

ABCT Anti-Racism Resource List

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.

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Scientific Articles

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

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

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

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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)

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

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

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

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

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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)

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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)

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

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

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Racial microaggressions as barriers to treatment in clinical care (Williams & Halstead, 2019)

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Racism in Our Midst: Listening to Psychologists of Color (Tinsley-Jones, 2001)

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

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

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

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The Challenges of Becoming a White Ally (Sue, 2017)

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

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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)

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Understanding Diversity: The Importance of Social Acceptance (Chen & Hamilton, 2015)

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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 Traditionally White Institutions (Anthym & Tuitt, 2019)

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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)

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Books

Books About Racism and White Privilege

A People's History of the United States (Zinn, 2005)

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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)

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Between the World and Me (Ta-Nehisi, 2015)

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Biased: Uncovering Hidden Prejudice That Shapes What We See, Think, and Do (Eberhard, 2019)

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How to Be an Antiracist (Kendi, 2019)

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How to Be Black (Thurston, 2012)

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Me and White Supremacy (Saad, 2018)

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My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies (Menakem, 2017)

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So You Want to Talk About Race (Oluo, 2019)

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Stamped from the Beginning (Kendi, 2016)

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The Hate U Give (Thomas, 2017)

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The History of White People (Painter, 2010)

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The N Word: Who Can Say It, Who Shouldn't, and Why (Asim, 2007)

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The New Jim Crow: Mass Incarceration in the Age of Colorblindness (Alexander, 2010)

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White Fragility: Why It's So Hard for White People to Talk About Racism (DiAngelo, 2018)

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

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Why Are All the Black Kids Sitting Together in the Cafeteria? (Tatum, 2003)

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Therapy (Clinician-Guides)

Assessing Cultural Complexities in Practice: Assessment, Diagnosis, and Therapy 3rd Ed. (Hays, 2016)

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

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Cognitive Behaviour Therapy in Non-Western Cultures (Naeem & David, 2012)

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Cognitive Behavioral Therapy Techniques and Strategies: Chapter 8 (Wenzel et al., 2016)

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Connecting Across Cultures: The Helper's Toolkit (Hays, 2012)

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

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

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Culturally Responsive Cognitive Behavior Therapy (Iwamasa & Hays, 2018)

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Culturally Responsive Cognitive Behavioral Therapy Over Time: A DVD (Hays, 2016)

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

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

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

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

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Therapy (For Clients)

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

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Teaching

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

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

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Culturally Sustaining Pedagogies: Teaching and Learning for Justice in a Changing World (Paris et al, 2017)

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

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

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

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Rethinking Ethnic Studies (Cauhtin et al., 2019)

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Rethinking Multicultural Education 2nd Edition: Teaching for Racial and Cultural Justice (Au, 2014)

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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)

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We Want to do More Than Survive (Love, 2019)

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Children's Books

A Kids Book About Racism (Memory, 2019)

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Hands Up! (McDaniel, 2019)

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Not My Idea: A Book About Whiteness (Higginbotham, 2018)

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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)

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100 Things White People Can Do for Racial Justice (Shutack, 2017)

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Actionable Steps for Therapist (And All Human Being in Response to the Racial Pandemic) (Janvier & Ellis, 2020)

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American Academy of Pediatrics Condemns Racism, Offers Advice for Families for How to Talk to their Children (2020)

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A Timeline of Events That Led to the 2020 'Fed Up'-Rising (Harriot, 2020)

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

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Dear Anti-Racist Allies: Here's How to Respond to Microaggressions (Rogers, 2020)

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Explaining White Privilege to a Broke White Person (Crosley-Corcoran, 2014)

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Having 'The Talk': Expert Guidance on Preparing Kids for Police Interactions (Nettles & Eng, 2019)

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How to Talk to Your Family About Racism at Thanksgiving (Cargle, 2019)

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Just Being "Not Racist" Is Not Good Enough (Thomas, 2020)

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Marsha P. Johnson: A Black Trans Pioneer and Activist (Seros-Ulloa, 2020)

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Of Course There Are Protests. The State Is Failing Black People (Taylor, 2020)

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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)

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Recognizing Race in Language: Why We Capitalize "Black" and "White" (Nguyễn & Pendleton, 202)

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Remember, No One Is Coming to Save Us (Gay, 2020)

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Take Action: A List of Ways You Can Stand in Solidarity with the Black Community (AdHoc, 2020)
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Talking About Race in a White Classroom (ADL, n.d.)
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Talking about Race With Young Children (Johnson, 2019)
[Click Here for the Article](#)

The 1619 Project (New York Times Authors, 2019)
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The American Nightmare (Kendi, 2020)
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The Focus on Looting Shows How Our Systems of Power Value Capital Over Human Lives (Day, 2020)
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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)
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There Is No Scientific Basis for Race- It's a Made-Up Label (Kolbert & Hammond, 2018)
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There Is No Such Thing as Race (Sussman, 2014)
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Tulsa Race Massacre: For years It Was Called a Riot. Not Anymore. Here's How It Changed (Marshall, 2020)
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Understanding Racism and Its Related Stress Can Help People of Color Cope with Negative Effects (Suyemoto et al., 2017)
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"We Are Not Okay. And You Shouldn't Be Either." (Guilford, 2020)
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We Must Step Up for Black people Right Now- Here's How (Atcheson, 2020)
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What Exactly Is a Microaggression? (Desmond-Harris, 2015)

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What Martin Luther King Jr. Really Thought about Riots (Rothman, 2015)

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When, Exactly, Do Protests Become Riots? (O'Connell, 2015)

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When Feminism Is White Supremacy In Heels (Cargle, 2018)

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Your Black Colleagues May Look Like They're Okay- Chances Are They're Not (Cadet, 2020)

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Podcasts/Talks

Podcasts

1619 (The New York Times, 2020)

[Click Here for the Link to the Podcast](#)

About Race with Reni Eddo-Lodge (Eddo-Lodge & Rich, 2018)

[Click Here for the Link to the Podcast](#)

Intersectionality Matters (Crenshaw, 2020)

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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)

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Ted Talks

A Celebration of Natural Hair (Cochrane, 2017)

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How America's Public Schools Keep Kids in Poverty (Sumner, 2016)

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How I'm Fighting Bias in Algorithms (Buolamwini, 2017)

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How Racism Makes Us Sick (Williams, 2017)

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How to Overcome Our Biases? Walk Boldly Toward Them (Myers, 2014)

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Invention, Innovation, and Freedom (Frazier, 2018)

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We Need to Address the Real Roots of Racial Violence (Francis, 2015)

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Your Privilege Is Showing (Medville, 2018)

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Other Talks

Deconstructing White Privilege with Dr. Robin DiAngelo (DiAngelo, 2017)

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Dr. Robin DiAngelo Discusses 'White Fragility' (DiAngelo, 2018)

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How Teachers Can Help Kids Find Their Political Voices (Chaffee, 2018)

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How to Be an Antiracist (Kendi, 2019)

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Prof. Ibram X. Kendi: Stamped from the Beginning: The Definitive History of Racist Ideas in America (Kendi, 2018)

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Systemic Racism Explained (Act.tv, 2019)

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What Is Generational Trauma? (DeGruy, 2019)

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Why “I’m Not Racist” Is Only Half the Story (DiAngelo, 2018)

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Film

Documentaries

13th (DuVernay, 2016)

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Homecoming (Beyonce, 2019)

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I Am Not Your Negro (Peck, 2016)

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King in the Wilderness (Kunhardt, 2018)

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LA 92 (Lindsay & Martin, 2017)

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Pay It No Mind- The Life and Times of Marsha P. Johnson (Kasino, 2012)

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The Long Shadow (Causey, 2017)

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True Justice (Kunhardt et al., 2019)

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Movies

American Son (Leon, 2019)

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Detroit (Bigelow, 2017)

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If Beale St. Could Talk (Jenkins, 2018)

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The Hate U Give (Tillman Jr., 2018)

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See You Yesterday (Bristol, 2019)

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TV Series

Dear White People (Simien, 2017-2019)

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When They See Us (DuVernay, 2019)

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Other Online Resources

Activists of Color Guide to Managing Burnout

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

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

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Checklist for White Allies Against Racism (Russel, 2001)

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Embrace, Engaging, Managing, and Bonding Through Race (The Racial Empowerment Collaborative at Penn GSE)

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The Research Basis for More Restrictive Use of Force Standards (8Can'tWait, 2020)

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Twitter Thread: Dr. Jasmine Abrams Thread Regarding Advice for White Academic Colleagues (2020)

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Twitter Thread: Dr. Jonathan Rendina Thread Regarding Offering Grant Assistance (2020)

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What Works to Reduce Prejudice and Discrimination? A Review of the Evidence (McBride)s

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White Privilege: Unpacking the Invisible Knapsack (McIntosh, 1988)

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White Dominant Culture & Something Different: A Worksheet (ACCE)

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Other Resource Lists

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

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Anti-Racism Resources (Flicker & Klein, 2020)

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Anti-Racism Resources (Canadian Association for Neuroscience, n.d.)

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Anti-Racism Resources for All Ages (Cooke, 2020)

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Anti-Racism Resource List (Kilgore et al., 2020)

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BIPOC-Authored Psychology Papers (Wojcik, 2020)

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

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Black Lives Matter: Instructional Library (for Children) (n.d.)

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Collaborative Resource: Addressing Systemic Shortcomings in Mental Health Training (Bryen et al., 2020)

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Facing the Divide: Psychology's Conversation on Race and Health (American Psychological Association, 2018)

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How to Talk to Your Kids About Anti-Racism: A List of Resources (Cpineda, 2020)

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NCSPP Resource Guide (n.d.)

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Neuroscience of Race-Based Biases, Racism, Stereotypes, and Prejudice (ABCT Neurocognitive Therapies and Translational Research Special Interest Group)

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Power Shift Network Resource Bank (n.d.)

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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.)

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Scaffolding Anti-Racism Resources (Safehouse Progressive Alliance for Nonviolence et al., 2020)

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Society for a Science of Clinical Psychology Reflection Questions

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Society for a Science of Clinical Psychology Resources on Racism

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Talking About Race Resources (National Museum of African American History & Culture, n.d.)

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These Books Can Help You Explain Racism and Protest to Your Kids (Grose, 2020)

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This List of Books, Films, and Podcasts About Racism is a Start, Not a Panacea (Rosario, 2020)

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Twitter Tread: Book Recommendations (Nolen, 2020)

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Organizations

#8CantWait (A Project by Campaign Zero)

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American Civil Liberties Union

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Astraea Lesbian Foundation for Justice

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Bay Resistance

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Black Health Alliance

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Black Lives Matter

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Black Visions Collective

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Black Youth Helpline

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Causa Justa Just Cause

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Color of Change

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Embrace Race

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Indspire

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Legacy of Hope

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Mijente

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National Association for the Advancement of Colored People

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National Bail Out

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National Freedom of Information Coalition

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Obama Foundation: Anguish with Action

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Official George Floyd Memorial Fund

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Remember the 400

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Southern Poverty Law Center

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The Bail Project

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The Conscious Kid

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The Okra Project

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When We All Vote

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Woke Kindergarten

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