

LANGUAGE IS POWER

DEFINING TERMS



OPPRESSION

The unfair or cruel use of power to control another person or group. The term is often used in a political context to refer to the oppression of minority groups such as women and racial minorities.



INTERSECTIONALITY

Describes the interconnected nature of social categorizations such as race, class, and gender as they apply to a given individual or group, regarded as creating overlapping and interdependent systems of discrimination or disadvantage



ANTI-BLACK RACISM

Policies and practices rooted in institutions such as, education, health care, and justice that mirror and reinforce beliefs, attitudes, prejudice, stereotyping and/or discrimination towards people of Black-African descent.

THE THREE Ps



POSITIONALITY

The idea that a person's social, historical, political, and cultural contexts shape their self-identity; how one is in relation to others, how one understands and views themselves in relation to the world.



PRIVILEGE

Refers to certain social advantages, benefits, or degrees of prestige and respect that an individual has by virtue of belonging to certain social identity groups.



POWER

A person's ability to exert influence and control. Power dynamics describes how power affects a relationship between two or more people.

RESOURCES ON NEXT PAGE

DEFINING TERMS

SOURCES



GOODTHERAPY



WOMANKIND



BLACK HEALTH ALLIANCE

<p>Organisation committed to educating the public about the benefits of therapy, reducing stigma, and connecting people</p>	<p>Supports women's rights organisations and movements to challenge oppression the lives of women, in the home, the workplace and the communities they live in.</p>	<p>A community-led registered charity working to improve the health and well-being of Black communities in Canada</p>
<p>www.goodtherapy.org/blog/psychpedia/oppression</p>	<p>https://www.womankind.org.uk/intersectionality-101-what-is-it-and-why-is-it-important/</p>	<p>https://blackhealthalliance.ca/home/antiblack-racism/</p>



IGI GLOBAL



RIDER UNIVRESITY



GOODTHERAPY

<p>Academic publisher facilitating the discovery of research that enhances and expands the body of knowledge available to the research community.</p>	<p>The Rider University Library provides resources to understand the multiple ways privilege and oppression manifest themselves around us</p>	<p>A community of therapists that connects people with therapists and provides resources to help understand the systems of</p>
<p>https://www.igi-global.com/dictionary/queering-the-marianist-charism/23040</p>	<p>https://guides.rider.edu/c.php?g=926249&p=6675690</p>	<p>https://www.goodtherapy.org/learn-about-therapy/issues/power</p>