



NCORE Post Conference Presentation

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September 15, 2022

Top 3 Takeaways

Importance of Self-Reflection

- Who heals the healers?

Understanding the cycle of oppression

- How oppression is maintained
- Understand our own privilege

Storytelling & connection

- Tools for healing & community



Wailua Shave Ice Portland



Portland Japanese Garden

Highlighting Presentations

2523 - Decolonization and Rematriation: Cultivating Roots for Connection and Healing



“Make space for your thoughts”

Lakota Harden

- Practice connection with ancestors and your environment
- Spend time writing and reflecting

3102 – Liminal Spaces: Using Encanto and Animation as Analysis for Healing Ancestral Trauma and Excavating Ancestral Wounds



Reading Resources

Bell Hooks - Marginality as a Site of Resistance

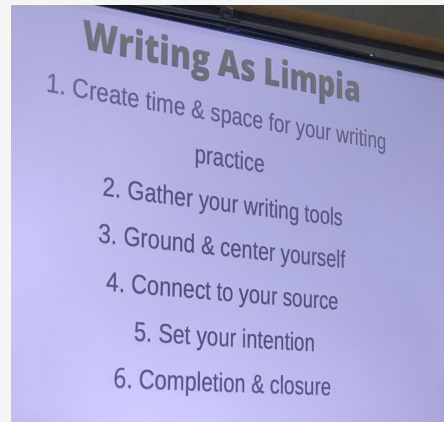
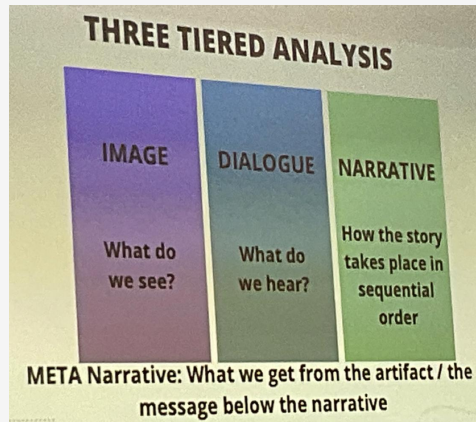
Resmaa Menakem - My Grandmother's Hands

Gloria Anzaldua - The Seven Stages of Conocimiento

3102 – Liminal Spaces: Using Encanto and Animation as Analysis for Healing Ancestral Trauma and Excavating Ancestral Wounds

Examples of activities:

- Focus on culturally-relevant practices
- Exploration of self and ancestry
- Media studies analysis



I AM POEM

I AM _____

I WONDER _____ ("LIKED TO BE CALLED")

I HEAR _____ (SOMETHING YOU ARE CURIOUS ABOUT)

I SEE _____ (AN IMAGINARY SOUND)

I WANT _____ (AN IMAGINARY SIGHT)

I AM _____ (SOMETHING YOU WANT TO UNDERSTAND)

I PRETEND _____ (THE FIRST LINE OF THE POEM REPEATED)

I FEEL _____ (SOMETHING YOU PRETEND TO DO)

I TOUCH _____ (A FEELING ABOUT SOMETHING IMAGINARY)

I WORRY _____ (AN IMAGINARY TOUCH)

I CRY _____ (SOMETHING THAT BOTHERS YOU)

I AM _____ (SOMETHING THAT MAKES YOU SAD)

I AM _____ (THE FIRST LINE OF THE POEM REPEATED)

I UNDERSTAND _____ (GROWING UP IN MY FAMILY)

I SAY _____ (SOMETHING YOU BELIEVE IN)

I DREAM _____ (SOMETHING YOU DREAM ABOUT)

I TRY _____ (WHO YOU COALITION BUILD OR HOLD SPACE WITH)

I HOPE _____ (SOMETHING YOU HOPE FOR)

I VALUE _____ (SOMETHING YOU WANT TO HOLD)

I AM _____ ("LIKED TO BE CALLED")

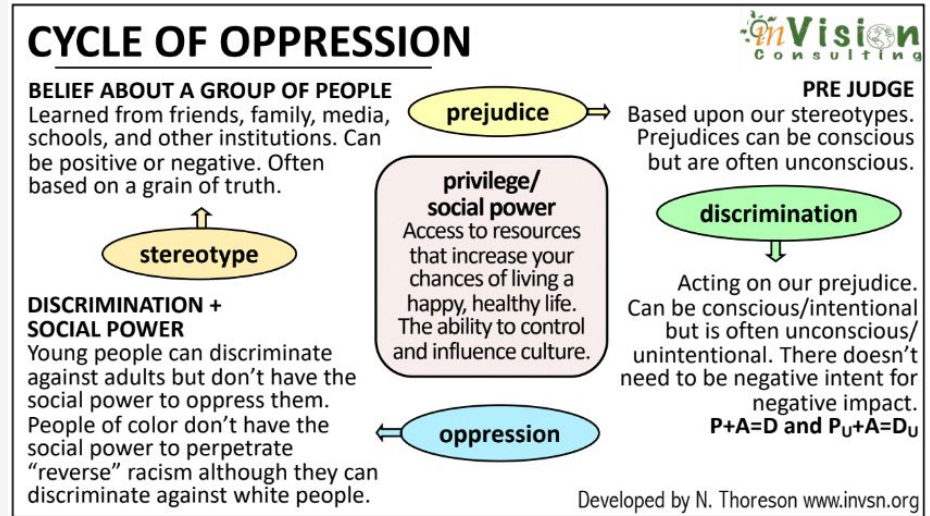
Session 1113 - Skills for Successfully Facilitating Anti-Oppression and Liberation Workshops, Groups, and 1:1 Interactions with a Focus on Race and Racism

Cycle of Oppression

- How does oppression operate?

Videos:

- [Legos and the 4 I's of Oppression](#)
- [Power Privilege and Oppression](#)



Session 1113 - Skills for Successfully Facilitating Anti-Oppression and Liberation Workshops, Groups, and 1:1 Interactions with a Focus on Race and Racism

Identity Pie

- Which of our identities hold the most salience?
- How do they inform the way we interact with others or navigate spaces?

inVision Consulting
inVision Your Authentic Self
Who would you be in a world without oppression?

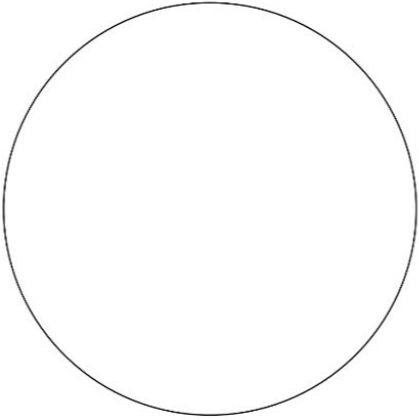
IDENTITY PIE

Create your personal identity pie:
Make a "slice" for each identity on the left. The size of the slice should reflect a combination of the following:

- 1) **how much day to day awareness** of the identity you have.
- 2) **How much intentional or unintentional energy** you spend focusing on or thinking about the identity.
- 3) **How much you are forced to take the identity into consideration** when interacting with others in your workplace.

Label each slice with the way that you identify. For example, you might label your gender as cis, your age as adult, your ability as non-disabled, etc.

Identities that you think/consider more will be bigger slices than identities you think/consider less.



Ability
Age
Class
Gender
Language
Nationality
Race
Religion
Sex
Sexual Orientation
Size
Other

Adapted by Natalie J. Thoreson, 2018
from Teaching for Diversity and Social Justice, 2nd Ed. Routledge, 2007

Who heals the healers?

Charlene Martinez, MEd & Sara Calwell, MPH

- Story circles
- Healing cards





Thank you!

¡Gracias!

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