

How to Talk to Your Patients & Family Medicine Peers About Race: *What are Microaggressions?*

Facilitated Discussion: Wednesday, March 16, 2022

Moderator: Wayne Forde, MD, FAAFP

Recommended Resources

The content provided below includes a thoughtful array of videos, public articles, movies, medical literature, and books. Learners are encouraged to consume as much of the materials they wish by working independently and applying their knowledge to their medical pursuits. It is not our intention that you read or view all of these resources – pick and choose the content that best suits your interests/lifestyle.

[Join our discussion club](#) on March 16th to connect with your peers and really expand your experience!

Articles & Toolkits:

Discussing Race with Peers and Patients

- [Concrete STEPS for Smaller Practices: Translate Your Commitment to Racial and Health Equity into Action into Your Practice](#)
American Medical Association, Steps Forward | July 22, 2021
- [Addressing Race in Practice](#)
Institute of Healthcare Improvement, Jo Ann Endo | September 27, 2016
- [Doctors should talk about race and racism with their patients. Here's how.](#)
Stat, Minani Nigam, | May 2021
- [Conversations About Race Between Black and White Friends fee Risky, but are Valuable, Stanford Psychologist Find.](#)
Stanford News, Melissa DeWitte | September 2021
- [Talking about Racism, Racial Equity and Racial Healing with Friends, Family, Colleagues and Neighbors: Conversation Guide](#)
National Day of Racial Healing | January 2019

Addressing Microaggressions – “Death by a Thousand Cuts”

- [Microaggressions happen in medical school. Here’s how to stop them.](#)
American Medical Association, Brendan Murphy | February 18, 2021
- [Microaggressions at work: Recognizing & overcoming our biases](#)
Culture Amp, Kelly Luc
- [Microaggressions Are A Big Deal: How To Talk Them Out And When To Walk Away](#)
NPR, LifeKit, Andrew Limbong | June 2020
- [Stop, Talk, Roll: How to Deal with Tough Communication Exchanges in the Medical Workplace](#)
Georgetown University School of Medicine, Susan Cheng, Ed.L.D., MPP | May, 2017
- [Disarming Racial Microaggressions: Microintervention Strategies for Targets, White Allies, and Bystanders](#)
American Psychological Association, Derald Wing Sue, Sarah Alsaïdi, Michael N. Awad, Elizabeth Glaeser, Cassandra Z. Calle, and Narolyn Mendez Teachers College, Columbia University | 2019

Blogs and Podcasts:

- [Divided by Design by E Pluribus Unum](#)
Multiple Topics: The Case for Racial Equality, In Search of Health Equity and more...
- [Microaggressions Are A Big Deal: How To Talk Them Out And When To Walk Away](#)
[Life Kit](#)
- [Microaggressions, Blog Post](#)
Power, Privilege and Everyday Life

Videos:

- [Dismantling Microaggressions Through the Power of Connection,](#)
[Toya Webb | REDxRushU](#)
- [Responding to Microaggressions](#)
- [Blind spots: Challenge assumptions](#)
- [How to Have a Voice and Lean Into Conversations About Race](#)
Amanda Kemp | TEDxWilmington
- [Four Tips For Talking About Race](#)
Code Switch | NPR
- [I Am Not Your Asian Stereotype](#)
Canwen Xu | TEDxBoise

- [What I am learning from my white grandchildren -- truths about race](#)
Anthony Peterson | TEDxAntioch

Sample of Books (Audio & Print):

- [“Subtle Acts of Exclusion: How to Understand, Identify, and Stop Microaggressions”](#)
Tiffany Jana & Michael Baran
Formats: Audiobook or [print](#)
Published: March, 2020
 - [“Whistling Vivaldi: How Stereotypes Affect Us and What We Can Do”](#)
Claude M. Steele
Formats: Audiobook or Print
Published: April, 2011
 - [“Blindspot: Hidden Biases of Good People”](#)
Mahzarin R. Banaji
Formats: Audio Book, Print, CD
Published: August, 2016
 - [“The Conversation: How Seeking and Speaking the Truth About Racism Can Radically Transform Individuals and Organizations”](#)
Robert Livingston
Formats: Audiobook & Print
Published: February, 2021
 - [“It's Time to Talk about Race at Work: Every Leader's Guide to Making Progress on Diversity, Equity, and Inclusion”](#)
Kelly McDonald
Formats: Audio & Print
Published: 2021
-