

Just Healin' Worksheet

**Personal Inventory**

3 Words/Concepts that come to mind when you think about **healing**:

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3 Words/Concepts that come to mind when you think about **justice**:

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Reflect below on whose job it is to “heal” in our society and the role that healing plays in your own life:

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Core to understanding Healing Justice is the notion of “**generational trauma**” and “**collective harm**”. What do these terms mean to you? How do they show up in your life?

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What comes to mind when you hear the term “**healing justice**”? Do you have any healing practices that are currently part of your routine?

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**An Activist's Experience with Healing Justice**

As you are watching Autumn Brown share her experience and understanding of Healing Justice, feel free to note some of the main points she makes:

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**Key Terms**

Generational Trauma: \_\_\_\_\_

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Post Traumatic Slave Syndrome: \_\_\_\_\_

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Healing Justice: \_\_\_\_\_

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**Case Study: Kindred Southern Healing Justice Collective**

As you are watching Sonali Sadequee share her experience and work with Healing Justice, feel free to note some of the main points she makes:

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Spirituality: \_\_\_\_\_

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Collectivism: \_\_\_\_\_

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**Laying the Groundwork for Healing Justice**

Feel free to use these lines to take notes on the components of laying the groundwork for healing justice that you find compelling.

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**Learning Outcomes & Next Steps**

How has this workshop changed your understanding of healing justice? What do you now believe to be the core purpose of healing justice?

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Have you or people you have worked with experienced “burn out”? Please reflect on the idea of “sustainable activism” within the context of healing justice.

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Which healing justice practices appeal the most to you? How do you plan to incorporate them into your activism work in the future? How will you hold yourself accountable?

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### **Additional Resources on Healing Justice:**

- [Healing Justice Film](#) – World Trust Educational Services
- [The Body Keeps the Score: Mind, Brain, and body in the transformation of Trauma](#) – Bessel van der Kolk
- [Post-Traumatic Slave Syndrome](#) – Joy Degruy
- [Healing in Action: A Toolkit for Black Lives Matter Healing Justice and Direct Action](#) – Black Lives Matter
- [Healing Justice Toolkit: Healing Justice Responses](#) - Dignity and Power Now in partnership with the Justice Teams Network
- [History of PTSD](#) - The Talkspace Voice
- [Work of Cara Page](#)
- [Healing Justice at the US Social Forum: A Report from Atlanta, Detroit, and Beyond](#) - Susan Raffo
- [Irresistible Podcast](#) (formerly known as “Healing Justice Podcast”)