

# FROM RACISM TO EMBODIMENT

Deepening of Self-Reflection on Racism  
and Exploration of Practices of (Self-)Care

## WORKSHOP WITH JOSEPHINE APRAKU & AMANDA HAAS ABD EL HALEM

### From Racism to Embodiment

**Semester:** Spring 2025

**Instructors:** Josephine Apraku, Amanda Haas

**Assessor:** Prof. Dr. Julia Büchele

**Format:** Block seminar

**Time:** 10–4pm, Thursday, Friday, Saturday, 5–7 June 2025

**Place:** in person, tbd

**Language of instruction:** English

**Prerequisites:** This course is for PhD students and postdoctorates in social sciences.

**Credits:** 1 CP, annotated upon request via Learning Contract

Please register for the class via E-Mail: [j.buechele@unibas.ch](mailto:j.buechele@unibas.ch)

The maximum group size is 20 people.

Registration deadline: 23 May 2025

## **Course description**

Racism causes stress and division—not only between people who are affected by it in different ways but also within individuals navigating intersecting experiences of racism. Such stress can manifest in the body and contribute to long-term health issues.

This three-day in-person workshop provides space for deepening self-reflection on racism while exploring practices of (self-)care. The focus is on recognizing and processing emotions related to racism and its physical impact on the body. Through embodiment practices, we aim to cultivate awareness and support transformation.

The workshop incorporates a variety of methods, including impulses, group work, critical self-reflection, bodywork, journaling, and exchange in small groups.

The affinity group is open to people of all racialized positions (Black, Indigenous, PoC, white). A willingness to engage in critical self-reflection is required.

## **Schedule**

tba

## **Literature**

In-class readings tba

### **Further reading:**

brown, adrienne maree. 2017. *Emergent Strategy: Shaping Change, Changing Worlds*.

Haines, Staci K. 2019. *The Politics of Trauma: Somatics, Healing, and Social Justice*. North Atlantic Books.

Hersey, Tricia. 2022. *Rest Is Resistance: Free Yourself from Grind Culture and Reclaim Your Life*. Aster.

hooks, bell. 2018. *All About Love: New Visions*. HarperCollins.

Johnson, Michelle Cassandra. 2021. *Skill in Action: Radicalising Your Yoga Practice to Create a Just World*.

Johnson, Rae. 2023. *Embodied Activism: Engaging the Body to Cultivate Liberation, Justice, and Authentic Connection—A Practical Guide for Transformative Social Change*. North Atlantic Books.

Owens, Lama Rod. 2020. *Love & Rage: The Path of Liberation Through Anger*. North Atlantic Books.

Van Der Kolk, Bessel. 2014. *The Body Keeps The Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin UK.

### **Instructors**

Josephine Apraku is an African studies scholar, author, lecturer and trainer for intersectional racism-critical educational work. Josephine Apraku's texts have appeared in Missy Magazine, Vogue Germany and Tagesspiegel, among others. 'Kluft und Liebe' (Eden Books, 2022) examines oppression in romantic relationships; "Mein Workbook zu Rassismus" and the interactive card set "Lasst uns über Rassismus reden!" (2023, Familiar Faces) invite people to engage in self-reflection critical of racism. In 2024, "Mein Workbook zu Rassismus" was honoured by the Stiftung Buchkunst as one of the most beautiful German books.

On Instagram, Josephine Apraku also shares knowledge about writing and publishing and invites people to exchange ideas.

Amanda Haas Halim is a designer, researcher, urban scholar, publisher, and embodiment coach. Through *Internal Practice*, she leads yoga courses with a focus on social justice. Her Zen priest and chaplaincy training deepen her exploration of engaged Buddhism and contemplative work. With *School of Observation*, her interdisciplinary and process-oriented publishing and research platform, she bridges critical inquiry and creative practice. As an award-winning graphic designer under *Studio Amanda Haas*, she is recognized for innovative book design and research-driven projects. Her recent work includes *Mein Workbook zu Rassismus* and the visual identity for the internationally renowned feminist bookstore *She said*.