

Diversity Resources

Some starting points – July, 2020

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When I agreed to compile some resources regarding diversity that could be used to strengthen the San Francisco Center for Psychoanalysis' training program for child psychotherapists I did not fully appreciate either the task or the depth and breadth of material that is available and appropriate to the goal.

The issues of prejudice, of “implicit bias”, of “institutional racism” seem as old as humanity and do not begin or end with the color of one's skin. Dr. Seuss' story of The Sneetches vividly illustrates how such feelings of “otherness” can be manipulated – sometimes quite arbitrarily – in order to gain economic (and therefore political) power. The star-bellied sneetches and the plain-bellied sneetches both pay good money to Sylvester McMonkey McBean, hoping to gain (or re-gain) status over each other.

In the midst of the Covid-19 pandemic and the sudden collapse of our usual ways of living our lives, the murder of George Floyd shone a spotlight upon the ways in which those of us born with dark skin must live with burdens that those of us born with light skins can usually avoid.

In addition to “racial” categories (indigenous Americans, Blacks, Arabs, South Asians, Chinese, etc.), there are other differences that often encounter bias and impose their own particular burdens. Some of these are ethnic and religious: Jews, Muslims, Catholics, Sikhs, etc. Some have more to do with geography: Poles, Roma, Irish, Italians, etc. Some have to do with sexual identity and preferences: LGBTQIA? Some have to do with physical characteristics, illnesses, or disabilities: deaf, blind, paraplegic, Down syndrome, AIDS, etc. The list goes on and on. Each one of these “othernesses” has its own burdens.

While my search was sparked by a request for materials that would help child psychotherapists to “tune in” to these burdens and their effects, many of the items listed below also could be resources for parents and teachers of young children, or could be used in work with children themselves.

A disclaimer: I have not been able to vet every entry in the list which follows. Before using or recommending items from the list, please familiarize yourself with them so you can evaluate how your intended audience might respond to them.

This list remains (as of July 2020) a work in progress. The sections on sexual diversity and chronic illnesses and disabilities are quite weak at present. Contributions to those sections are especially welcome.

While I have checked the hyperlinks, they have a habit of “breaking” as the internet evolves; I would appreciate it if you would alert me to any broken links that you encounter.

Resources for use by **teachers and students in child analysis and psychotherapy courses** regarding

- 1) race and ethnicity
- 2) sexual diversity
- 3) chronic illnesses and disabilities.

1) race and ethnicity

Videos

[“Black parents explain how to deal with the police”](#) YouTube
[“How to talk to kids about race”](#) YouTube
[“A look at race relations through a child’s eyes”](#) YouTube
[“Anti-bias lessons help preschoolers hold up a mirror to diversity”](#) YouTube
[“Black psychoanalysts speak”](#) YouTube
[“Sesame Street explains Black Lives Matter”](#) YouTube
[“The Science of Racism”](#) YouTube
[“Not My Idea: A Book About Whiteness”](#) YouTube
[“Say Something”](#) YouTube
[“Let’s Talk About Race”](#) YouTube
[“A Kid’s Book About Racism”](#) YouTube
[“Hair Love”](#) YouTube
[“A Conversation About Growing Up Black”](#) (NYT Op-Ed) YouTube
[“Because I’m Latino, I can’t have money?”](#) YouTube
[“Just mercy”](#) (film)
[“Black Lives Matter -- What Matters”](#)
[“13th”](#)
[“Rest in power: The Trayvon Martin story”](#)

Acho, Emmanuel: “Uncomfortable conversations with a Black man”, episodes 1, 2, & 3 YouTube

<https://is.gd/nJSJY1>

<https://is.gd/OAiKJY>

<https://is.gd/XqT8g3>

Baldwin, James: “[I am not your negro](#)” (documentary)

Dr. Seuss: “[The sneetches](#)” (star-bellied and not) YouTube

Gilmore, Ruth Wilson: “[Covid-19, decarceration, and abolition](#)”

Leigh, Mike: “[Secrets & lies](#)” (feature film touching on race, physical injury, infertility, adoption)

Noah, Trevor: “[The George Floyd murder and the broken social contract](#)” YouTube

Whitney, Lauren: “[When did my baby become a threat to you?](#)” YouTube

A list of 22 movies and documentaries about race everyone should watch at least once:

<https://is.gd/OjJ7yg>

Your kids aren't too young to talk about race: Resource roundup

<https://is.gd/zmA7LL>

Web sites / podcasts / email contacts

American Psychoanalytic Association statement: [Racism needs to be heard and addressed](#)

American Psychoanalytic Association Diversities Database: [Culture: Psychoanalytic Perspectives](#)

American Psychoanalytic Association Diversities Database: [Incarceration: Psychoanalytic Perspectives](#)

American Psychoanalytic Association Diversities Database: [Race: Psychoanalytic Perspectives](#)

Boston Psychoanalytic Society and Institute: [Resources on race, diversity, and otherness](#)

Brown, G.: “[A letter To white women who keep asking what they can do to combat racism from a Black](#)

[woman](#)” (includes lengthy list of resources)
Colours of Us: [37 children’s books to help talk about racism & discrimination](#)
Crenshaw, Kimberle & AAPF: “[Intersectionality matters](#)”
DuVernay, Eva: “[When they see us](#)”
Embrace Race: [List of children’s books and other resources](#)
Evanston Public Library: [Antiracist resources and reads: Lists for all ages](#)
Holinger, Paul: “[Understanding bias and prejudice – and violence](#)” Parenting and Child Development Resources (web-based newsletter)
Jones, Valerie: [12 books for children on race and protest](#)
Oakland Public Library: [Talking to kids about racism and justice: A list for parents, caregivers & educators](#)
San Francisco Public Library: [Be an antiracist](#)

[1619 - a New York Times podcast](#)
[1619 - New York Times text version](#)
New York Times / Ibram X. Kendi: “[An antiracist reading list](#)”

[Anti-Racism Resources](#) (an expansive and expanding list)
[Building the anti-racist classroom](#) (BARC)
Legal Services for Prisoners with Children: NC Triangle area - AOUONNC@gmail.com
Legal Services for Prisoners with Children: SF Bay area - oscar@prisonerswithchildren.org
[Showing up for racial justice: NC Triangle area](#)
[Showing up for racial justice: SF Bay area](#)
[Beyond prisons podcasts](#)
[All my relations](#) - Podcasts by Native women about experiences of indigenous people
[Whites for racial equality podcasts](#)
Code switch: [Race in your face podcasts](#)
Politico: [Democratic 2020 candidates views on criminal justice](#)

Articles

Adams, C.J. (2019). [Black fatherhood in a time of fluidity](#). *Psychoanalytic Perspectives*, 16(3):326-339.
Akhtar, S. (1995). [A third individuation: Immigration, identity, and the psychoanalytic process](#). *Journal of the American Psychoanalytic Association*, 43:1051-1084.
Akhtar, S. (2001). [Editor's Introduction: Psychoanalysis and ethnocultural minorities](#). *Journal of Applied Psychoanalytic Studies*, 3(4):463-465.
Altman, N. (2000). [Black and white thinking: A psychoanalyst reconsiders race](#). *Psychoanalytic Dialogues*, 10(4):589-605.
Altman, N. (2004). [History repeats itself in transference-countertransference](#). *Psychoanalytic Dialogues*, 14(6), 806-815.
Altman, N. (2006). [How psychoanalysis became white in the United States, and how that might change](#). *Psychoanalytic Perspectives*, 3(2):65-72.
Altman, N. (2006). [Whiteness](#). *Psychoanalytic Quarterly*, 75(1):45-72.
Anderson, E. (2015). “[The White Space](#)”. *Sociology of Race and Ethnicity*, 1/1, 10-21.
Balbus, I. (2004). [The psychodynamics of racial reparations](#). *Psychoanalysis, Culture and Society*, 9/2, 159-185.
Bodnar, S. (2004). [Remember Where You Come From](#). *Psychoanalytic Dialogues*, 14 (5):581-603.
Bonovitz, C. (2009). [Mixed race and the negotiation of racialized selves: Developing the capacity for internalized conflict](#). *Psychoanalytic Dialogues*, 19, 426-441.

- Butler, D. (2019). [Racialized bodies and the violence of the setting](#). *Studies in Gender and Sexuality*, 20/3, 146-158. (with discussions by Gonzalez, F., Sheehy, M. & Swartz, S.)
- Butts, H. (1969). [White racism: Its origins, institutions and the implications for professional practice in mental health](#), *International Journal of Psychiatry*, 8 (6): 914-928.
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- Csillag, V. (2020). [Esperanza and the melancholy of otherness: A discussion of “A country of two: race and social class in an immigrant therapeutic dyad”](#). *Psychoanalytic Dialogues*, 30(1):102-109.
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- Delboy, S. (2020). [A country of two: Race and social class in an immigrant therapeutic dyad](#). *Psychoanalytic Dialogues*, 30(1):90-101.
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- Eng, D.L. Han, S. (2000). [A dialogue on racial melancholia](#). *Psychoanalytic Dialogues*, 10(4):667-700.
- Eng, D & Han, S. (2006). [Desegregating love: Transnational adoption, racial reparation, and racial transitional objects](#). *Studies in Gender and Sexuality*, 7, 141-172.
- Gaztambide, Daniel Jose (2019) [Lines of advance in treating people of color with borderline personality disorder: Alloying the “gold” of vocational rehabilitation with the “copper” of psychodynamic psychotherapy](#). *Psychoanalytic Social Work*, 26:1, 50-68.
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- Hinman, C. (2003). [Multicultural considerations in the delivery of play therapy services](#). *International Journal of Play Therapy*, 12(2), 107–122.
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- Holmes, D. E. (1999). [Race and countertransference: Two “blind spots” in psychoanalytic perception](#). *Journal of Applied Psychoanalytic Studies*, 1(4):319-332
- Holmes, D. E. (2006). [The wrecking effects of race and social class on self and success](#). *Psychoanalytic Quarterly*, 75 (1), 215-235.
- Holmes, D. (2011). “Why can’t we just simply treat people’s problems, not their race (or physical disability, or sexual orientation)!?:” A psychodynamic approach to the therapeutic relevance of

- multiple minority identities. In R. Nettles & R. Balter (Eds.). [Multiple Minority Identities: Clinical, Research, and Educational Implications](#). New York: Springer, Ch. 10.
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- Holmes, D. (2019). [Our country 'tis of we and them: psychoanalytic perspectives on our fractured American identity](#). *American Imago*. 76:359-379.
- Jamali, Alexandra P. & Méndez, Teresa (2019) ["Know whence you came": Psychoanalytic theory, queer theory, and the mixed-race experience](#). *Psychoanalytic Social Work*, 26:1, 69-83,
- Javier, R.A. and Herron, W.G. (2002). [Psychoanalysis and the disenfranchised](#). *Psychoanalytic Psychology*, 19(1):149-166.
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- Kita, Elizabeth (2019) ["They hate me now but where was everyone when I needed them?": Mass incarceration, projective identification, and social work praxis](#). *Psychoanalytic Social Work*, 26:1, 25-49.
- Layton, Lynne (2006). [Racial identities, racial enactments, and normative unconscious processes](#). *Psychoanalytic Quarterly*, 75 (1):237-269.
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- Leary, K. (2014). [Discussion of Kris Yi's paper "From no name woman to birth of integrated identity: Trauma-based cultural dissociation in immigrant women and creative integration"](#). *Psychoanalytic Dialogues*, 24 (1):46-51.
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- Parker, Ryan N. (2019). [Slavery in the white psyche](#). *Psychoanalytic Social Work*, 26:1, 84-103
- Powell, Dionne R. (2019). [Race, African-Americans, and psychoanalysis: Collective silence in the therapeutic situation](#). *Journal of the American Psychoanalytic Association*, 66 (6), 1021-1049.
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- White, K. P. (2002). [Surviving hating and being hated: Some personal thoughts about racism from a psychoanalytic perspective](#). *Contemporary Psychoanalysis*, 38/3, 401-422.
- Wilkerson, Isabel (2020, July 1). ["America's enduring caste system."](#) *New York Times Magazine*.
- Woods, A. (2020). [The work before us: Whiteness and the psychoanalytic institute](#). *Psychoanalysis, Culture & Society*, 25, 230-249.
- Yi, Kris (2014). [From no name woman to birth of integrated identity: Trauma-based cultural dissociation in immigrant women and creative integration](#). *Psychoanalytic Dialogues*, 24 (1):37-45.

Books

- Adams, M.V.; ["The multicultural imagination: "Race", color, and the multicultural Imagination"](#)
- Alexander, Michelle: ["The New Jim Crow"](#)
- Altman, N., Briggs, R., Frankel, J., Gensler, D. & Pantone, P. ["Relational child therapy"](#) [especially Chapter 5: Cultural & socioeconomic influences]
- Akhtar, S., Ed. ["The African American experience: Psychoanalytic perspectives"](#)
- Anderson, C.: ["White rage: The unspoken truth of our racial divide"](#)
- Angelou, Maya: ["I know why the caged bird sings"](#)
- Aron, L., & Starr, K.: ["A psychotherapy for the people: Toward a progressive psychoanalysis"](#) [especially Chapter 1: Introduction and Chapter 17: What is psychoanalysis]
- Baldwin, James: ["Collected essays"](#)
- Berzoff, J., Flanagan, L. & Hertz, P.: ["Inside out and outside in: Psychodynamic clinical theory and psychopathology in contemporary multicultural contexts"](#) [especially Ch 12: Coloring development: Race and culture in psychodynamic theories]
- Blight, David W. (2018). ["Frederick Douglass: Prophet of freedom"](#)

Boyle, Gregory: "[Tattoos on the heart](#)"

Brown, Austin Channing: "[I'm Still Here: Black Dignity in a World Made for Whiteness](#)"

Chancer, L. & Andrews, J. (Eds.): [The unhappy divorce of sociology and psychoanalysis: Diverse perspectives on the psychosocial](#) [especially Prager, J. (2014). Melancholia and the racial order: A psychosocial analysis of America's enduring racism, pp. 284-316]

Cheng, A. A.: "[The melancholy of race: Psychoanalysis, assimilation and hidden grief](#)"

Clarke, S.: "[Social theory, psychoanalysis and racism](#)"

Coates, Ta-Nehisi: "[Between the world and me](#)"

Dalal, F.: "[Race, colour and the process of racialization: New perspectives from group analysis, psychoanalysis, and sociology](#)"

Davis, Angela: "[Women, race and class](#)"

Daivids, M. Fakhry (2011). "[Internal racism: A psychoanalytic approach to race and difference](#)"

DiAngelo, Robin: "[White fragility](#)"

Doane, A & Bonilla-Silva, E. (Eds.) "[White out: The continuing significance of racism](#)" [especially Mills, C. W. White supremacy as sociopolitical system: A philosophical perspective]

Dyson, Michael Eric: "[What truth sounds like](#)"

Dyson, Michael Eric: "[Tears we cannot stop](#)"

Garner, S. & Clarke, S. (Eds.): "[White identities: A critical sociological approach](#)" [especially Clarke, S. & Garner, S. Whiteness studies in the context of the USA, pp. 15-36]

Gilroy, Paul: "[There ain't no black in the Union Jack](#)"

Gopal, Priyamvada: "[Insurgent empire](#)"

Griffin, John Howard: "[Black like me](#)"

Hage, G.: "[White nation: Fantasies of white supremacy in a multicultural society](#)"

Hong, Cathy Park: "[Minor feelings: An Asian American reckoning](#)"

Irving, Debby: "[Waking up white, and finding myself in the story of race](#)"

Kendi, Ibram X.: "[Stamped from the beginning: The definitive history of racist ideas in America](#)"

Kendi, Ibram X.: "[How to be an antiracist](#)"

Keval, N.: "[Racist states of mind: Understanding the perversion of curiosity and concern](#)"

Kissinger, Katie: "[All the Colors We Are/Todos los colores de nuestra piel: The Story of How We Get Our Skin Color/La historia de por qué tenemos diferentes colores de piel](#)"

Kremetz, Jill: "[How it feels to be adopted](#)" [A book useful when working with parents who have adopted a child (including trans-racial adoption)]

Lane, C. (Ed.): "[The psychoanalysis of race](#)" [see especially Seshadri-Crooks, K. The comedy of domination: Psychoanalysis and the conceit of whiteness, pp. 353-379]

Loorde, Audre: "[Sister outsider](#)"

Love, Bettina: "[We want to do more than survive: Abolitionist teaching and the pursuit of educational freedom](#)"

Lowe, F. (Ed.): "[Thinking space: Promoting thinking about race, culture and diversity in psychotherapy and beyond](#)"

Lubiano, W. (Ed.): "[The house that race built](#)" [especially Williams, P. The ethnic scarring of American whiteness pp. 253-263]

McClain, Dani: "[We live for the we](#)"

McDonald, Marjorie: "[Not by the color of their skin. The impact of racial differences on the child's development](#)"

McGoldrick, M. (Ed.): "[Re-visioning family therapy: Race, culture and gender in clinical practice](#)" [especially Macintosh, P. White privilege: Unpacking the invisible knapsack, pp. 147-152]

Memmi, Albert: "[The colonizer and the colonized](#)"
Memmi, Albert: "[Racism](#)"
Miller, J. & Garan, A.: "[Racism in the United States: Implications for the helping professions](#)"

Mishra, Pankaj: "[The age of anger](#)"
Morrison, Toni: "[The source of self regard](#)"
Oluo, Ijeoma: "[So you want to talk about race](#)"
Rankine, Claudia: "[Citizen: An American lyric](#)"
Rankine, C., Loffreda, B. & Cap, M. K. (Eds.): "[The racial imaginary: Writers on race in the life of the mind](#)"
Roediger, D. R. (Ed.): "[Black on white: Black writers on what it means to be white](#)" [especially Harris, C. Whiteness as property.]
Rothstein, Richard: "[The color of law](#)"
Seshadri-Crooks, K.: "[Desiring whiteness: A Lacanian analysis of race](#)"
Wilkerson, Isabel: "[The warmth of other suns: The epic story of America's great migration](#)"
Wilkerson, Isabel: "[Caste: The origins of our discontents](#)"
Wright, J. D. (Ed.): "[The international encyclopedia of the social and behavioral sciences](#)" [especially Vol. 19, Clair, M. & Denis, J. S. Sociology of racism, pp. 857-863]
X, Malcolm & Alex Haley: "[The autobiography of Malcolm X](#)"
Young-Bruehl, E.: "[The anatomy of prejudices](#)"
Zapiro: "[A trolley full of rights](#)" Tokai, Cape Town, South Africa: RAPCAN, (2004). 32 pp.
Zinn, Howard: "[A people's history of the United States](#)"

[Some of these resources may be helpful when working with parents of children who are encountering these issues of "otherness." They provide ways of approaching some "hot" topics in displacement, allowing the therapist to inquire what the parents found helpful or troubling about the content.]

Books for Children

[Something Happened in Our Town: A Child's Story About Racial Injustice](#) by Marianne Celano, Marietta Collins, and Ann Hazzard; Illustrated by Jennifer Zivoin
[We're Different, We're the Same \(Sesame Street\)](#) by Bobbi Kates
[AntiRacist Baby by Ibram X. Kendi](#)
[Happy in Our Skin](#) by Fran Manushkin
["Daddy Why Am I Brown?": A healthy conversation about skin color and family.](#) by Bedford Palmer and Winda Mulyasari
[Marisol McDonald Doesn't Match / Marisol McDonald no combina,](#) by Monica Brown and Sara Palacios
[Chocolate Me!:](#) by Taye Diggs and Shane W. Evans
[It's Okay To Be Different](#) by Todd Parr
[The day you begin,](#) by Jacqueline Woodson & Rafael Lopez

[31 Children's Books to Support Conversations on Race, Racism, and Resistance](#)

Books for Adolescents

[This Book Is Anti-Racist: 20 Lessons on How to Wake Up, Take Action, and Do the Work by Tiffany Jewell](#)
[The Hate U Give](#) (Book and Movie)

Books for Parents

[Raising White Kids: Bringing Up Children in a Racially Unjust America](#)
[Lets talk about race](#)
[Skin Like Mine \(Kids Like Mine\)](#)

Videos for Children and Adolescents

[Systemic Racism Explained](#)

News Articles for Parents

[How to talk to kids about racism, racial violence and police brutality](#)
[Talking to Children After Racial Incidents](#)
[George Floyd. Ahmaud Arbery. Breonna Taylor. What do we tell our children?](#)
[Study: Racism Affects Even Young Kids' Mental and Behavioral Health](#)
[How to talk to kids about race and racism, according to experts](#)

2) sexual diversity (LGBTQIAQ?PK+¹)

Videos

Web sites / email contacts

American Psychoanalytic Association Diversities Database: [Gender: Psychoanalytic Perspectives](#)
American Psychoanalytic Association Diversities Database: [Sexuality: Psychoanalytic Perspectives](#)
LGBTQIAQ+ and What It Means <https://is.gd/CAfXIQ>

Articles

Belkin, M. (2018). [Who is queer around here? Overcoming rigid thinking and relating in patient and analyst](#). Contemporary Psychoanalysis, 54(3):484-510.
Blechner, M.J. (2016). [Psychoanalysis and sexual issues](#). Contemporary Psychoanalysis, 52(4):502-546.
Burch, B. (1993). [Heterosexuality, bisexuality, and lesbianism: Rethinking psychoanalytic views of women's sexual object choice](#). Psychoanalytic Review, 80(1):83-99
Chodorow, N.J. (1992). [Heterosexuality as a compromise formation](#). Psychoanalysis and Contemporary Thought, 15: 267-304.
Corbett, K. (1996). [Homosexual boyhood: Notes on girlyboys](#). Gender and Psychoanalysis, 1(4):429-461

¹Lesbian / Gay / Bisexual / Transsexual / Queer / Intersexual / Asexual / Questioning? / Polyamorous / Kinks (see <https://is.gd/R73hPW>)

- Corbett, K. (1997). [Speaking queer: A response to Richard C. Friedman](#). *Gender and Psychoanalysis*, 2(4):495-514
- Corbett, K., Dimen, M., Goldner, V. and Harris, A. (2014). [Talking sex, talking gender — A roundtable](#) *Studies in Gender and Sexuality*, 15(4):295-317
- Costa, D. (2012). Forget theory: In praise of psychoanalysis's queerness. *Transcripts*, 2, 223–234. http://sites.uci.edu/transcripts/files/2014/10/2012_02_16.pdf
- Drescher, J. (1996). [A discussion across sexual orientation and gender boundaries: Reflections of a gay male analyst to a heterosexual female analyst](#). *Gender and Psychoanalysis*, 1 (2):223-237
- Friedman, R. C. (1997). [Response to Ken Corbett's "Homosexual boyhood notes on girlyboys"](#). *Gender and Psychoanalysis*, 2(4):487-494.
- Greven, D. (2009). [Rereading narcissism: Freud's theory of male homosexuality and Hawthorne's "Gentle Boy"](#). *Modern Psychoanalysis*, 34 (1):48-78.
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3) chronic illnesses and disabilities

Videos

“[Crip camp](#)” - Netflix documentary
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