

## **ORCA's Statement in Support of Anti-Racism**

There are very few words to describe the grief and outrage our country is experiencing following the death of George Floyd by Minneapolis Police on Monday, May 25th. His murder follows that of Breonna Taylor, killed in her sleep by Louisville Metro Police in March, Ahmaud Arbery, murdered while jogging in Georgia, and precedes the murder of Tony McDade, a Black trans man in Tallahassee on Wednesday, May 27th.

The Oregon Counseling Association (ORCA) stands with the Black community. We are committed to fighting against systemic oppression in Oregon and across the country. Calling out the systemic oppression of our Black community, and Black counselors in particular, aligns with ORCA's mission to empower a profession, one counselor at a time. We stand with the Black Lives Matter movement and denounce the pervasive targeting and murder of Black people by police, as well as the systemic racism that condones such actions rather than condemning them. We extend our deepest sympathies to the families of victims of police and racial violence, and our solidarity with those who fight against it. We recognize the physical and psychological trauma perpetrated on the Black community by repeated acts of violence and the generations of oppression that continue to enable such acts. We further acknowledge that the riots in response to these atrocities, as Dr. Martin Luther King, Jr. advised us, are the language of the unheard. It is time we listened.

To our Black counselors--we stand with you.

To my fellow white counselors--I hope it is abundantly clear that we have work to do. It is not enough to say we support our colleagues, our friends, our clients and our fellow humans in these times. It is imperative that we use our privilege to usher in real change. The day we will not need riots to call attention to the system of inequality will be the day we are already listening, learning and enacting our solidarity.

### **We urge white counselors and allies to explore these resources:**

[White Fragility](#) by Robin DiAngelo

[So You Want To Talk About Race](#) by Ijeoma Oluo

[Me and White Supremacy](#) by Layla F. Saad

[75 Things White People Can Do for Racial Justice](#)

[Resources for White People to Learn and Talk About Race and Racism](#)

Fellow therapist, [Lisa Olivera's, Conversation Starters to help explore one's White Privilege + White Supremacy](#)

Please also consider exploring more resources at [Anti-racism: Activism Resources, Education, And Stories](#) by Minna Lee.

**Please consider donating to the following organizations:**

[Color of Change](#) - The largest online organization dedicated to commissioning research, holding corporate and political leaders accountable, and advancing solutions for racial justice.

[NAACP Legal Defense Fund](#) - One of the largest legal organizations fighting for racial justice through litigation, advocacy and public education.

[The Loveland Foundation](#) - Bringing opportunity and healing to communities of color, especially to Black women and girls, by providing financial assistance to those seeking therapy.

[Campaign Zero](#) - Donations to the campaign support the analysis of policing practices across the country, research to identify effective solutions to end police violence and the development of model legislation and advocacy to end police violence nationwide.

It is also imperative that government officials in Oregon understand the position they must take in response to these atrocities. Contacting your representatives to voice your concerns and to demand that the appropriate actions be taken is a vital part of this fight. Please visit [Oregon Legislator Lookup](#) and search with your home address to find your representatives' contact information. The Oregon general election will be held on November 3rd, 2020; consider voting for candidates who stand for and enact racial justice clearly in their actions and on their political platform.

I would also like to take this opportunity to express my gratitude to both the Oregon Association for Multicultural Counseling and Development (OAMCD) for their [formal statement and extensive list of resources](#), and the Oregon Association of Lesbian, Gay, Bisexual and Transgender Issues In Counseling (OALGBTIC) for their [statements of solidarity](#).

It is my deepest hope that all of us will recognize the unique position we hold as mental health professionals. We are the most qualified to help our clients, our neighbors, our friends and ourselves deconstruct the narrative of hate that perpetuates this violence.

In solidarity and allyship,

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