The Maryland Department of Health
FIRST ANNUAL RACISM AND MENTAL HEALTH SYMPOSIUM
September 15, 2020

Do No Harm:
The Imperative for "Racing ACEs" and
Linking Embodied Individual and Systemic Healing of Racial Trauma
Workshop Presenter: S. Ileana Lindstrom, M.Div., PhD

RECOMMENDED READING & LISTENING

- **Joy DeGruy, PhD:** *Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing*
- **Resmaa Menakem, MSW, LICSW, SEP:** *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Heart and Bodies*.
- **Staci Haines:** *The Politics of Trauma*
- **Ruth King:** *Mindful of Race: Transforming Racism from the Inside Out*
- **Denese Shervington, MD, MPH:** *Healing is the Revolution*
- **Pat Ogden, PhD:** *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment*
- **Deb Dana, LCSW:** *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation*
- **Peter Levine, PhD:** *In An Unspoken Voice: How the Body Releases Trauma and Restores Goodness*
- **Stephen Porges, PhD:** *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation*
- **Bessel Van der Kolk, MD:** *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*
- **The Prevention Institute: https://www.preventioninstitute.org/**
- **RYSE [Youth] Center: https://rysecenter.org/**
- **Generative Somatics: https://generativesomatics.org/**
- **National Domestic Workers Alliance (NDWA): https://www.domesticworkers.org/**
- **Black Organizing for Leadership and Dignity (BOLD): https://boldorganizing.org/**
- **Racial Justice Action Center (RJAC): https://www.rjactioncenter.org/**
- **Black Lives Matter: https://blacklivesmatter.com/wp-content/uploads/2017/10/BLM_HealinginAction-1-1.pdf**
- **Movement Generation: https://movementgeneration.org/**
- *Dismembered & Unarmed* **[Album, 2018]. Executive Producers Chaka Mkali & Resmaa Menakem. See** https://www.resmaa.com/store/dismembered-and-unarmed-album