



National Queer & Trans
Therapists of Color Network

Radical Syllabus





We offer this resource to queer and trans mental health practitioners of color for their own practice.

The Radical Syllabus for QTPOC Mental Health Practitioners was created by the National Queer and Trans Therapists of Color Network (NQTTCN), a healing justice organization that works to transform mental health for queer and trans people of color (QTPOC). We offer this resource to queer and trans mental health practitioners of color for their own practice and in support of healing for the greater QTPOC community. This is not an academic syllabus; rather, it is a living document that can be used as a tool for discovery, inquiry, development, healing, and liberation. We intentionally curated the syllabus to highlight multiple

forms of media, in order to provide a wide range of accessibility. The Radical Syllabus includes peer-reviewed academic articles, fiction and non-fiction books, podcasts, movies, and documentaries. The Radical Syllabus will be updated annually to reflect the evolving teachings and learning of our experiences, needs, histories, and healing as QTPOC. The Radical Syllabus is primarily focused on QTPOC in the United States, where NQTTCN practitioners provide care for our communities. We are in solidarity with movements across the globe dedicated to healing justice and liberation.



QTPOC are uniquely impacted by white supremacy, xenophobia, anti-blackness, misogyny, gender-based violence, heterosexism, cissexism, queer- and transphobia, ableism, anti-Muslim racism, capitalism, colonialism, and other oppressions specific to our communities. These legacies of structural violence often go ignored by Western academic understandings of “mental health.” With the Radical Syllabus, we aim to transform current theory and practice to provide resources to QTPOC practitioners that are based in healing justice, indigenous ways of knowing and healing, and a personal, political, and historical understanding of our communities’ resistance and resilience. We understand that the medical-industrial complex has led to the criminalization of our communities as well as the cultural and spiritual practices we have traditionally used to heal from trauma and violence. In the Radical Syllabus, we prioritized resources created and recommended by QTPOC practitioners and people of color more broadly. We believe that resources developed “by us, for us” build the capacity of mental health practitioners and our collective knowledge for generations to come. However, the Radical Syllabus also includes a few resources created by white folks that we feel are useful, as we are working with what we have while we move towards a future with more scholarship by and for QTPOC.

**...resources developed
“by us, for us” build the
capacity of mental health
practitioners and our
collective knowledge for
generations to come.**

While we believe strongly that practitioners are best suited to serve individuals from their own communities, backgrounds, and experiences, we also understand that there are often only a handful of QTPOC practitioners in any given city and that QTPOC of varied backgrounds and identities come to them for care. The Radical Syllabus includes resources that cover a wide range of QTPOC experiences to best prepare practitioners to serve all segments of the community.

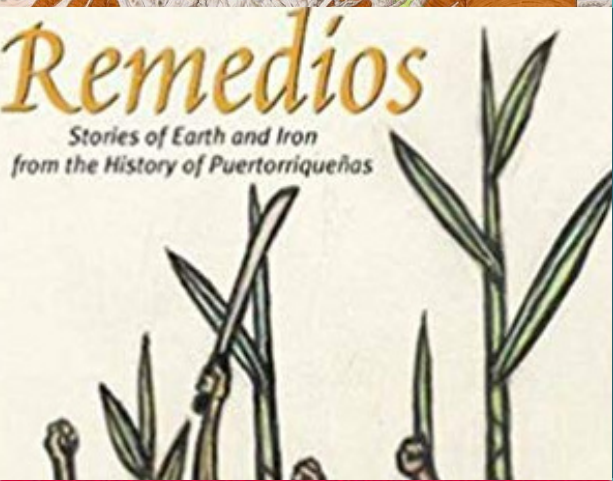
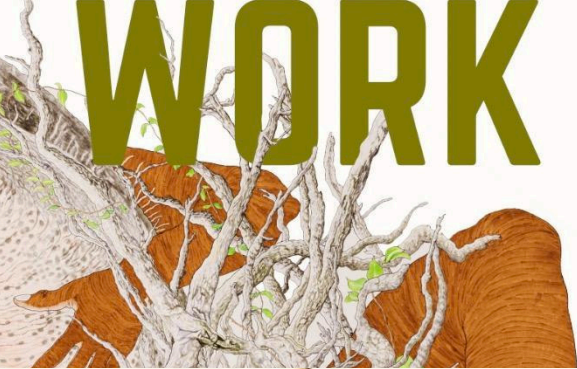
We hope the Radical Syllabus will inspire and promote you and your community's healing, whether you are becoming a practitioner or simply seeking therapeutic knowledge. We invite you to suggest additional resources that you think should be included in the syllabus via this survey link . Many of the resources listed here were gathered by asking queer and trans people of color, "What would you want your therapist to have read before working with you?" As a result, the Radical Syllabus is reflective of our community's wants and needs in psychotherapy. Many people also noted that the most important thing for their therapist to understand is the lived experience of being a queer or trans person of color. We affirm that desire, believe deeply in healing by us, for us, and know that these experiences are best understood when lived.

“What would you want your therapist to have read before working with you?”



LEAH LAKSHMI PIEPZNA-SAMARASINHA

CARE DREAMING DISABILITY JUSTICE WORK



REVISED TENTH ANNIVERSARY EDITION

BLACK FEMINIST THOUGHT

Knowledge, Consciousness,
and the Politics of Empowerment

SECOND EDITION

Patricia Hill Collins

Healing and Disability Justice

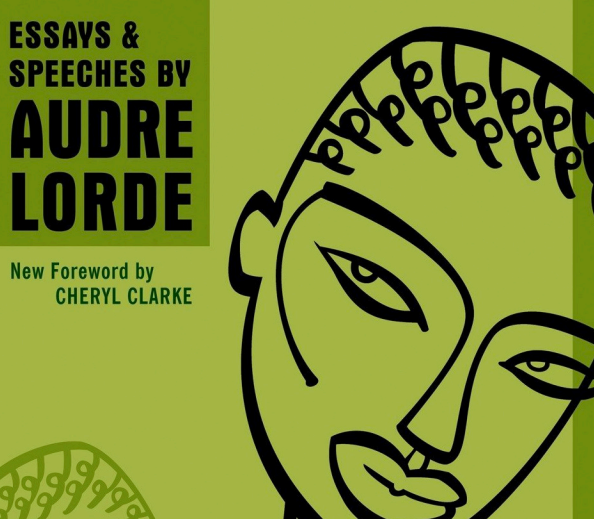
- I. [Care Work: Dreaming Disability Justice](#) (Leah Lakshmi Piepzna-Samarasinha, 2018)
- II. [Healing Justice is How We Sustain Black Lives](#) (Prentis Hemphill, 2017)
- III. [Healing Justice Podcast, Series 1, Episode 8: We Moved Like We Needed Each Other](#) (Cara Page, Susan Raffo, & Kate Werning, 2017)
- IV. [Kindling: Writings on the Body](#) (Aurora Levins Morales, 2013)
- V. [Skin, Tooth, and Bone: The Basis of Movement is Our People: A Disability Justice Primer](#) (Sins Invalid, 2017)
- VI. [To Heal Traumatized Communities, Fight Oppression](#) (Erica Woodland, 2017)

Indigenous Healing Practices

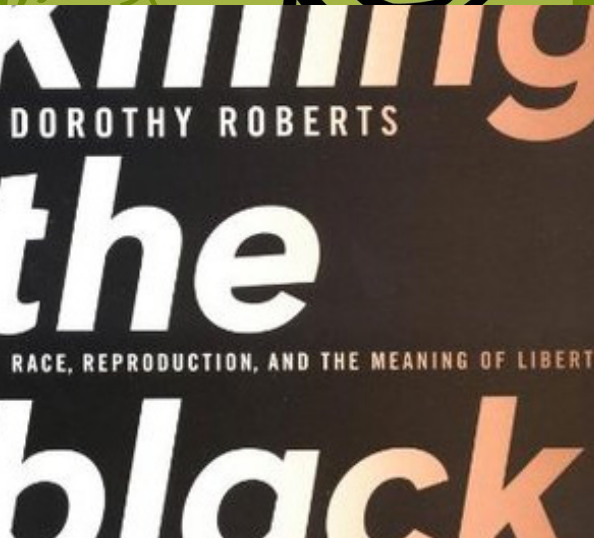
- I. [Decolonizing Trauma Work: Indigenous Stories and Strategies](#) (Renee Linklater, 2014)
- II. [Remedios: Stories of Earth and Iron from the History of Puertorriqueñas](#) (Aurora Levins Morales, 1997)
- III. [The Healing Wisdom of Africa](#) (Malidoma Patrice Somé, 1998)

Intersectionality

- I. [Black Feminist Thought](#) (Patricia Hill Collins, 1990)
- II. [Black LGBT Health in the United States: The Intersection of Race, Gender, and Sexual Orientation](#) (edited by Lourdes Follins & Jonathan Mathias Lassiter, 2016)
- III. [Borderlands: Borderlands/La Frontera: The New Mestiza](#) (Gloria Anzaldúa, 1987)
- IV. [Coming Out: Living Authentically as LGBTQ Asian and Pacific Islander Americans](#) (Human Rights Campaign [HRC] & National Queer Asian Pacific Islander Alliance [NQAPIA], 2018)
- V. [Not Another Death Threat: Queer and Trans Muslim Realities in America](#) (Almas Haider, 2018)
- VI. [Open in Emergency: A Special Issue on Asian American Mental Health](#) (Asian American Literary Review, 2016)
- VII. [Poly Pocket: On Queerness & Polyamory](#) (Autostraddle)
- VIII. [The Queer Arabs Podcast](#)
- IX. [Reproductive Justice: An Introduction](#) (Loretta J. Ross & Rickie Sollinger, 2017)



- X. [Sister Outsider](#) (Audre Lorde, 1984)
- XI. [The invisibility of marginalized folks who suffer from eating disorders](#) (Marcella Raimondo, 2018)
- XII. [This Bridge Called My Back: Writings By Radical Women of Color](#) (edited by Cherríe Moraga & Gloria Anzaldúa, 1981)
- XIII. [To Be Fat, POC, & Free:](#) (Quita Tinsley, 2016)



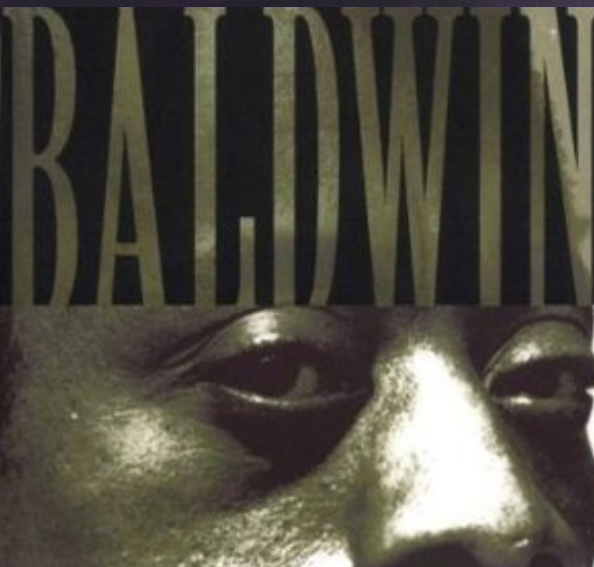
Medical-Industrial Complex

- I. [Killing the Black Body](#) (Dorothy Roberts, 1997)
- II. [Lit Review Podcast, Episode 5: Hermaphrodites and the Medical Invention of Sex](#) (Page May, Monica Trinidad, & Pidgeon, 2016)
- III. [Lit Review Podcast, Episode 24: Medical Apartheid](#) (Page May, Monica Trinidad, & Martine Caverl, 2017)
- IV. [Medical Apartheid](#) (Harriet Washington, 2006)
- V. [Medical Industrial Complex Visual](#) (Mia Mingus, 2015)



Our Stories and Histories

- I. [Fortification](#) (Caitlin Breedlove)
- II. [Marsha's Plate](#) (Diamond Stylz, Mia Mix, & Zee)
- III. [Moonlight](#) (directed by Barry Jenkins, 2016)
- IV. [Mosquita y Mari](#) (directed by Aurora Guerrero, 2012)
- V. [Pariah](#) (directed by Dee Rees, 2011)
- VI. [Performing Girl](#) (directed by Crescent Diamond, 2013)
- VII. [Pure Love](#) (Ignacio Rivera & Amanda Rivera)



Racism and Oppressive Systems

- I. [Decolonization is not a Metaphor](#) (Eve Tuck & K. Wayne Yang, 2012)
- II. [Nobody Knows My Name: More Notes of a Native Son](#) (James Baldwin, 1961)
- III. [White Supremacy Culture](#) (Kenneth Jones & Tema Okun, 2001)



Therapy

- I. Expanding the Therapy Paradigm with Queer Couples: A Relational Intersectional Lens (Sheila Addison & Deborah Coolhart, 2015)
- II. “From the Margins to the Center”: Moving Towards a Resilience-Based Model of Supervision for Queer People of Color Supervisors (Anneliese Singh & Kirstyn Chun, 2010)
- III. Therapy with a Consensually Nonmonogamous Couple (Keely Kolmes & Ryan Witherspoon, 2017)

A COMPREHENSIVE RESOURCE FOR MENTAL HEALTH PROFESSIONALS, EDUCATORS & STUDENTS



A CLINICIAN'S GUIDE to GENDER-AFFIRMING CARE

WORKING with TRANSGENDER & GENDER NONCONFORMING CLIENTS

Includes information on:

- ▶ Gender identity, transition options & legal & ethical issues
- ▶ Trans clients' needs in the context of intersecting identities
- ▶ The clinician's role, implicit biases & ally development

Sand C. Chang, PhD
Anneliese A. Singh, PhD, LPC
Iore m. dickey, PhD

Foreword by Mira Krishnan, PhD, ABPP

Transgender & Gender Non-Conforming Folks

- I. A Clinician's Guide to Gender Affirming Care (Sand Chang, Anneliese Singh, & Iore dickey, 2018)
- II. An Exploration of Community Level Agency among Transgender and Gender Nonconforming People of Color (Anjali Alimchandani, 2015)
- III. Injustice at Every Turn: A Look at Black Respondents in the National Transgender Discrimination Survey (Jack Harrison-Quintana, Sharon Lettman-Hicks, & Jaime Grant)
- IV. “Just Getting Out of Bed Is a Revolutionary Act”: The Resilience of Transgender People of Color who have Survived Traumatic Life Events (Anneliese Singh & Vel McKleroy, 2011)
- V. See Us As People: Findings on State and Interpersonal Violence from a National Needs Assessment of Transgender and Gender Non-Conforming People Living with HIV (Cecilia Chung, Anand Kalra, Beatrix McBride, Christopher Roebuck, & Laurel Sprague, 2016)

POST TRAUMATIC SLAVE SYNDROME

FOREWORD BY RANDALL ROBINSON, NEW YORK TIMES BESTSELLING AUTHOR

AMERICA'S LEGACY OF

ENDURING INJURY AND HEALING

Trauma

- I. Healing from Trauma as a Person of Colour: 3 Things I've Learnt as a Queer Black Boy (Travis A., 2015)
- II. Historical Trauma Among Indigenous Peoples of the Americas: Concepts, Research and Clinical Considerations (Maria Yellow Horse Brave Heart, Josephine Chase, Jennifer Elkins, & Deborah Altschul, 2011)
- III. Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing (Joy DeGruy, 2005)
- IV. Trauma & Recovery: The Aftermath of Violence--from Domestic Abuse to Political Terror (Judith Herman, 1992)
- V. Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others (Connie Burk & Laura van Dernoot Lipsky, 2007)

BEAM

BLACK EMOTIONAL AND MENTAL HEALTH
COLLECTIVE

SONG

SOUTHERNERS ON NEW GROUND

Organizations

- I. [Bay Area Transformative Justice Collective](#)
- II. [Black Emotional and Mental Health Collective \(BEAM\)](#)
- III. [Icarus Project](#)
- IV. [Kindred Healing Justice Collective](#)
- V. [Queer Crescent Healing](#)
- VI. [Rest for Resistance](#)
- VII. [Sins Invalid](#)
- VIII. [Southerners on New Ground \(SONG\)](#)

We are grateful to all the brilliant and wonderful QTPOC who contributed to the creation of this syllabus, including Lourdes Follins, Ja’Nina Garrett-Walker, Sand Chang, Shanequa Anderson, Aqdas Aftab, and those who attended our workshops at the 2018 Allied Media Conference. Special thanks to Samia Lalani, NQTTN’s Research Fellow, who curated this syllabus, and Cassandra Lopez Fradera, our Communications Coordinator and Erica Woodland, Founding Director, who helped edit and shape this vision.

