

Articles recommended by our speaker Dr. Esther Castillo from her training:

**Racial Healing with Mindfulness: A Different Approach to Implicit Bias Training:
A Two-Part Training**

Healing Centered Engagement

[The Future of Healing: *Shifting From Trauma Informed Care to Healing Centered Engagement*](#)

A healing centered approach to addressing trauma requires a different question that moves beyond "what happened to you" to "what's right with you" and views those exposed to trauma as agents in the creation of their own well-being rather than victims of traumatic events.

[Moving to Healing-Centered Engagement: *Reimagining Trauma-Informed Leadership*](#) - Dr. Cecilia Cardesa

This is the second article in a five-part series of diversity, inclusion, and belonging in the workplace. In this article, Penn Professor Sharon Ravitch—a thought leader on issues of leader and organizational healing and development introduces the asset-based, culturally responsive leadership framework of healing-centered engagement.

Dr. Ravitch was a North Star to me in my own healing, serving as Chair of my dissertation committee at The University of Pennsylvania, where my research situated traumatic memory in the post-traumatic stress growth literature.

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Non-Judgemental Awareness

Thich Nhat Hanh: "Our Communication Is Our Continuation"

Thích Nhất Hạnh, born 1926 in Vietnam, is a Zen Master Buddhist monk who is credited with renewing Vietnamese Buddhism, introducing mindfulness to the West, and founding the Engaged Buddhism movement. This movement, which Hanh was inspired to create during the Vietnam War, places equal emphasis on contemplative practice for internal transformation and efforts to alleviate the suffering of others.

The Art of Communicating by Thich Nhat Hanh

"Mindfulness requires letting go of judgement, returning to an awareness of the breath and the body, and bringing your full attention to what is in you and around you. This helps you notice whether the thought you just produced is healthy or unhealthy, compassionate or unkind."

Racial Healing:

How to Fight Racism Through Inner Work

Mindfulness meditation may hold the key to grappling with interpersonal racism, says Rhonda Magee, because it helps people tolerate the discomfort that comes with deeper discussions about race. And it can help cultivate a sense of belonging and community for those who experience and fight racism in our everyday lives.

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Race and Healing: A Body Practice

Therapist and trauma specialist Resmaa Menakem is working with old wisdom and very new science about our bodies and nervous systems, and all we condense into the word “race.” “Your body — all of our bodies — are where changing the status quo must begin.”