therapists Addressing Racism in Psychotherapy: An Ethical and Clinical Model for Practice (Drustrup, 2019)
Click Here for Abstract

Books
Books About Racism and White Privilege

A People’s History of the United States (Zinn, 2005)
Click Here for a Description

A Race Is a Nice Thing to Have: A Guide to Being a White Person or Understanding the White Persons in Your Life (Helmus, 2019)
Click Here for a Description

Between the World and Me (Ta-Nehisi, 2015)
Click Here for a Description

Biased: Uncovering Hidden Prejudice That Shapes What We See, Think, and Do (Eberhard, 2019)
Click Here for a Description

How to Be an Antiracist (Kendi, 2019)
Click Here for a Description

How to Be Black (Thurston, 2012)
Click Here for a Description

Me and White Supremacy (Saad, 2018)
Click Here for a Description

My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies (Menakem, 2017)
Click Here for a Description

So You Want to Talk About Race (Oluo, 2019)
Click Here for a Description

Stamped from the Beginning (Kendi, 2016)
Click Here for a Description

The Hate U Give (Thomas, 2017)
Click Here for a Description

The History of White People (Painter, 2010)
Click Here for a Description

Click Here for a Description
The New Jim Crow: Mass Incarceration in the Age of Colorblindness (Alexander, 2010)
Click Here for a Description

White Fragility: Why It’s So Hard for White People to Talk About Racism (DiAngelo, 2018)
Click Here for a Description

White Like Me: Reflections on Race from a Privileged Son (Wise, 2011)
Click Here for a Description

Why Are All the Black Kids Sitting Together in the Cafeteria? (Tatum, 2003)
Click Here for a Description

*Therapy (Clinician-Guides)*

Assessing Cultural Complexities in Practice: Assessment, Diagnosis, and Therapy 3rd Ed. (Hays, 2016)
Click Here for a Description

CBT Outside the Box: Tips and Tools for Multicultural Practice (Hays, 2020)
Click Here for a Description

Cognitive Behaviour Therapy in Non-Western Cultures (Naeem & David, 2012)
Click Here for a Description

Cognitive Behavioral Therapy Techniques and Strategies: Chapter 8 (Wenzel et al., 2016)
Click Here for a Description

Connecting Across Cultures: The Helper’s Toolkit (Hays, 2012)
Click Here for a Description

Cultural Adaptations: Tools for Evidence-Based Practice with Diverse Populations (Bernal & Domenech Rodríguez, 2012)
Click Here for a Description

Cultural, Racial, and Ethnic Psychology Book Series: Evidence-Based Psychological Practice with Ethnic Minorities: Culturally Informed Research and Clinical Strategies (Zane & Leong, 2016)
Click Here for a Description

Culturally Responsive Cognitive Behavior Therapy (Iwamasa & Hays, 2018)
Click Here for a Description

Culturally Responsive Cognitive Behavioral Therapy Over Time: A DVD (Hays, 2016)
Click Here for a Description

Eliminating Race-Based Mental Health Disparities: Promoting Equity and Culturally Responsive Care Across Settings (Williams, 2019)

Click Here for a Description

Psychoeducational Assessment and Intervention for Ethnic Minority Children: Evidence-Based Approaches (Graves & Blake, 2016)

Click Here for a Description

Thriving in the Wake of Trauma: A Multicultural Guide (Bryant-Davis, 2005)

Click Here for a Description

Treating Depression, Anxiety, and Stress in Ethnic and Racial Groups: Cognitive Behavioral Approaches (Chang et al., 2018)

Click Here for a Description

Therapy (For Clients)

Creating Well-Being: Four Steps to a Happier, Healthier Life (Hays, 2013)

Click Here for a Description

Teaching

Black Appetite. White Food: Issues of Race, Voice, and Justice Within and Beyond the Classroom (Lyiscott, 2019)

Click Here for a Description

Cultivating Genius: An Equity Framework for Culturally and Historically Responsive Literacy (Muhammad, 2020)

Click Here for a Description


Click Here for a Description

For White Folks Who Teach in the Hood…And the Rest of Y’all Too (Emdin, 2016)

Click Here for a Description

Linguistic Justice: Black Language, Identity, and Pedagogy (Baker-Bell, 2020)

Click Here for a Description

Pushout: The Criminalization of Black Girls in Schools (Morris, 2018)

Click Here for a Description
Rethinking Ethnic Studies (Cuauhtin et al., 2019)
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Click Here for a Description

Teaching for Black Lives (Watson et al., 2018)
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We Got This: Equity, Access, and the Quest to Be Who Our Students Need Us to Be (Minor, 2018)
Click Here for a Description

We Want to do More Than Survive (Love, 2019)
Click Here for a Description

Children’s Books

A Kids Book About Racism (Memory, 2019)
Click Here for a Description

Hands Up! (McDaniel, 2019)
Click Here for a Description

Not My Idea: A Book About Whiteness (Higginbotham, 2018)
Click Here for a Description

Something Happened in Our Town: A Child’s Story About Racial Injustice (Celano et al., 2018)
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Online Articles

10 Ways for Non-Black Academics to Value Black Lives (Ault, 2020)
Click Here for the Article

100 Things White People Can Do for Racial Justice (Shutack, 2017)
Click Here for the Article

Actionable Steps for Therapist (And All Human Being in Response to the Racial Pandemic) (Janvier & Ellis, 2020)
American Academy of Pediatrics Condemns Racism, Offers Advice for Families for How to Talk to their Children (2020)
Click Here for the Article

A Timeline of Events That Led to the 2020 ‘Fed Up’-Rising (Harriot, 2020)
Click Here for the Article

Black Americans Dying of Covid-19 at Three Times the Rate of White People (Pilkington, 2020)
Click Here for the Article

Dear Anti-Racist Allies: Here’s How to Respond to Microaggressions (Rogers, 2020)
Click Here for the Article

Explaining White Privilege to a Broke White Person (Crosley-Corcoran, 2014)
Click Here for the Article

Click Here for the Article

How to Talk to Your Family About Racism at Thanksgiving (Cargle, 2019)
Click Here for the Article

Just Being “Not Racist” Is Not Good Enough (Thomas, 2020)
Click Here for the Article

Marsha P. Johnson: A Black Trans Pioneer and Activist (Seros-Ulloa, 2020)
Click Here for the Article

Of Course There Are Protests. The State Is Failing Black People (Taylor, 2020)
Click Here for the Article

One of America’s Worst Acts of Racial Violence Was in Tulsa. Now, It’s the Site of Trump’s First Rally in Months (Stewart, 2020)
Click Here for the Article

Recognizing Race in Language: Why We Capitalize “Black” and “White” (Nguyễn & Pendleton, 202)
Click Here for the Article

Remember, No One Is Coming to Save Us (Gay, 2020)
Click Here for the Article
Take Action: A List of Ways You Can Stand in Solidarity with the Black Community (AdHoc, 2020)
[Click Here for the Article]

Talking About Race in a White Classroom (ADL, n.d.)
[Click Here for the Article]

Talking about Race With Young Children (Johnson, 2019)
[Click Here for the Article]

The 1619 Project (New York Times Authors, 2019)
[Click Here for the Article]

The American Nightmare (Kendi, 2020)
[Click Here for the Article]

[Click Here for the Article]

The Link Between Experiences of Racism and Stress and Anxiety for Black Americans: A Mindfulness and Acceptance-Based Coping Approach (Graham-LoPresti et al., 2017)
[Click Here for the Article]

There Is No Scientific Basis for Race- It’s a Made-Up Label (Kolbert & Hammond, 2018)
[Click Here for the Article]

There Is No Such Thing as Race (Sussman, 2014)
[Click Here for the Article]

Tulsa Race Massacre: For years It Was Called a Riot. Not Anymore. Here’s How It Changed (Marshall, 2020)
[Click Here for the Article]

Understanding Racism and Its Related Stress Can Help People of Color Cope with Negative Effects (Suyemoto et al., 2017)
[Click Here for the Article]

“We Are Not Okay. And You Shouldn’t Be Either.” (Guilford, 2020)
[Click Here for the Article]

We Must Step Up for Black people Right Now- Here’s How (Atcheson, 2020)
[Click Here for the Article]
What Exactly Is a Microaggression? (Desmond-Harris, 2015)
Click Here for the Article

What Martin Luther King Jr. Really Thought about Riots (Rothman, 2015)
Click Here for the Article

When, Exactly, Do Protests Become Riots? (O'Connell, 2015)
Click Here for the Article

When Feminism Is White Supremacy In Heels (Cargle, 2018)
Click Here for the Article

Your Black Colleagues May Look Like They’re Okay- Chances Are They’re Not (Cadet, 2020)
Click Here for the Article

Podcasts/Talks

Podcasts

1619 (The New York Times, 2020)
Click Here for the Link to the Podcast

Click Here for the Link to the Podcast

Intersectionality Matters (Crenshaw, 2020)
Click Here for the Link to the Podcast

Episodes

Racial Trauma and Racial Justice with Monnica Williams on The Canadian Psychological Association Podcast (Williams & Bolman, 2020)
Click Here for the Link to the Podcast

Speaking of Psychology: Understanding Your Racial Biases on the American Psychological Association Podcast (Dovido, 2015)
Click Here for the Link to the Podcast

Supporting Kids of Color in the Wake of Racialized Violence on Embrace Race (Grant-Thomas & Giraud 2016)
Click Here for the Link to the Podcast
Ted Talks

A Celebration of Natural Hair (Cochrane, 2017)
Click Here for a Link to the Talk

How America’s Public Schools Keep Kids in Poverty (Sumner, 2016)
Click Here for a Link to the Talk

How I’m Fighting Bias in Algorithms (Buolamwini, 2017)
Click Here for a Link to the Talk

How Racism Makes Us Sick (Williams, 2017)
Click Here for a Link to the Talk

How to Overcome Our Biases? Walk Boldly Toward Them (Myers, 2014)
Click Here for a Link to the Talk

Invention, Innovation, and Freedom (Frazier, 2018)
Click Here for a Link to the Talk

We Need to Address the Real Roots of Racial Violence (Francis, 2015)
Click Here for a Link to the Talk

Your Privilege Is Showing (Medville, 2018)
Click Here for a Link to the Talk

Other Talks

Deconstructing White Privilege with Dr. Robin DiAngelo (DiAngelo, 2017)
Click Here for a Link to the Talk

Dr. Robin DiAngelo Discusses ‘White Fragility’ (DiAngelo, 2018)
Click Here for a Link to the Talk

How Teachers Can Help Kids Find Their Political Voices (Chaffee, 2018)
Click Here for a Link to the Talk

How to Be an Antiracist (Kendi, 2019)
Click Here for a Link to the Talk

Prof. Ibram X. Kendi: Stamped from the Beginning: The Definitive History of Racist Ideas in America (Kendi, 2018)
Click Here for a Link to the Talk
Systemic Racism Explained (Act.tv, 2019)
Click Here for a Link to the Talk

What Is Generational Trauma? (DeGruy, 2019)
Click Here for a Link to the Talk

Why “I’m Not Racist” Is Only Half the Story (DiAngelo, 2018)
Click Here for a Link to the Talk

Film

Documentaries

13th (DuVernay, 2016)
Click Here for a Description

Homecoming (Beyonce, 2019)
Click Here for a Description

I Am Not Your Negro (Peck, 2016)
Click Here for a Description

King in the Wilderness (Kunhardt, 2018)
Click Here for a Description

LA 92 (Lindsay & Martin, 2017)
Click Here for a Description

Pay It No Mind- The Life and Times of Marsha P. Johnson (Kasino, 2012)
Click Here for a Description

The Long Shadow (Causey, 2017)
Click Here for a Description

True Justice (Kunhardt et al., 2019)
Click Here for a Description

Movies

American Son (Leon, 2019)
Click Here for a Description
Detroit (Bigelow, 2017)
Click Here for a Description

If Beale St. Could Talk (Jenkins, 2018)
Click Here for a Description

The Hate U Give (Tillman Jr., 2018)
Click Here for a Description

See You Yesterday (Bristol, 2019)
Click Here for a Description

TV Series

Dear White People (Simien, 2017-2019)
Click Here for a Description

When They See Us (DuVernay, 2019)
Click Here for a Description

Other Online Resources

Activists of Color Guide to Managing Burnout
Click Here for More Information

Anti-Racism Resource Kit (Alberta Civil Liberties Research Centre & Calgary Committee on Race Relations and Cross-Cultural Understanding, 2009)
Click Here for More Information

Building a Multi-Ethnic Inclusive and Antiracist Organization (Safehouse Progressive Alliance for Nonviolence)
Click Here for More Information

Checklist for White Allies Against Racism (Russel, 2001)
Click Here for More Information

Embrace, Engaging, Managing, and Bonding Through Race (The Racial Empowerment Collaborative at Penn GSE)
Click Here for More Information

The Research Basis for More Restrictive Use of Force Standards (8Can’tWait, 2020)
Click Here for More Information
Twitter Thread: Dr. Jasmine Abrams Thread Regarding Advice for White Academic Colleagues (2020)
Click Here for More Information

Twitter Thread: Dr. Jonathan Rendina Thread Regarding Offering Grant Assistance (2020)
Click Here for More Information

What Works to Reduce Prejudice and Discrimination? A Review of the Evidence (McBride)
Click Here for More Information

White Privilege: Unpacking the Invisible Knapsack (McIntosh, 1988)
Click Here for More Information

White Dominant Culture & Something Different: A Worksheet (ACCE)
Click Here for More Information

Other Resource Lists

20 Picture Books for 2020: Readings to Embrace Race, Provide Solace & Do Good (Allen et al., 2020)
Click Here for More Information

Anti-Racism Resources (Flicker & Klein, 2020)
Click Here for More Information

Anti-Racism Resources (Canadian Association for Neuroscience, n.d.)
Click Here for More Information

Anti-Racism Resources for All Ages (Cooke, 2020)
Click Here for More Information

Anti-Racism Resource List (Kilgore et al., 2020)
Click Here for More Information

BIPOC-Authored Psychology Papers (Wojcik, 2020)
Click Here for More Information

Black Lives Matter: Anti-Racism Resources for Social Workers and Therapists (Dorlee, 2020)
Click Here for More Information

Black Lives Matter: Instructional Library (for Children) (n.d.)
Click Here for More Information
Collaborative Resource: Addressing Systemic Shortcomings in Mental Health Training (Bryen et al., 2020)
[Click Here for More Information]

Facing the Divide: Psychology’s Conversation on Race and Health (American Psychological Association, 2018)
[Click Here for More Information]

How to Talk to Your Kids About Anti-Racism: A List of Resources (Cpineda, 2020)
[Click Here for More Information]

NCSP Resource Guide (n.d.)
[Click Here for More Information]

Neuroscience of Race-Based Biases, Racism, Stereotypes, and Prejudice (ABCT Neurocognitive Therapies and Translational Research Special Interest Group)
[Click Here for More Information]

Power Shift Network Resource Bank (n.d.)
[Click Here for More Information]

Racial Equity Library (Racial Equity Tools, n.d.)
https://www.racialequitytools.org/home

Resources on Racism (Society for a Science of Clinical Psychology, n.d.)
[Click Here for More Information]

Scaffolding Anti-Racism Resources (Safehouse Progressive Alliance for Nonviolence et al., 2020)
[Click Here for More Information]

Society for a Science of Clinical Psychology Reflection Questions
[Click Here for More Information]

Society for a Science of Clinical Psychology Resources on Racism
[Click Here for More Information]

Talking About Race Resources (National Museum of African American History & Culture, n.d.)
[Click Here for More Information]

These Books Can Help You Explain Racism and Protest to Your Kids (Grose, 2020)
[Click Here for More Information]

This List of Books, Films, and Podcasts About Racism is a Start, Not a Panacea (Rosario, 2020)
Twitter Tread: Book Recommendations (Nolen, 2020)

Organizations

#8Can'tWait (A Project by Campaign Zero)

American Civil Liberties Union

Astraea Lesbian Foundation for Justice

Bay Resistance

Black Health Alliance

Black Lives Matter

Black Visions Collective

Black Youth Helpline

BYP100

Causa Justa Just Cause

Color of Change

Embrace Race
Indspire
Click Here for More Information

Legacy of Hope
Click Here for More Information

Mijente
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National Association for the Advancement of Colored People
Click Here for More Information

National Bail Out
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National Freedom of Information Coalition
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Obama Foundation: Anguish with Action
Click Here for More Information

Official George Floyd Memorial Fund
Click Here for More Information

Remember the 400
Click Here for More Information

Southern Poverty Law Center
Click Here for More Information

The Bail Project
Click Here for More Information

The Conscious Kid
Click Here for More Information

The Okra Project
Click Here for More Information

When We All Vote
Click Here for More Information
Woke Kindergarten
Click Here for More Information