



## **Racial Healing Circles: Enhancing the Head-Heart Connection in Diversity and Intercultural Work**

Presenters: Stacie Walton & Gretchen Jung

In 2018, Gretchen Jung and Stacie Walton established a Racial Healing Circle in West Sacramento. Subsequently, a vibrant learning community has sprung from courageous conversations about race relations and commitments to dismantling systems of racial inequality in the Sacramento community. This experiential workshop will provide the roadmap for both experienced facilitators and committed community members to both start and sustain racial healing circles in their respective communities and or workplaces.

The workshop places participants in a racial healing circle from the moment the workshop begins until the debrief at the end of the session. After preparing the group for the circle process with the specific elements of the activity, brief lecturattes highlighting the theoretical and practical aspects of creating and sustaining a racial healing circle will be interspersed throughout the session. Participants will leave with a clear understanding of how to both establish and facilitate circles.

The "Circle Process," adopted from indigenous practices, is used as our model for dialogue. The "Circle" process provides a safe space for conversations related to Race and Racism and, ultimately, racial Healing. The components of a successful circle will be discussed and modeled throughout the workshop and include the circle itself, the community altar and talking piece, guidelines, and ceremony.

We are aware that we all come to this space with individual and unique life experiences and therefore show up in the circle at different stages of racial identity. We will be mindful throughout the process to create a safe, brave, and confidential space. We will respectfully call out micro-aggressions, White Privilege, and internalized oppression. Each of us comes to this space with knowledge and lived-life experience. Through the use of the racial healing circle, we honor everyone's stories, and each individual's thoughts and feelings are affirmed and uplifted. We will learn from each other.



## About the Presenters



**Stacie Walton MD, MPH**, diversity champion and communication consultant, co-facilitates a Racial Healing Circle in Sacramento, California. She teaches a Racial Conversations course with the Renaissance Society. She's trained in the Coming to the Table Approach, Circle Process, Strategies for Trauma Awareness and Resilience (STAR), and Restorative Justice.



**Gretchen Jung**, activist for social justice, co-facilitates Racial Healing circles with Sacramento State students and virtual community groups. She teaches Racial Conversations at the Renaissance Society. With a MA in Bilingual Multicultural Education, she taught at Sacramento State University. She's trained in Circle Processes, STAR, and Restorative Justice.