



Cognitive Behavior Associates is offering tele-psychotherapy services during this difficult time. Please call (310) 858-3831 to schedule an appointment.

CBA Special Edition Newsletter: Anti-Racism Resources for White People

As an effort to be a part of the solution, we thought it might be helpful to provide our friends and colleagues with the following important resources.

- Dr. Joel Becker, Ph.D., Founder & Clinical Director of CBA

This document is intended to serve as a resource to white people and parents to deepen our anti-racism work. If you haven't engaged in anti-racism work in the past, start now. Feel free to circulate this document on social media and share it with your friends, family, and colleagues.

Special thanks to Denica Gordon-Mandel, LCSW for providing this document compiled by Sarah Sophie Flicker and Alyssa Klein in May 2020

Resources for White Parents to Raise Anti-Racist Children:

Books:

- [Coretta Scott King Book Award Winners: books for children and young adults](#)
- [31 Children's books to support conversations on race, racism and resistance](#)

Podcasts:

- [Parenting Forward podcast episode 'Five Pandemic Parenting Lessons with Cindy Wang Brandt'](#)
- [Fare of the Free Child podcast](#)

- [Integrated Schools podcast episode "Raising White Kids with Jennifer Harvey"](#)
- Articles:
 - [PBS's Teaching Your Child About Black History Month](#)
 - [Your Kids Aren't Too Young to Talk About Race: Resource Roundup from Pretty Good](#)
- The Conscious Kid: follow them on [Instagram](#) and consider signing up for their [Patreon](#)

Articles to read:

- ["America's Racial Contract Is Killing Us" by Adam Serwer | Atlantic \(May 8, 2020\)](#)
- [Ella Baker and the Black Freedom Movement \(Mentoring a New Generation of Activists\)](#)
- ["My Life as an Undocumented Immigrant" by Jose Antonio Vargas | NYT Mag \(June 22, 2011\)](#)
- [The 1619 Project \(all the articles\) | The New York Times Magazine](#)
- [The Combahee River Collective Statement](#)
- ["The Intersectionality Wars" by Jane Coaston | Vox \(May 28, 2019\)](#)
- [Tips for Creating Effective White Caucus Groups](#) developed by Craig Elliott PhD
- ["White Privilege: Unpacking the Invisible Knapsack" by Knapsack Peggy McIntosh](#)
- ["Who Gets to Be Afraid in America?" by Dr. Ibram X. Kendi | Atlantic \(May 12, 2020\)](#)

Videos to watch:

- [Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers \(50:48\)](#)
- ["How Studying Privilege Systems Can Strengthen Compassion" | Peggy McIntosh at TEDxTimberlaneSchools \(18:00\)](#)

Podcasts to subscribe to:

- [1619 \(New York Times\)](#)
- [About Race](#)
- [Code Switch \(NPR\)](#)
- [Intersectionality Matters! hosted by Kimberlé Crenshaw](#)
- [Momentum: A Race Forward Podcast](#)
- [Pod For The Cause \(from The Leadership Conference on Civil & Human Rights\)](#)

- [Pod Save the People \(Crooked Media\)](#)

- [Seeing White](#)

Books to read:

- [Black Feminist Thought](#) by Patricia Hill Collins

- [Eloquent Rage: A Black Feminist Discovers Her Superpower](#) by Dr. Brittney Cooper

- [Heavy: An American Memoir](#) by Kiese Laymon

- [How To Be An Antiracist](#) by Dr. Ibram X. Kendi

- [I Know Why the Caged Bird Sings](#) by Maya Angelou

- [Just Mercy](#) by Bryan Stevenson

- [Me and White Supremacy](#) by Layla F. Saad

- [Raising Our Hands](#) by Jenna Arnold

- [Redefining Realness](#) by Janet Mock

- [Sister Outsider](#) by Audre Lorde

- [So You Want to Talk About Race](#) by Ijeoma Oluo

- [The Bluest Eye](#) by Toni Morrison

- [The Fire Next Time](#) by James Baldwin

- [The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#)
by Michelle Alexander

- [The Next American Revolution: Sustainable Activism for the Twenty-First Century](#)
by Grace Lee Boggs

- [The Warmth of Other Suns](#) by Isabel Wilkerson

- [Their Eyes Were Watching God](#) by Zora Neale Hurston

- [This Bridge Called My Back: Writings by Radical Women of Color](#) by Cherrie Moraga

- [When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America](#) by Ira Katz

- [White Fragility: Why It's So Hard for White People to Talk About Racism](#) by Robin DiAngelo, PhD

Films and TV series to watch:

- 13th (Ava DuVernay) - Netflix
- American Son (Kenny Leon) - Netflix
- Black Power Mixtape: 1967-1975 - Available to rent
- Clemency (Chinonye Chukwu) - Available to rent
- Dear White People (Justin Simien) - Netflix
- Fruitvale Station (Ryan Coogler) - Available to rent
- I Am Not Your Negro (James Baldwin doc) - Available to rent or on Kanopy
- If Beale Street Could Talk (Barry Jenkins) - Hulu
- Just Mercy (Destin Daniel Cretton) - Available to rent
- King In The Wilderness - HBO
- See You Yesterday (Stefon Bristol) - Netflix
- Selma (Ava DuVernay) - Available to rent
- The Black Panthers: Vanguard of the Revolution - Available to rent
- The Hate U Give (George Tillman Jr.) - Hulu with Cinemax
- When They See Us (Ava DuVernay) - Netflix

Organizations to follow on social media:

- Antiracism Center: [Twitter](#)
- Audre Lorde Project: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Black Women's Blueprint: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Color Of Change: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Colorlines: [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Conscious Kid: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Equal Justice Initiative (EJI): [Twitter](#) | [Instagram](#) | [Facebook](#)
- Families Belong Together: [Twitter](#) | [Instagram](#) | [Facebook](#)
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The Leadership Conference on Civil & Human Rights: [Twitter](#) | [Instagram](#) | [Facebook](#)

- MPowerChange: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Muslim Girl: [Twitter](#) | [Instagram](#) | [Facebook](#)
- NAACP: [Twitter](#) | [Instagram](#) | [Facebook](#)
- National Domestic Workers Alliance: [Twitter](#) | [Instagram](#) | [Facebook](#)
- RAICES: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Showing Up for Racial Justice (SURJ): [Twitter](#) | [Instagram](#) | [Facebook](#)
- SisterSong: [Twitter](#) | [Instagram](#) | [Facebook](#)
- United We Dream: [Twitter](#) | [Instagram](#) | [Facebook](#)

More anti-racism resources to check out:

- [75 Things White People Can Do for Racial Justice](#)
- [Anti-Racism Project](#)
- [Jenna Arnold's resources \(books and people to follow\)](#)
- [Rachel Ricketts' anti-racism resources](#)
- [Resources for White People to Learn and Talk About Race and Racism](#)
- [Save the Tears: White Woman's Guide by Tatiana Mac](#)
- [Showing Up For Racial Justice's educational toolkits](#)
- [The \[White\] Shift on Instagram](#)
- ["Why is this happening?" - an introduction to police brutality from 100 Year Hoodie](#)
- [Zinn Education Project's teaching materials](#)

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Cognitive Behavior Associates (CBA) is one of the largest clinical practices in the Los Angeles area offering short-term, problem-focused therapy from a cognitive-behavioral perspective.

All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know therapy is working. Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

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