Liberation Based Healing Practices

Institute for Family Services
Somerset, NJ

Instituteforfamilyservices.com
Liberation Based Healing

Key Assumptions and Concepts:
• Coloniality
• Intersectionality
Coloniality & Lived Experiences

- **Systems of hierarchies** - racial/gender division/classification as the organizing principle of patriarchy & white supremacy

- **Systems of knowledge** - privileging of western/Eurocentric forms of knowledge as universal and objective

- **Societal systems** - reinforcing hierarchies through construction of the state and specific institutions to regulate, segregate, and diminish decolonizing systems of healing and lived experiences (*Quijano, 2000*)
Intersectionality

Kimberle Crenshaw (1989) introduced the principle of “intersectionality,” by which multiple identities coexist and complicate the ways in which we typically think of class, race, gender, and sexuality as social, political and economic problems.
The Lens of Intersectionality

“There is no thing as a single-issue struggle because we do not live single-issue lives.”

Audre Lorde
Hierarchies of Power, Privilege, and Oppression

 Defined by Intersecting Influences of:
- Patrarchy
- Capitalism
- Coloniality

**Affluence**
- Upper Class (no need for employment – Inherited wealth)
  - White Heterosexual Men
  - White Heterosexual Women
  - Upper Middle Class
  - White Heterosexual Men
  - White Heterosexual Women
  - White LGBTQ
  - White Non-heterosexual
  - Heterosexual Men of Color
  - Heterosexual Women of Color
  - LGBTQ of Color
  - Non-heterosexual of Color

**Middle Class**
- Working Class
  - White Heterosexual Men
  - White Heterosexual Women
  - White LGBTQ
  - White Non-heterosexual
  - Heterosexual Men of Color
  - Heterosexual Women of Color
  - LGBTQ of Color
  - Non-heterosexual of Color

**Working Poor**
- Underclass no hope of employment – live on welfare
  - White Heterosexual Men
  - White Heterosexual Women
  - White LGBTQ
  - White Non-heterosexual
  - Heterosexual Men of Color
  - Heterosexual Women of Color
  - LGBTQ of Color
  - Non-heterosexual of Color

**Youth of Color**
- White Heterosexual Men
- White Heterosexual Women
- White LGBTQ
- White Non-heterosexual
- Heterosexual Men of Color
- Heterosexual Women of Color
- LGBTQ of Color
- Non-heterosexual of Color

Almeida, 2007
Politics of wellness and healing

Boundary markings of Coloniality
Disrupting Coloniality at the intersections of Psychology and Lived Experiences

- Re-considering Patriarchy & White Supremacy
Dispossessing White fathers as Healers
Psychiatry, Big Pharma, Capitalism and White Supremacy tie the bow!

The psychological well-being of us all is intrinsically bound up within these forces.
Risperdal safe for children and elderly
Physicians Under the Influence

WHAT DO YOU MEAN, "MIRACLE DRUG"?

IT'S MADE AN ENORMOUS PROFIT FOR US!
Gaming the path of Dehumanization

Corporate Greed
Institute for Family Services

DRAWING OUR STRENGTH FROM A CARING COMMUNITY

Affirming one’s place at the equity table!

Our Education System
The Power of Language

“They get on the walls. They get in your wallpaper. They get in your rugs, in your upholstery, and your clothes, and finally in to you.”

(Maya Angelou)
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Relationships are structured by:

- Power
- Privilege
- Oppression
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• **Critical Consciousness** *(Freire, 1992)*

• **Empowerment:** *Dismantling Subjugation*

• **Accountability:** *Dismantling Dominance*
Creating liberatory spaces at the colonial wound

• Trauma and its insidious wear on the body and soul
• Generational and migration loss
• Re-structuring parenting hierarchies post-trauma in families with children
• Paving the sense of hopelessness with inspiration and dignity
WHERE DO YOU STAND?

If you are neutral in situations of injustice, you have chosen the side of the oppressor.
- Archbishop Desmond Tutu
De-Siloing the work with those who are embedded in rigid norms of masculinity & violence.
Politics of wellness and healing

- Global Corporate Greed
- Prison Industrial Complex
- Religious Institutions

Structures of Coloniality
Liberation Praxis

- Transparency and the naming of structures
- Redrawing the boundaries of inclusion
- Disrupting the hierarchical categories of coloniality around race, class, gender, sexual identity, etc.
- Desegregating healing spaces
Creating liberatory spaces at the colonial wound

- Trauma and its insidious wear on the body and soul
- Generational and migration loss
- Re-structuring parenting hierarchies post-trauma in families with children
- Paving the sense of hopelessness with inspiration and dignity
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Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing.