



White body supremacy in America from the perspective of trauma and body-centered psychology

When I spoke to Resmaa back in episode 36, our interview ran to a full hour. We are happy to share this additional interview content with you about his Cultural Somatics work and his book, *My Grandmother's Hands, Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*.

Resmaa Menakem MSW, LICSW, S.E.P. has appeared on both The Oprah Winfrey Show and Dr. Phil as an expert on conflict and violence. He has served as director of counseling services for the Tubman Family Alliance; as behavioral health director for African American Family Services in Minneapolis; and as a Cultural Somatics consultant for the Minneapolis Police Department. As a Community Care Counselor, he managed the wellness and counseling services for civilians on fifty-three US military bases in Afghanistan.

Resmaa currently teaches workshops on Cultural Somatics for audiences of African Americans, European Americans, and police officers. He is also a therapist in private practice in Minneapolis.

Links

[Resmaa Menakem's Website](#)

[Books by Resmaa Menakem](#)

[Dismembered and Unarmed Album](#)

[Reckoning Art Show](#)

[Robin DiAngelo on White Fragility](#)

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