

OCTOBER 2020 RESOURCES: INDIGENOUS PEOPLES' DAY

The Anti-Racism Task Force is pleased to bring you this edition of our monthly resource blast. Each month we release links and resources related to a specific theme. No questions will be posed, but feel free to share reflections or start a conversation.

This Month, as we near the second Monday of October, we feel it is important to consider our national history and who we celebrate. The celebration of “Columbus Day” has been called into question in many communities and states. We feel it is important to look at the colonialism of Indigenous populations in the Americas by Christopher Columbus and the impact this continues to have on Indigenous people. We have provided resources below pertaining to examination of our history, celebration of Indigenous people and tools for increasing cultural competence and cultural humility in our work with Indigenous clients.

Books:

An Indigenous Peoples' History of the United States by Roxanne Dunbarr-Ortiz (there is also a version for middle/high school aged students)

Healing the Soul Wound: Trauma-Informed Counseling for Indigenous Communities by Eduardo Duran, Ph.D.

Podcasts:

[While Indigenous: Indigenous Peoples' Day and the Rise of Indigenous Voices - October 8, 2018 \(20 minutes\)](#)

[NPR: The Movement for Indigenous Peoples' Day \(28 minutes\)](#)

Articles:

[Rethinking History on Columbus Day \(The Atlantic\)](#)

[The Columbus Day Problem \(Harvard Grad School of Education\)](#)

[Indigenous Peoples' Day: Rethinking How We Celebrate American History \(Smithsonian Magazine\)](#)

[Sanitizing history: National identification, negative stereotypes, and support for eliminating Columbus Day and adopting Indigenous Peoples Day \(APA\)](#)

[Longtime Police Brutality Drove Native Americans to Join George Floyd Protests \(Washington Post\)](#)

[Indigenous Peoples: Promoting Psychological Healing and Wellbeing \(APA\)](#)

Websites:

[Abolish Columbus Day Map](#)

[Zinn Education Project, Native American, Discovering Columbus](#)

Additionally, a critical component of meaningful change is changing the way we communicate about race and racism with children. Here are some resources related to this important endeavor:

Children's Books: (If you would like to preview we have provided youtube links with the books being read)

[Go Show the World: A Celebration of Indigenous Heroes](#) by Wab Kinew

[Encounter](#) by Jane Yolen

Children's Podcast:

[Stories Podcast: A Bedtime Show for Kids of All Ages: Why the](#)

[Leaves Change Color - A traditional Haudenosaunee \(Iroquois Native American\) Story](#)

Additional news and information from the Anti Racism Task Force:

UPCOMING EVENT:

PAWNY Zoom Discussion Group (RSVP by 10/13)

Addressing Racism in Therapy

Friday, October 16 - 10:00am to 12:00pm

Hosted by Anti-Racism Task Force Co-chairs Nita Makhija and Jane Dewey.

Please see e-mail from Caryn Bartnik for articles that will be discussed.

As mentioned last month, the Anti-Racism Task Force is planning to organize small discussion groups. We have decided to start this at the beginning of 2021. Karen Klementowski is spearheading the small group initiative and will be sending information about signing up as we get closer to the New Year. Any PAWNY member interested in participating is welcome.

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The Anti-Racism Task Force of the Psychological Association of Western New York (PAWNY)

Members: Nita Makhija (Co-Chair), Jane Dewey (Co-Chair), Melinda Haggerty, Tanisha Joshi, Lindsay Davis, Amber Dewey, Alanna Lipinski, Emily Pikoff Mirwis, Karen Klementowski, Kathleen Shanahan, Tacianna Indovina, Thomas Chacko