



## HAKOMI INSTITUTE OF CALIFORNIA

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June 8, 2020

Dear Hakomi Community,

We are saddened and sickened by the long history of murders and oppression of black people by law enforcement personnel and others, as well as the demeaning, racist, and life-threatening behaviors that have been caught on video across this nation. Of course, we are aware that for every incident caught on video, there are thousands that are never seen, and yet the pain is there on a daily basis for black and brown people as well as other marginalized groups.

As a therapeutic community that strives to alleviate suffering, we are increasingly turning inward to look at how our own bias, practices and pedagogy unconsciously uphold systemic racism and cultural oppression that benefits white people. We recognize and acknowledge that people from marginalized groups have not always felt comfortable in our trainings because we've unconsciously replicated the dominant social conditions. We're broken-hearted about this and determined to do better.

For the past several years, Hakomi faculty members across the globe have been in dialogue around issues of diversity and inclusion. Our DEI Action Committee, which includes many California faculty, will be making concrete proposals at our international faculty meeting this summer. A group of us are also participating in a year-long racial literacy program under the guidance of Ruth King, author of *Mindful of Race*. We do this believing that educating ourselves and working on our own implicit bias is the essential groundwork for change. To that end, we are committed to our own ongoing study, consultation, and personal work on racism and issues related to diversity, equity, and inclusion.

The Hakomi Institute of California is united in speaking out against racism in all forms as well as being accountable for the harm we cause. In the larger global community, we extend our hearts to those who have been victimized by the world's collective ignorance and indifference. We want to do our part to create a more just and inclusive world where everyone feels truly welcome.

We stand with Black Lives Matter.

The Faculty and Staff of the Hakomi Institute of California