

An Autoethnographic Exploration into Transforming the Wounds of Racism

Implications for Psychotherapy

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Abstract

The doctoral project is a reflexive autoethnographic approach integrated with psychotherapy that critically uses an evocative personal narrative approach to describe, interpret, reconstruct, and transform the traumatic effects of colour racism on the self. This was achieved by using process orientated, creative analytic practices described by Richardson (2002) as non-traditional attempts to use various methods, analyses and narrative writing strategies to make links between life events. I used multiple processes to find the subjugated voices of racist trauma to produce an evocatively expressive, situated, informative of cultural, lived and critically edged experience (Ellis 2003). These methods were used to explore how this trauma may impinge upon the self-concept, identity and to name the essence of racist trauma on the self.

The research produced intersubjective meaning and learning within a psychological, socio-political and historical context by attempting to focus on embodied awareness and possible to new ways of thinking about the familiar .The research was a collaborative activity that interweaved of my own story, the family group and the professional group narratives to produce a multi voiced narrative of racist trauma. The distillation of this process defines conditions for human connectedness for safety and healing using ethics of care and concern (Ellis 2004).