

CPA recommended anti-racism action steps and informational links:

- Read this [article](#) on the role of counseling leaders in the Black Lives Matter movement.
- Encourage honest dialogues between community members and their [children](#) about how to interact safely with authority figures.
- Educate oneself about the historical contexts that may serve as a broader response to trauma to be a more effective and reliable [ally](#) in your relationships with community members of color not only in the [therapy room](#), but in the larger community context as well.
- Check on friends, family, colleagues, and clients of color to offer assistance and support during these times, helping them prioritize their self-care in such traumatic times.
- Be cautious not to offer unsolicited advice or initiate political and police brutality-related conversations with Black community members at this time; rather, take their lead in discussing recent events, if at all, to the extent and descriptiveness they feel safely able to.
- Be mindful not to underestimate or invalidate the [racial trauma](#) being faced by communities of color at this time, particularly the African American community, and provide support and comfort whenever and however possible.
- Advocate for legislative action on the state and national levels by calling your legislators' offices and demanding law enforcement reform.
- Explore your own bias and work towards becoming an [ally](#). Engage in conversations outside the black community about the pervasive and destructive realities of racism and White supremacy in America today.
- [Psychology Today Blog: Uncovering the Trauma of Racism: New Tools for Clinicians](#)