



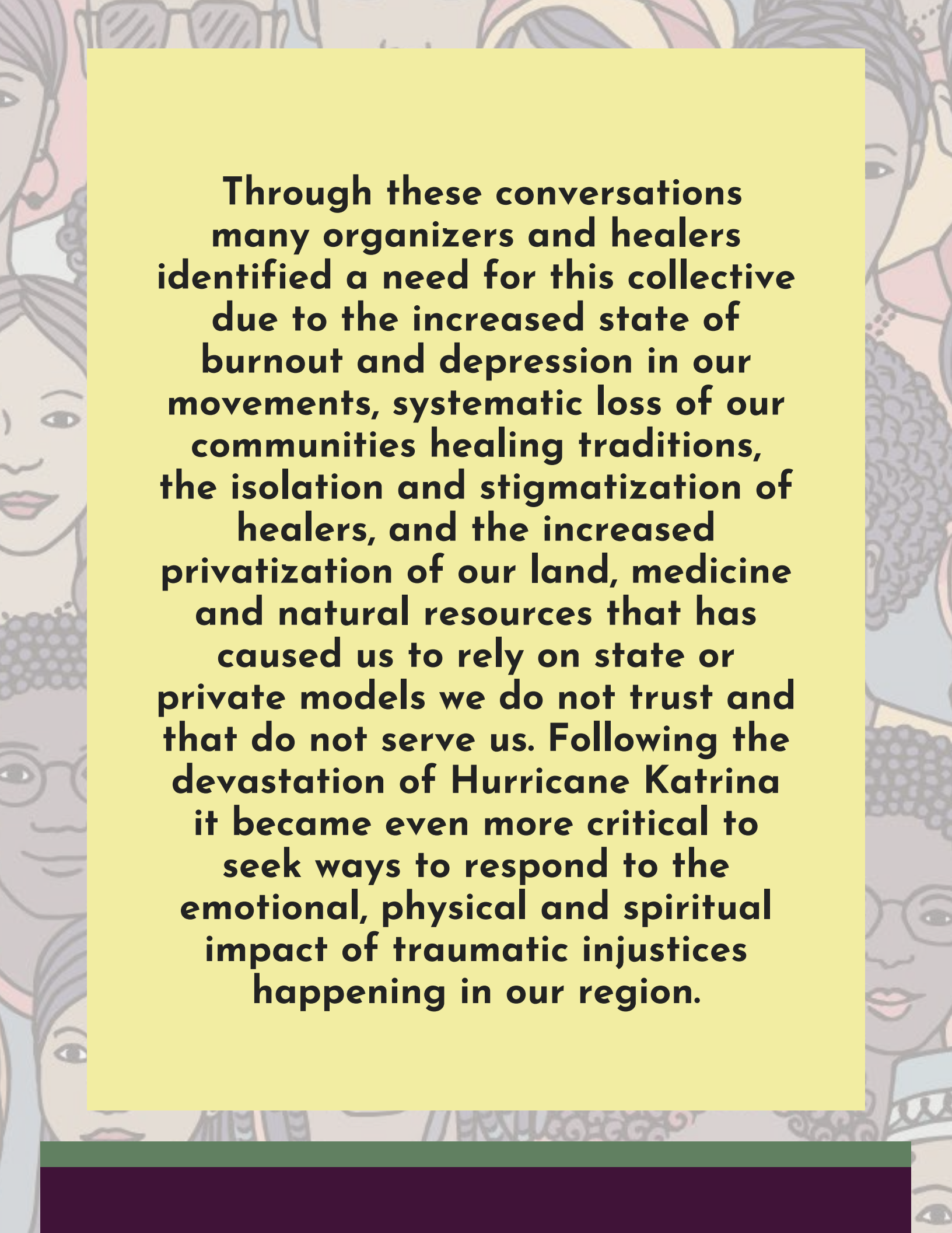
THE  
CHISHOLM  
LEGACY  
PROJECT



**50+ \_\_\_\_\_**  
**HEALING JUSTICE  
RESOURCES**

## WHY HEALING JUSTICE?

**"Kindred a southern healing justice collective was a project conceived by healers and organizers in the South, in 2005, as a response to the crisis of trauma, violence and social conditions in our region. Cara Page, a healing practitioner, artist and organizer based in Atlanta, GA, began holding conversations with southern based spiritual and healing practitioners and organizers to assess the need to build a collective that would centralize healing resources, build the capacity to respond to trauma in our southern movements through holistic healing models, and create new healing models within a social justice context that supports and sustains the well being of organizers.**



**Through these conversations many organizers and healers identified a need for this collective due to the increased state of burnout and depression in our movements, systematic loss of our communities healing traditions, the isolation and stigmatization of healers, and the increased privatization of our land, medicine and natural resources that has caused us to rely on state or private models we do not trust and that do not serve us. Following the devastation of Hurricane Katrina it became even more critical to seek ways to respond to the emotional, physical and spiritual impact of traumatic injustices happening in our region.**

## WHO NEEDS HEALING JUSTICE?

**Changemakers are dying as a result of spiritual and physical deprivation from trauma, stress and unrest in our movements. Many organizers are either without health insurance and do not seek care or are not supported to sustain their well being as a result of overextended work cultures in our movements. We have seen an increase of suicide, depression and long term illnesses impacting organizers at much younger ages. We have lost many valuable people to illnesses, compounded by the stresses of organizing, that were undiagnosed, untreated or poorly treated. Our organizers are coming from communities most physically and emotionally affected by trauma and violence, and yet we are not given models of intervention and prevention to sustain ourselves, let alone the next generations of leaders" (Passage found at [Our History](#).)**

The background of the page features a collage of stylized, line-art illustrations of diverse women's faces. The women have various hairstyles, including braids, buns, and short cuts. Some are wearing glasses, and others have different types of jewelry like earrings and necklaces. The colors used for the illustrations are muted, including shades of blue, green, and purple. A large, solid orange rectangle is centered on the page, containing the main text.

## **WHAT RESOURCES WILL I FIND IN THIS DOCUMENT?**

**The Chisholm Legacy Project has compiled a comprehensive list of articles, podcasts, Youtube videos, books and in-person and virtual trainings and calls to action.**

# HOW DO I USE THIS RESOURCE LIST?

**This list is divided into 3 sections.**

**Section 1 is a list of articles and publications available online regarding HJ. Click the active links in the titles of each article to navigate to the resource page directly.**

**Section 2 is a list of Authors, Books and Healing Justice practitioners. Their websites listed will be active links that you may click to learn more.**

**Section 3 lists videos that are embedded into this document that you may watch on whatever platform the film or video is available.**



**SECTION 1**

**ARTICLES AND  
READINGS**

**Click the active links  
to visit the resource page.**



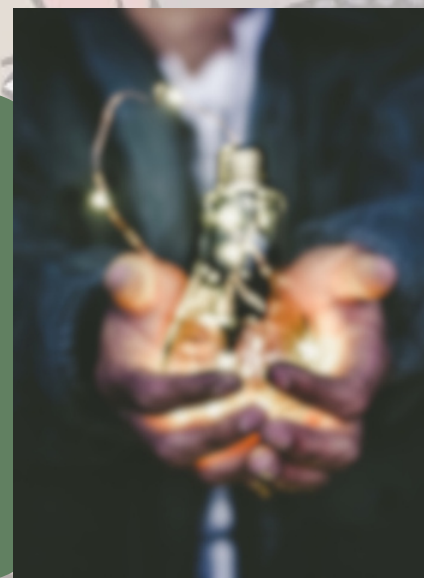
## What is Healing Justice? Written by Nineequa Blanding

Defining Healing Justice



## Healing Justice

Database of articles compiled by Transform Harm.







## Irrestible; a media archive of powerful practices for healing and social justice from 2017 to 2020

Episodes, practices, resources  
& transcripts in the Podcast Library. Podcast  
available on multiple platforms as well.

## A Guide on Social Justice Healing Spaces

PDF.  
all-gender, all-bodied, inclusive, and accessible  
space



## Healing by Choice

Workshops, Trainings, and Healing  
Justice Practice spaces.  
Offerings are available virtually and in  
person.





## This is What Healing Justice Looks Like

Article written for Essence by Amber Johnson and Kira Hudson Banks

## Healing Justice; Building Power, Transforming Movements

In Depth report; frameworks, case studies, resources for further learning.

PDF version available

<https://s3.amazonaws.com/astraea.production/app/asset/uploads/2019/05/Astraea-Healing-Justice-Report-2019-v7.pdf>

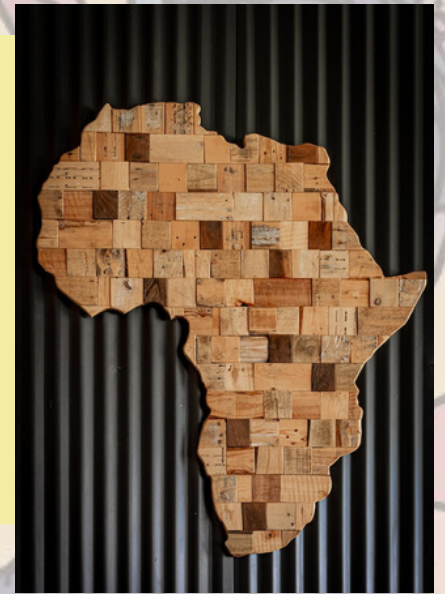


## Restorative Justice and Intergenerational Healing

Written for Impact Justice  
Article, Video, and Transcript available.

**Healing Justice as a  
Framework for  
Feminist Activism in  
Africa, project**

A working paper and  
video for the institute  
of Development  
Studies



**Healing Justice Principles  
and Guidelines**

Healing Justice Guidelines available in a  
downloadable PDF



**An Open Letter and A call for True  
Healing Justice**

Written by Whitney Spencer

## Healing Justice Toolkit by Dignity and Power Now

Toolkit with tips on how to integrate healing justice at active organizing sites, recommendations of trainings, and definitions of traumas.



## Hub of Resources

Over 700 resources of articles, toolkits, and trainings based in social justice such as policing interventions, abolition work and healing justice.



## Healing in Action

A toolkit by Black Lives Matter  
Healing Justice and Direct Action.

## What is Healing Justice?

Powerful Voices' Taking Root Healing Justice initiative was created in response to the mental health crisis that BIPOC girls and gender expansive youth are experiencing in our communities. This initiative is designed to support BIPOC youth, their families, and the phenomenal youth advocates experiencing burnout and vicarious trauma.



## Healing Justice Map

This Healing Justice Map lifts up healers and healing spaces that center social justice and racial equity as a business model.



## BOLD

**BOLD** (Black Organizing for Leadership and Dignity) is a national training intermediary focused on transforming the practice of Black organizers in the US to increase their alignment, impact and sustainability to win progressive change. BOLD carries out its mission through training programs, coaching and technical assistance for BOLD alumni and partners.

## Social Justice Resources

This page offers digital resources for BIPOC folks and communities healing from racial discrimination, trauma, oppression, and legacies of colonialism. The resources are incomplete and represent only a starting point. In the near future, we hope to expand this page based on student, faculty, staff, and additional stakeholder input.

## Healing Justice Practice Spaces: A How To Guide

How to properly create a healing practice space.

## HEAL Trafficking and Hope for Justice's Protocol Toolkit

HEAL Trafficking and Hope for justice's protocol toolkit for developing a response to victims of human trafficking in health care settings.


Form must be completed and once form is submitted, you will see a confirmation message with a link to view and download the toolkit pdf

## ReShape Newsletter; ReShape Healing Justice

The National Sexual Assault Coalition Resource Sharing Project

# Three Lessons from Adrienne Maree Brown's Emergent Strategy

Review of Color Lines book and other helpful Healing Justice information.



## Healing Justice Practice Spaces: A How to Guide 2014

This a brief guide for building a healing justice practice and spaces (organizing groups). It includes how to build a team, how to be safer and sustainable, find meeting spaces, and make spaces more accessible.

## Increasing Access to Healing Services and Just Outcomes for Older African American Crime Survivors: A Toolkit for Enhancing Critical Knowledge and Informing Action Within the Crime Victim Assistance Field

This toolkit contains downloadable information and online video resources intended to assist victim-service providers in understanding the distinctive needs of older African American crime survivors and the range of services required to address those needs.



## The Resilience Toolkit

The Resilience Toolkit is a system for reducing stress and growing resilience in individuals, organizations, and communities so they can envision, create, and implement positive change.

## Healing Justice Handout

5 paged document called Just Healin Worksheet, can be used to discuss healing definitions with a team or group



## California Healing Justice

The California Healing Justice Program works to reduce reliance on incarceration and policing and replace them with restorative, healing practices. We concentrate on three areas: ending mass incarceration, demilitarizing police, and the promotion of healing alternatives.

## Healing Justice + Harm Reduction – What Does it Mean?

"Blog post some of us at RHJ, along with current healing justice practitioners, share our thoughts on healing, liberation, and harm. Community Resources may be worth a check as well".  
<https://www.reframehealthandjustice.com/resources>



## Healing Justice- NY/NJ

A collection of newsletters written about Justice work.



## SeekHer Foundation

"We seek to bridge the gender gap of mental health through advocacy, research, and support for leaders who are helping women through critical transitions & vulnerable life moments along their womanhood journey,".

## Center for Healing and Justice through Sport

At the Center For Healing and Justice Through Sport (CHJS), we believe that underneath the fun and camaraderie, sport can be used as a vehicle to provide creative and accessible solutions to some of society's biggest issues.

## IHJE

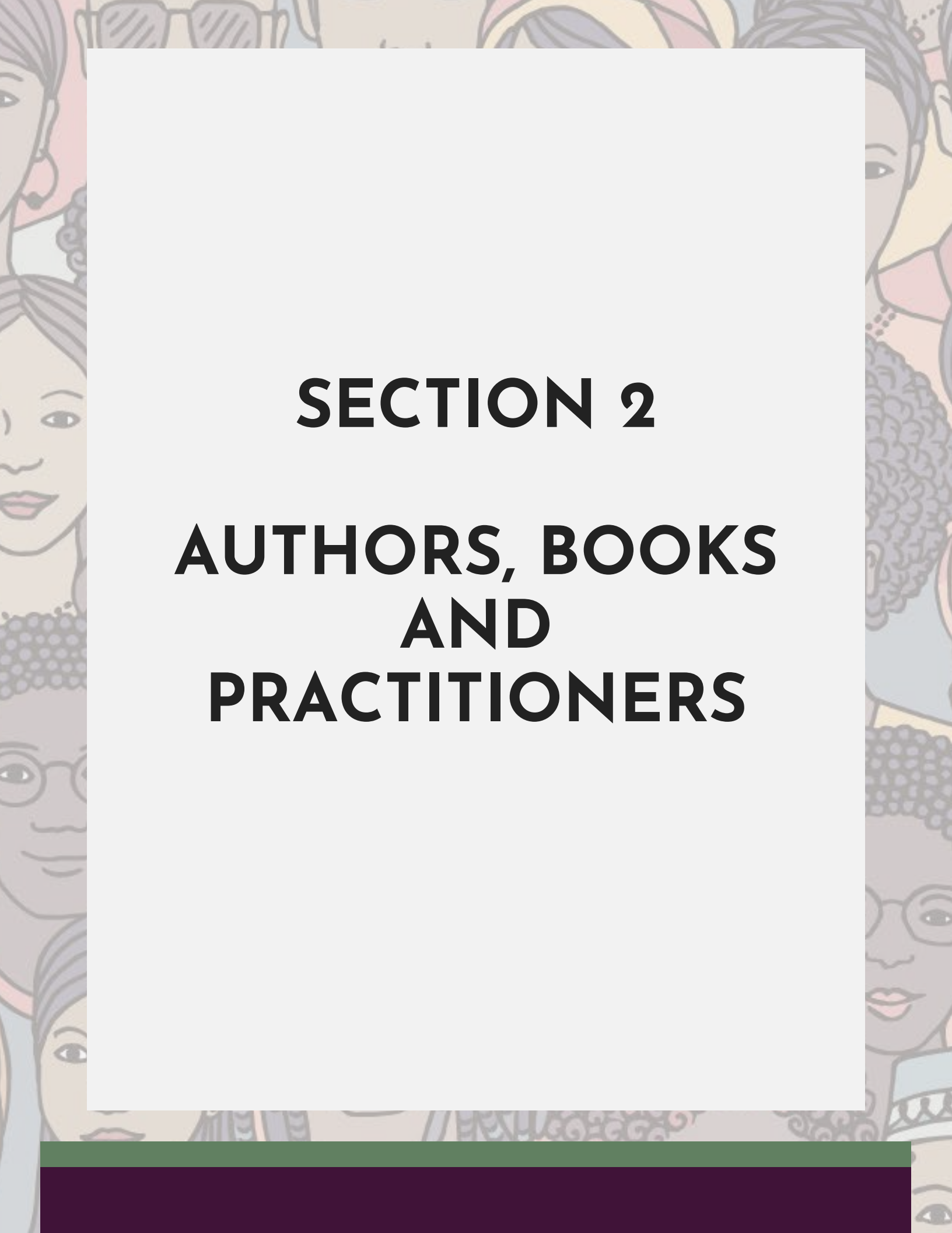
A compilation of Healing Justice and Equity resources including reports, website links, and recordings

## Black emotional and mental health collective

Listing of several different ways to seek support from Beam including virtual and in person groups. Training also available on the website.

## Healing Justice with Project Knuckleheads

Indepth listing of healing justice resources and links, viewings and events, and featured freedom fighters, healers, and artists



**SECTION 2**

**AUTHORS, BOOKS  
AND  
PRACTITIONERS**

## Mona Chopra

Licensed Acupuncturist &  
Hypnotherapist  
at People Tree Wellness



## Harriet's Apothecary

"We are an intergenerational, healing collective led by the brilliance and wisdom of Black Cis Women, Queer and Trans healers, artists, health professionals, magicians, activists and ancestors. Our village, founded by Harriet Tubman and Adaku Utah on April 6 2014, is committed to co-creating accessible, affordable, liberatory, all-body loving, all-gender honoring, community healing spaces that recognize, inspire, and deepen the healing genius of people who identify as Black, Indigenous and People of color and the allies that love us."

## NYC POC Healing Circle

Private Reiki, Herbalist

## Brownstargirl.com

Website for Leah Lakshmi Piepzna-Samarasinha, queer, autistic and disabled nonbinary femme writer, disability and transformative justice movement worker.

## Decolonizing the Body

Kelsey Blackwell and Christena Cleveland

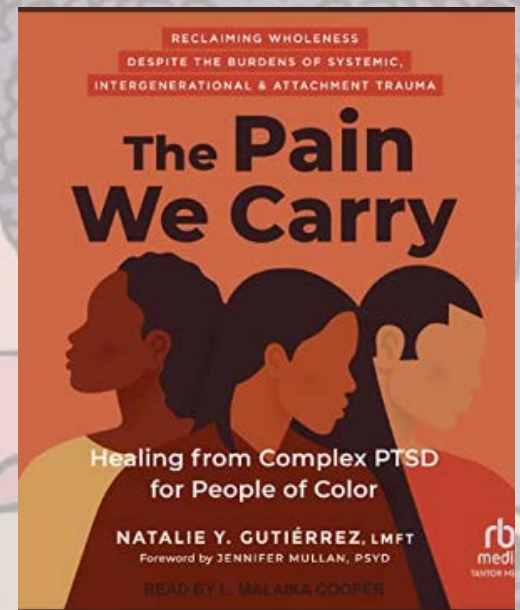
Written by a woman of color for women of color, *Decolonizing the Body* offers proven-effective somatic, body-centered practices to help you heal from systemic oppression, trust the profound wisdom of your own body, and reconnect with your true self. And by slowing down, cultivating a daily ritual, and setting strong boundaries, you can reclaim your inherent dignity and worth.



## The Pain We Carry: Healing from Complex PTSD for People of Color

Natalie Gutierrez

In *The Pain We Carry*, you'll find powerful tools to help you understand and begin healing from repeated trauma. You'll discover ways to feel safer in your body, build self-compassion and resilience, and reclaim your health and wellness by reconnecting with your sense of self and your ancestral wisdom. You'll learn how trauma is connected to grief, how it can affect both the mind and the body, and how it can persist from one generation to the next. Most importantly, you'll find the validation you need to begin mending your heart, and the skills you need to live a life of intention—even in the midst of an oppressive system.



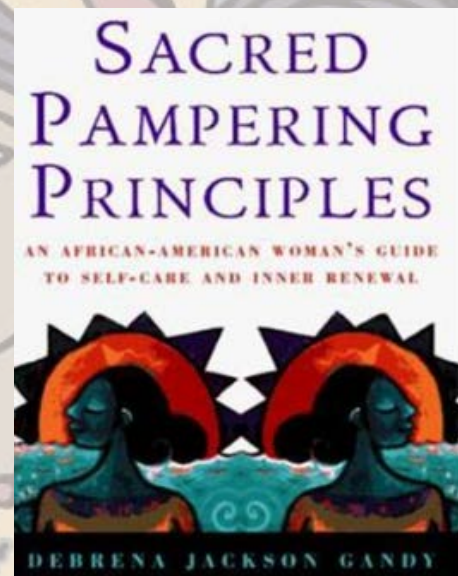
## Brownstargirl.com

Website for Leah Lakshmi Piepzna-Samarasinha, queer, autistic and disabled nonbinary femme writer, disability and transformative justice movement worker.

**Sacred Pampering Principles**  
**: An African-American Woman's Guide**  
**to Self-care and Inner Renewal**

**Debrena Jackson Gandy**

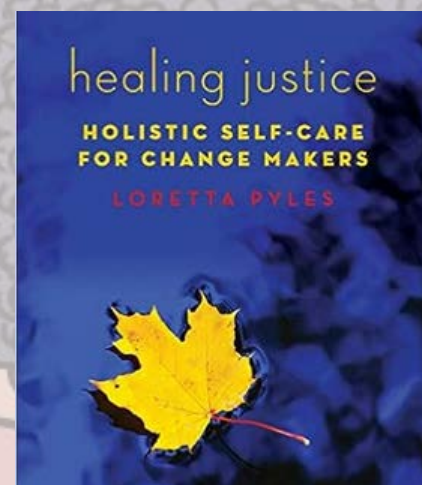
Sacred Pampering Principles is a beautifully written guide with hundreds of easy and innovative ways for on-the-go women to pamper their bodies and nurture their spirits.



**Healing Justice:**  
**Holistic self care for Change Makers**

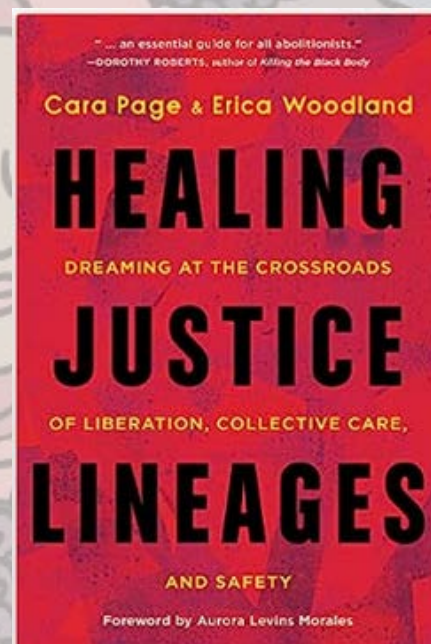
**Loretta Pyles**

This book offers a framework and set of inquiries and practices for social workers, activists, community organizers, counselors, and other helping professionals.



**Healing Justice Lineages**  
**Cara Page and Erica Woodland**

Cara Page is the curator of Healing Justice Framework, In this anthology, Black Queer Feminist editors Cara Page and Erica Woodland guide readers through the history, legacies, and liberatory practices of healing justice—a political strategy of collective care and safety that intervenes on generational trauma from systemic violence and oppression. They call forth the ancestral medicines and healing practices that have sustained communities who have survived genocide and oppression, while radically imagining what comes next





**SECTION 3**

**VIDEOS AND  
FILMS**

### What is Healing Justice

A discussion on Good Morning America of what the healing justice framework is, why it is needed by Cara Page and Patrisse Cullors

### Women's History Month Edition: Birthwork as Healing & Justice

Cat Petru (We Rise) and Theresa Adams guest host a special edition of KPFA's Women's Magazine in honor of Women's History Month. Cat speaks with doulas, Megan Chadwick and Eri Guajardo Johnson, about birthwork as a site of healing, transformation, and justice. Theresa and Cat simultaneously celebrate this month by illuminating women's legacies and labor - from the newsroom to the birthroom - and challenge the pretense that women are centered merely one month out of the year.

### Re-Imagine Justice 2022

A conference created to move us; Re-Imagine Justice focuses on collective action toward necessary change. This is NYU Silver School of Social Work's second such conference, bringing together leading criminal justice professionals from across the country and state for a national and local discussion on the human impact of crime and incarceration, including new approaches to juvenile and young adult offenders, pretrial justice, incarceration, and re-entry.

### Just Wrong: The aftermath of wrongful convictions

Six individuals affected by wrongful convictions in the U.S. criminal justice system share their stories and the challenges they have faced since the wrongful conviction came to light.

### Anchoring Resilience

This video is adapted from an event we ran as part of Through the Portal: Healing Justice Beyond Pandemic - a community-led public health programme through a disability justice and anti-oppression lens. The programme was launched in 2020, in response to the disproportionate impact of Covid-19 on communities that are marginalised.

### Color of Change Hollywood

Transforming the media landscape to create a more human, less hostile world for Black people, changing the narrative in movies and media.





## Healing Justice a film by Butler, Shakti

DVD, Dvd and site license, Digital site license, streaming, 48 hr rental for individuals, nonprofits, institutions. (Differing links for different audiences).

## Healing Histories Project

Curriculum for healers, medical practitioners, organizers, and memory workers to combat harm done by the Medical Industrial Complex