



North American Drama Therapy Association Cultural Humility, Equity, & Diversity

Position Statement and Call to Action:

BLACK LIVES MATTER

The North American Drama Therapy Association (NADTA) and the Cultural Humility, Equity, & Diversity Committee (CHEDC) recognize and take a strong stance against the historic and systemic injustices, as well as the senseless murders of Black people at the hands of police. As a community we are deeply hurting and grieving right now. It is imperative that we bring attention to the ways in which the Black community continues to experience collective trauma.

To our Black community members: we see you. The NADTA and CHEDC stand outraged and heartbroken with you. This is a modern-day lynching and we are in dire need of radical, systematic, and foundational change, and we pledge to stand on the frontlines of this movement. The NADTA wishes to stand alongside its Black committee members and all Black members.

It was Dr. Martin Luther King, Jr. who said, "A riot is the language of the unheard." This was true fifty-three years ago when he first spoke these words, and it is still true today. Not enough has changed in the years since the Civil Rights Movement, and white supremacy is still ravaging our nations. Anti-Black racism is present in all of our institutions, continuing to murder Black people through [government incitement](#) and policy, at the hands of the police, poverty and voter suppression. It is important to learn about the timeline of events that have led to this 2020 ['Fed Up' Rising, the story begins before 1619](#). When you see rebellion happen, remember this context. People are fighting for their lives. BLACK LIVES MATTER.

This statement is a call-to-action for our NADTA community to recognize the daily acts of violence experienced by racialized people and participate in creating change. The white supremacy of state-sanctioned police violence murders Black people, men, women, trans, and gender diverse individuals. BLACK LIVES MATTER.

Some of our most recent losses include:

Regis Korchinski-Paquet (29 years old, Toronto)

George Floyd (46 years old, Minneapolis)

Breonna Taylor (26 years old, Kentucky)

Ahmaud Arbery (25 years old, Georgia)

D'Andre Campbell (26 years old, Brampton)

Tony McDade (38 years old, Florida)

Clayton Joseph (16 years old, Washington State)

And so many countless more...

The names change but the societal perception of Blackness as a threat, and Black people as inferior and unworthy of life, remains the same. As drama therapists, let us do more than say their names. Let us allow ourselves to engage in the complexity and uncomfotability of undoing systematic racism. BLACK LIVES MATTER.

We must RECOGNIZE the Black members of our community who have been impacted by police-based violence. We fight to change the system that kills Black folx. We dream of a world where Black mothers do not have to fear that their Black sons, Black daughters, and Black Children will be harassed, assaulted, and murdered because of the color of their skin.

We must work to ERADICATE these systems of oppression and HEAL the generational impact they have on our clients, our communities, and ourselves.

We must do the COURAGEOUS work of uprooting racism within ourselves, the institutions with which we are involved, and within our society at large.

The task can feel daunting, but together we can do it. Black lives and our humanity are at stake.

It is our professional ethical response/ability to stand in solidarity with communities experiencing the continual trauma of police brutality and white supremacy in all forms. And it is our work as mental health providers that calls us to address the impacts of racism and police brutality on mental and emotional health, so that everyone has equal access to the psychological safety required for healing and self-growth. BLACK LIVES MATTER.

The NADTA and CHEDC are united in solidarity with our BIPOC colleagues, clients, and community. This aligns with our commitment as drama therapists to “safeguard the dignity and rights of [our] clients, colleagues, and research participants” (Professional Responsibility & Respect) as well as encouraging our members to seek professional consultation and supervision if and when they encounter dynamics or events that may cause “personal circumstances to impact the quality of service offered to others” or “carry out work-related activities in a competent matter”. ([NADTA Code of Ethics, 6/2019](#))

For our non-Black community members, let us always ask how we can practice allyship in active ways through a commitment to continuous learning, activism, and social justice-oriented transformations of our clinical, teaching, and supervision practices.

Join the NADTA and CHEDC in actively choosing the right side of justice. This is a marathon, not a sprint, and we must equip ourselves with the necessary tools to endure.

As a community of mental health practitioners concerned for social justice, we can:

- Check-in with our clients about the physical, emotional, relational, and social impact of the institutional violence enacted against people with Black and Brown bodies;
- Acknowledge the ethnic, racial, and other cultural difference within the therapeutic relationship (create space to explore power imbalances between therapist and client);
- Connect with Black colleagues and community members;
- Engage in spaces created exclusively for Creative Arts Therapists of Color
 - [Blacks in Drama Therapy Facebook Group](#)
 - [Art Therapists of Color Facebook Group](#)
 - NADTA Spanish Speaking Committee (Contact CHEDC)
 - [CATs of Color](#)
- Get involved in anti-racist and anti-xenophobic advocacy;
- Engage or re-engage in the [Drama Therapists Against White Supremacy Campaign](#) that highlights hundreds of actions and resources you can use to fight white supremacy and anti-Black racism;
- Join an organization doing Black Liberation/Anti-Racist Work;
- Decolonizing Therapy Practice from [Shawna Murray-Browne](#), a free webinar:
 - Click [HERE](#) for link to webinar

Resources to help you be an Active Ally

- [Anti-Racism Resources for White People](#)
- [Black Lives Matter](#)
- [Black People Need Stronger White Allies - Here's How you can Be One](#)
- [Showing Up For Racial Justice \(SURJ\)](#)
- [Your Kids Are Not Too Young to Talk About Racism](#)
- [The Boris Lawrence Henson Foundation](#)
- [Ways Non-Black POC Perpetuate Anti-Blackness](#)
- [Anti-Blackness in the LGBTQ+ Community video](#)

To Join The DRAMA THERAPISTS AGAINST WHITE SUPREMACY CAMPAIGN

Phase 1: 2: Cultural Humility and Clinical Work; 3: Interpersonal Commitments; 4: Intrapersonal Commitments *To take the Phase 1 Survey, [click here](#).*

Phase 1 Resources [Click Here](#)

Phase 2: 5: Art; 6: NADTA Actions; 7: Advocacy; 8: Holding Power Accountable; 9: Financial Actions; 10: Legal Action. *To take the Phase 2 Survey, [click here](#).*

Phase 2 Resources [Click Here](#)

Phase 3: 11: Research; 12: For Professors/Educators & Supervisors; 13: For Parents/Caregivers. *To take the Phase 3 Survey, [click here](#).*

Phase 3 Resources [Click Here](#)

ORGANIZATIONS OFFERING THERAPY FOR PEOPLE OF COLOR DURING COVID-19

[Boris Lawrence Henson Foundation](#)

Offering up to five free sessions to Black Americans who are dealing with life-altering stress and anxiety to the coronavirus.

[The Loveland Foundation](#)

Comprehensive list of mental health professionals that provide culturally competent services during COVID-19 and financial assistance for Black women and girls

[The Well](#)

“The Well puts healing at the center of justice by creating accessible opportunities for healing including offering free coaching to Black parents and caregivers.

[Decolonizing Therapy](#)

A mental health support social movement, to make sure clients, especially queer BIPOC folks, had access to resources that acknowledge the legacy of racism and the impact of multigenerational trauma

[Indian Country Echo](#)

Indian Country ECHO, a collective of organizations that provide ECHOs serving indigenous communities, including COVID-19-focused resources.

[South Asian Mental Health Initiative & Network](#)

South Asian Mental Health Initiative and Network, SAMHIN, is a non-profit that addresses the mental health needs of the South Asian community in the U.S. Our goal is to decrease the stigma and shame associated with mental illness and offer resources for people who seek help.

MENTAL HEALTH & TRANSFORMATIVE JUSTICE ORGANIZATIONS

[Black Lives Matter](#)

Therapy for Black Girls Thrive Tribe

The Association of Black Psychologists

The Association of Black Psychologists (ABPsi) is a professional association of African American psychologists founded in 1968 in San Francisco, with regional chapters throughout the United States. It publishes the Journal of Black Psychology. Its main offices are in Washington, D.C.

New York Association of Black Psychologists

The New York Chapter of the Association of Black Psychologists
Celebrating over 50 years of raising minds and spirits.

Brown Girl Therapy

A space where those who hail from immigrant backgrounds-especially South Asians, first-gens, hyphenates, and women of color have a place to learn more about therapy and identity exploration.

Rest for Resistance

QTPOC Mental Health is a grassroots trans-led organization with the stated mission of “creating online and offline spaces for trans & queer people of color to practice being their whole selves” founded by Dom Chatterjee.

[Circle of Mothers](#)

QA community of mothers who have lost loved ones to gun violence

Resonance Network

An organization that centers people most impacted by historic and current systems of oppression, offers grief circles informed by ancestral practices

Parenting for Liberation

A virtual community that connects, inspires, and uplifts Black folks as they navigate and negotiate raising Black children within the social and political context of the US

Black Visions Collective

Black led and queer and trans centered organizing work

Women for Political Change (WFPC) Mutual Aid Fund

Direct financial aid for young women and trans and non binary folks, prioritizing BIPOC

ACTIVISM RESOURCES FOR MINNEAPOLIS

- [Reclaim the Block](#) - a coalition demanding investment in community-led safety initiatives (and divestment from policing) in Minneapolis ([IG](#))
- [Minnesota Freedom Fund](#) - pays criminal bail and immigration bonds for those who can't afford to; direct bail for protesters ([IG](#))
- [Black Visions Collective](#) - an arts collective advocating and organizing for transformative justice and liberation by and for Black Minnesotans ([IG](#))
- [Unicorn Riot](#) - not-for-profit media organization dedicated to exposing root causes for social and environmental issues (they're doing critical citizen journalism and 24-7 coverage) ([IG](#))
- [Northstar Health Collective](#) - collective of health care workers & street medics that coordinate and provide health care in support of justice movements during protests and other public events
- [MPD 150](#) - community based initiative challenging the narrative that police exist to protect and serve (not currently asking for donations, but an org to follow) ([IG](#))
- [Black MN COVID-19 Response](#) - a coalition of Black organizers and organizers from Minnesota addressing the harmful impacts of COVID-19
- [George Floyd Memorial Fund](#) - the GoFundMe page of George Floyd's family, posted by his brother

Anti-racism Canadian Resources

- [Government of Canada's Anti Racism resources](#)
- [Canadian Anti-racism Youth resource](#)

- [Anti-Racism organizations to support in Canada](#)

In Solidarity...

The NADTA Cultural Humility, Equity, & Diversity Committee

Adam D-F. Stevens, Jessica Bleuer, Mary E. Morris, Opher Shamir, Pella Schafer Weisman, Stephanie Wichmann, Sara Kliger, Craig Flickinger, Diana Jordan, Rowena Tam, Kristen Brookes, Jadae Johnson, Jess Orense, Abigail Truax, Dana Sayre, Bonface Beti Beti, Kate Olson, Kholoud Nasser

Ratified by NADTA Board of Directors on 6/4/20