



**ESSAY CONTEST**  
**THE ASSOCIATION OF BLACK PSYCHOLOGISTS**  
***INSERT CHAPTER NAME***

The **(BLANK CHAPTER of )** The Association of Black Psychologists invites High school/College/Graduate students to write an essay on one of the Essay Topics below.

**Essay rules**

1. Place your name, grade/year in school, address, e-mailing address on a title page
2. Submit the essay to **INSERT E-MAIL ADDRESS** no later than **(Insert Due Date)**
3. The essay text is limited to no more than three (3) double-spaced, 12-point font, single-sided, numbered pages with one-inch margins, or 750 words.
4. One essay per student

**Prizes**

**INSERT YOUR CHAPTER'S PRIZE INFORMATION**

**About Emotional Emancipation (EE) Circles<sup>SM</sup>**

Emotional Emancipation Circles<sup>SM</sup> are self-help groups in which we as Black people work together to overcome and overturn the lie of Black inferiority--the root cause of the devaluing of Black lives and many other challenges facing our community..

**In Emotional Emancipation (EE) Circles, we come together to create safe spaces in which we can:**

- share our stories and feelings;
- deepen our understanding of the impact of historical forces on our emotional lives, our relationships, and our community;
- free our minds and spirits from the lie of Black inferiority and heal from the emotional legacies of enslavement and racism;
- tell ourselves a new, liberating, and empowering story about who we are as people of African ancestry;
- revitalize ourselves and our relationships with each other;
- learn and practice essential emotional wellness skills to help us be at our very best--as individuals and as a people; and
- address the root cause of the devaluing of Black lives by developing strategies to extinguish the lie of Black inferiority--once and for all.

The concept of Emotional Emancipation Circles is one of many strategies devised by Community Healing Network, Inc., (CHN), to build a global grassroots movement to help Black people overcome and overturn the lie of Black inferiority and heal from the emotional legacies of enslavement and racism. The EE Circles concept was developed and refined by members of the Association of Black Psychologists (ABPsi) ([www.abpsi.org](http://www.abpsi.org)) in collaboration with CHN ([www.communituhealingnet.org](http://www.communituhealingnet.org))

**\*Emotional Emancipation Circles, EE Circles, and EECs are service marks of and stewarded by CHN.**

## Essay Topics (Choose one)

1. Given the recent killings of young Black men and women along with the failure of grand juries to indict the police officers involved in these killings, there has been nationwide community uprising proclaiming that “Black Lives Matter.” Describe an activity that could be used in a 2 hour EE Circle to help participants deepen their understanding of the emotional impact of recent events on their lives? Provide a brief explanation for why this activity would have an effect and if relevant, include the psychological theory, construct, or research that supports what you propose. (Feel free to include links to materials, clips, use songs, reading selections, poems etc. for your proposed activity.)
2. Create or describe a mindfulness activity that could be used in an EE Circle to help people connect with the cognitive, behavioral, emotional, and perhaps spiritual experience of the stress of racial micro-aggressions. Provide a brief explanation for why this activity would have an effect and if relevant, include the psychological theory, construct, or research that supports what you propose. (Feel free to include links to materials, clips, use songs, reading selections, poems etc. for your proposed activity.)
3. The EE Circles are intended to deepen our understanding of the lie of Black inferiority as well as deepen our sense of connection to others to lessen the psychological trauma of ongoing racism. Describe a circle activity that could help Circle participants develop a deeper connection to one another. Provide a brief explanation for why this activity would have an effect and if relevant, include the psychological theory, construct, or research that supports what you propose. (Feel free to include links to materials, clips, use songs, reading selections, poems etc. for your proposed activity.)
4. What can people in EE Circles do, to defy the lie of Black inferiority and Embrace the Truth of Black Humanity?

We thank you for participating in this essay contest. Essay responses may be utilized in future EEC trainings and materials. If your material is used, authors will be credited for their contribution.

