



BLACK GIRL MAGIC CIRCLE

2019-2020 BLACK GIRL MAGIC MONTHLY TOPICS

September Session: Understanding the need for Black spaces to sustain Black Girl Magic (Learning Group Process and Active Listening)

October Session: Appreciating the Layers of Culture

November Session: Understanding the Manifestations of Trauma, including Racial Trauma

November Community Activity: Nakumbuka Day Ceremony at Pasadena City College on 11/16/19

December Session: Romantic Relationship Dynamics

December Activity: Co-Ed Game Night

January Session: Navigating PWI (predominantly white institutions) and Academic Spaces

February Session: Embracing Our African Cultural Heritage, Traditions, and History

February Community Activity: Co-ed Black History Month Park Outing

March Session: Valuing Health and Wholeness

April Session: Culturally-congruent Ways of Managing and Regulating Emotions

May Session: Collective Identity, Faith, and Service

May Community Activity: Co-ed Dance

June Service Project TBD

June Session: End of Year Closing Ceremony with Family

Space is limited. Please contact Dr. Anderson at drbrinellanderson@gmail.com or visit belovedblackness.com to sign-up for participation.



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Black Girl Magic Circle

The goal of Beloved Blackness' Black Girl Magic Circle is to solidify, uplift, and affirm High School-aged Black girls in their cultural identity in both psychoeducational and recreational ways. Research supports that Black students are able to handle the stressors of life as well as demonstrate stronger academic performance when their sense of themselves is rooted in a strong cultural identity. Black girls have few opportunities which intentionally affirm or solidify Black girls' cultural identity. Black girls need a space to share their experiences navigating a world that perceives them through the lens of being loud, boisterous, promiscuous, and angry while not allowing those experiences to dampen the magic of what it means to be a Black girl who is coming into womanhood. Within a society which views Black children, including girls, as being much older than their actual ages, Black Girl Magic will allow developmentally appropriate space for their fun and playful nature outside of an academic or religious setting. African cultural tradition emphasizes the role and responsibilities of all members of the community, including the children. It is the responsibility of the adults and elders to create a space of grounding girls in their identities and roles in order to help them own their voice in the service of the community.

Black Girl Magic will meet monthly with Dr. Brinell Anderson, a California-licensed clinical psychologist, with years of experience working with adolescents within college mental health with particular expertise in addressing cultural issues for Black/African-descended persons (see bio below). She also has experience raising a Black teen and has learned ways to help her child navigate predominantly white spaces with a strong cultural identity. Dr. Anderson is affectionately known as "Dr. B" and she has a reputation for also being someone who enjoys living her life in fun and creative ways. Her zest for life will serve as the relational "engine" of every session. Black Girl Magic will aid Black girls in harnessing the resilience that their ancestors demonstrated while addressing the psychological, relational, and spiritual costs of the collective trauma faced by their ancestors. Black Girl Magic will also include co-ed mixers that allow for teenage creativity, enjoyment, and social connection. In order to create emotional safety to address the impact and influence of historical harms on cultural identity development, participants in Black Girl Magic need identify exclusively as Black or African-American. If there is significant interest from families with one parent who identifies as Black or of African-descent, a separate group for girls of bicultural identities can be formed.

Each monthly group session will provide psycho-educational information within a supportive group setting within which Dr. Anderson will incorporate experiential practices where the participants will gain deeper self-awareness as well as improve interpersonal presence toward other Black girls. Although the groups are not psychotherapy groups, it will be important in each session to discuss group rules, like confidentiality and privacy, in order to foster trust and safety with one another. Additionally, the Black Girl Magic sessions will also provide safe and welcoming space for girls who identify as queer. The intersection of culture, race, gender, and sexual orientation will be explored as these dimensions of identity are related to the topic areas.

Each monthly session will take place on Sundays from 1-3pm, tentatively scheduled to be held at Dr. Anderson's private practice office in Pasadena, CA. The planned co-ed community activities throughout the year will be held at local residences and/or local public spaces. Participation commitment is expected for the entire year (ten months) with the following payment options to be paid at the beginning of the quarter:

September-November: \$395; December-February: \$395; March-June: \$450 or Full year: \$1,100 Financial assistance and/or sibling discounts are available based on need.

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Bio for Brinell Anderson, Psy.D.

Dr. Brinell Anderson, originally from Houston, Texas, is a licensed clinical psychologist. She is a graduate of George Fox University (Newberg, Oregon) with a doctoral degree in Clinical Psychology. Her academic record includes a Bachelor of Arts degree with a double major in Psychology and Ethnic Studies from the University of Texas at Austin, a Master of Science degree in Community Psychology from Florida A&M University, and a Master of Arts degree in Clinical Psychology from George Fox University. She is a life-long learner and has completed two versions of the Psychoanalytic Center of California's one year certificate program in Adult Psychoanalytic

Psychotherapy. Dr. Anderson has also been trained as a facilitator of Emotional Emancipation CirclesSM for people of African-descent to address the impact of internalized oppression. In 2015, she participated in the inaugural leadership training for a national racial reconciliation organization, Coming to the Table, whose mission is to provide leadership, resources, and a supportive environment for all who wish to acknowledge and heal wounds from racism that is rooted in the United States' history of enslavement.

Dr. Anderson is a well-rounded psychologist. Her graduate training incorporated working with African-American clients and integrating psychology and spirituality in psychotherapy. Her pre-doctoral internship at USC Student Counseling Services (UPC) focused on work with college students. Finally, Dr. Anderson completed her post-doctoral training in health psychology with a focus in HIV mental health at Harbor-UCLA medical center. Most recently, she completed a week-long certificate training on Strategies for Trauma Awareness and Resilience (STAR Level I) which has provided Dr. Anderson an additional lens through which to understand collective and cultural pain and healing.

Her professional interests and experience include psychoanalytic psychotherapy; mindfulness; psychological impact of chronic medical disease; psychotherapy with African-descended persons; spiritual issues in psychotherapy; grief and loss; body image issues; depression; stress and anxiety; individual, couples, and group psychotherapy; crisis intervention; and consultation.

Dr. Anderson has also taught doctoral-level clinical psychology students in personality theories, psychodynamic psychotherapy, group psychotherapy, clinical interviewing, and cultural diversity. She is passionate about sharing her expertise in workshop presentations, especially on topics addressing diversity, privilege, oppression, and professional identity development. Dr. Anderson presently has a private practice in Pasadena, CA and is a part-time Clinical Associate Professor of Psychiatry and The Behavioral Sciences within the Keck School of Medicine of USC. She features a weekly vlog on her YouTube channel entitled, "Beloved Blackness," wherein she addresses the beauty and richness of the African cultural tradition and legacy.

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