

ABOUT THE MOVEMENT FOR EMOTIONAL EMANCIPATION

WHAT: Community Healing Network, Inc. (CHN), is spearheading, in collaboration with the Association of Black Psychologists (ABPsi), the global grassroots movement for the emotional emancipation of Black people to overcome and overturn the lie of Black inferiority: the root cause of the devaluing of Black lives.

WHY: For nearly 400 years, we have been fed toxic lies about our history, worth, and value as people of African ancestry. These lies are all rooted in one big lie: the lie of *Black inferiority*. That lie was devised to justify the enslavement and subjugation of African people in the United States and around the world. That lie has led to the dehumanization of Black people and the devaluing of Black lives. It contributes to Black-White mental and physical health disparities, the criminalization, mass incarceration, and wanton killing of Black people, and many of the other problems we face. In order to address these and other challenges, we must free ourselves, our children, and the world from the lie of Black inferiority.

HOW: CHN has put into place key elements to build the global grassroots movement for the emotional emancipation, healing, wellness, and empowerment of Black people, including:

1. The annual celebration of *Community Healing Days/Wear Sky Blue Days*,SM on the third weekend of every October, to put “time for healing” at the top of the Black community’s agenda and to show our collective determination to move “beyond the pain of the blues to the sky blue of unlimited possibilities;”
2. The *Community Healing Institute*,SM which brings together Black mental health professionals to develop resources to help local leaders establish emotional emancipation initiatives;
3. A *collaboration with the Association of Black Psychologists* (ABPsi) to bring to the movement ABPsi’s professional expertise, technical assistance, and local, national and international links;
4. The development, in collaboration with ABPsi, of *Emotional Emancipation (EE) Circles*,SM self-help support groups in which we can share our stories, deepen our understanding of the impact of history on our emotional lives, and learn essential emotional wellness skills;
5. The *Defy the Lie and Embrace the Truth*SM pledge campaign designed to encourage Black people to make personal commitments to emotional emancipation, healing, wellness, and empowerment;
6. A *joint ABPsi-CHN Appeal to the Congressional Black Caucus* to hold briefings on the continuing effects of the lie of Black inferiority and ways to eradicate it;

7. The *#IValueBlackLives*SM initiative, a call to action for people everywhere to take personal responsibility for helping to bring an end to the devaluing of the lives of Black people;

8. *Community Healer Awards*SM designed to recognize and celebrate outstanding contributions to community healing at the local, national, and international levels; and

9. *The Global Emotional Emancipation Summit*,SM a solutions-focused, action-oriented forum, which will bring together leaders of African ancestry from around the world to develop and carry out concrete plans of action to free ourselves, our children, and the world from the lie of Black inferiority—once and for all.

WHEN: Together, CHN and ABPsi have planted seeds for Emotional Emancipation CirclesSM in cities across the country including New Haven, CT; Tuskegee, AL; and Ferguson, MO; and countries around the world, including the United Kingdom, Brazil, and Cuba. Our aim is to engage a critical mass of Black people in the movement for emotional emancipation and deal a death blow to the lie of Black inferiority by the year 2019, the 400th anniversary of the forced arrival of Africans at Jamestown colony, so that, as a people, we will begin to see ourselves in a whole new light by the year 2020.

Community Healing Network, Inc.



The Association of
BLACK PSYCHOLOGISTS

Building the Global Grassroots Movement
for the Emotional Emancipation
of Black People