

Race and Psychoanalysis Study Group
Psychoanalytic Center of the Carolinas
Organizer: Elissa Murphy, PhD, LCSW

This study group will read and discuss literature related to race and psychoanalysis and is open to any member of the PCC. Topics of race and racism are more often than not excluded from psychoanalytic conversations, course readings, and clinical work. These omissions alienate ourselves and our clients from the depth of understanding psychoanalysis has the potential to offer. This study group will have a dual focus. First, members will read and discuss psychoanalytic literature related to race, racism, oppression (including the topic of whiteness). Second, the group will assist teachers by helping to identify and discuss pieces written by psychoanalysts of color and/or that address racial and other diversities and psychoanalysis on any topic requested. Teachers may approach the group on a consultation basis or participate as ongoing members. By utilizing this group, even on a one-time basis, faculty and group members will have a chance to read, discuss, practice teaching and receive feedback on difficult-to-discuss content before taking the material to the classroom. The ongoing group will also discuss and work with the PCC anti-racism task-force on identifying practical ways to dismantle structural racism in our Center and in our practices.

Objectives:

- 1) Expand knowledge base as related to race, racism and whiteness in the psychoanalytic literature.
- 2) List and become familiar with the contributions of black psychoanalysts to contemporary psychoanalytic literature.
- 3) Identify the ways clinician and patient bias can impact psychoanalytic clinical work.
- 4) Identify practical steps towards bringing an anti-racist lens to clinical practice and teaching.
- 5) Assist faculty with identifying and teaching racially diverse readings for any course topic requested.
- 6) Practice teaching and discussing article content from an anti-racist perspective with the group.

AUGUST 2020: Historical Perspective

Podcast:

Robin DiAngelo and Resmaa Menakem: In Conversation (recommend listening to the unedited version)

[On Being with Krista Tippett](#)

<https://itunes.apple.com/WebObjects/MZStore.woa/wa/viewPodcast?id=150892556&i=1000483835599>

Tummala-Narra, P. (2016). *Psychoanalytic theory and cultural competence in psychotherapy*. American Psychological Association. <https://doi.org/10.1037/14800-000>

- Chapter 1: A Historical Overview & Critique of the Psychoanalytic Approach to Culture & Context.

SEPTEMBER 2020: Historical Perspective

Winograd, B. (2014). Black Psychoanalysts Speak. PEP Video Grants, 1(1).
<https://www.youtube.com/watch?v=N8-VIi7tb44>

Stoute, B. (2017). Race & Racism in Psychoanalytic Thought: The Ghosts in Our Nursery. Vol 51(1).
https://apsa.org/apsaa-publications/vol51no1-TOC/html/vol51no1_08.xhtml

Holmes, D.E. (2019). Our Country 'tis of We and Them: Psychoanalytic Perspectives on Our Fractured American Identity. *Am. Imago*, 76(3):359-379

Altman, N. (2006). How Psychoanalysis Became White in the United States, and How that Might Change. *Psychoanal. Perspect.*, 3(2):65-72.

OCTOBER 2020: Polyvagal Theory, Race & the Community

Chapter 8, "White Body Supremacy and the Police Body." From Resmaa Menakem's book, *My Grandmother's Hands: Racialized Trauma and the Pathways to Mending our Hearts and Mind*, pp 111-128

Podcast:

Resmaa Menakem: 'Notice the Rage; Notice the Silence' (we recommend unedited version)

On Being With Krista Tippett <https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence>

Christian, C. Reichbart, R. Moskowitz, M. Morillo, R. Winograd, B. (2016). Psychoanalysis in El Barrio. PEP Video Grants, 1(2):10.

<https://www.pep-web.org/document.php?id=pepgrantvs.001.0010a>

Moss, D. (2001). On Hating in the First Person Plural: Thinking Psychoanalytically About Racism, Homophobia, & Misogyny. *Journal of the American Psychoanalytic Association*, 49(4): 1315-1334.

Wilkerson, I (2020). America's Enduring Caste System. *New York Times*, July 1, 2020 (revised January 21, 2021).

<https://www.nytimes.com/2020/07/01/magazine/isabel-wilkerson-caste.html>

DECEMBER 2020: Race and the Psyche

Powell, D. (2020). From the Sunken Place to the Shitty Place: The Film *Get Out*, Psychic Emancipation and Modern Race Relations From a Psychodynamic Clinical Perspective. *Psychoanalytic Quarterly*, 89:3, 415-445.

Movie:

Peele, J. (2017). *Get Out*. Blumhouse Productions. (available for rental on Amazon Prime Video and elsewhere)

Shah, D. (2020). Dangerous territory: Racist moments in the psychoanalytic space. *Psychoanalytic Quarterly*, 89(3).

Parker, R. (2019): Slavery in the White Psyche. *Psychoanalytic Social Work*.

JANUARY 2020: Race & Development/Mentalization

Stoute, B.J. (2019). Racial Socialization and Thwarted Mentalization: Psychoanalytic Reflections from the Lived Experience of James Baldwin's America. *American Imago* 76(3), 335-357. [doi:10.1353/aim.2019.0025](https://doi.org/10.1353/aim.2019.0025).

Lynne M. Jacobs Ph.D., Psy.D. (2014) Learning to Love White Shame and Guilt: Skills for Working as a White Therapist in a Racially Divided Country, *International Journal of Psychoanalytic Self Psychology*, 9:4, 297-312, DOI: 10.1080/15551024.2014.948365