

Power Flower: Intersectionality and The Complexity of Identity and Oppression.



Explore Power Flower, an Emotional Research Collective. Discover how you can use their guided activity to become more aware of your various identities, inequality, unearned privilege, and how they affect others through various lenses and perspectives.

TOP EMBODIMENT TIP: Therapeutic relationship: be present! Listen! Breathe! Develop authentic, respectful relationships.

Ebony Nichols: M.A., R-DMT, CAT-LP is a Somatic Mental Health and Wellness Practitioner.

- Our intersecting identities is a big part of the work we do as somatic practitioners.
- Inviting for a somatic reflection about the words “Power” and “Oppression.”
- Socioeconomic status often reveals inequities and access to resources + issues related to privilege, power, and control.

Dr. Charné Furcron: Professional Counselor, Dance Therapist, and Creative Rebel.

- Intersectionality is a theoretical framework that identifies the advantages and disadvantages that are felt by people due to a combination of factors.
- **Ableism:** The meaning of abilities and disabilities and how they place you in society: an embodied reflection.

Dr. Angela M Grayson: Spiritual Healer, Dance/Movement Psychotherapist, International Speaker and Educator.

- The pedal of religion is referring to the religious intersectionality placing Christianity as more privileged.
- The race pedal varies in race from country to country - depending on the dominant culture.
- We often make a lot of assumptions, and working with intersectionality can help us move past these and into a deeper understanding. Racism is a systemic problem.
- Creating more cultural sensitivity, we are progressing in making space for more cultures at all levels of society.

Melody Gamba: Mental Health Counselor, Registered Dance Movement Therapist, Educator, Dancer, Choreographer.

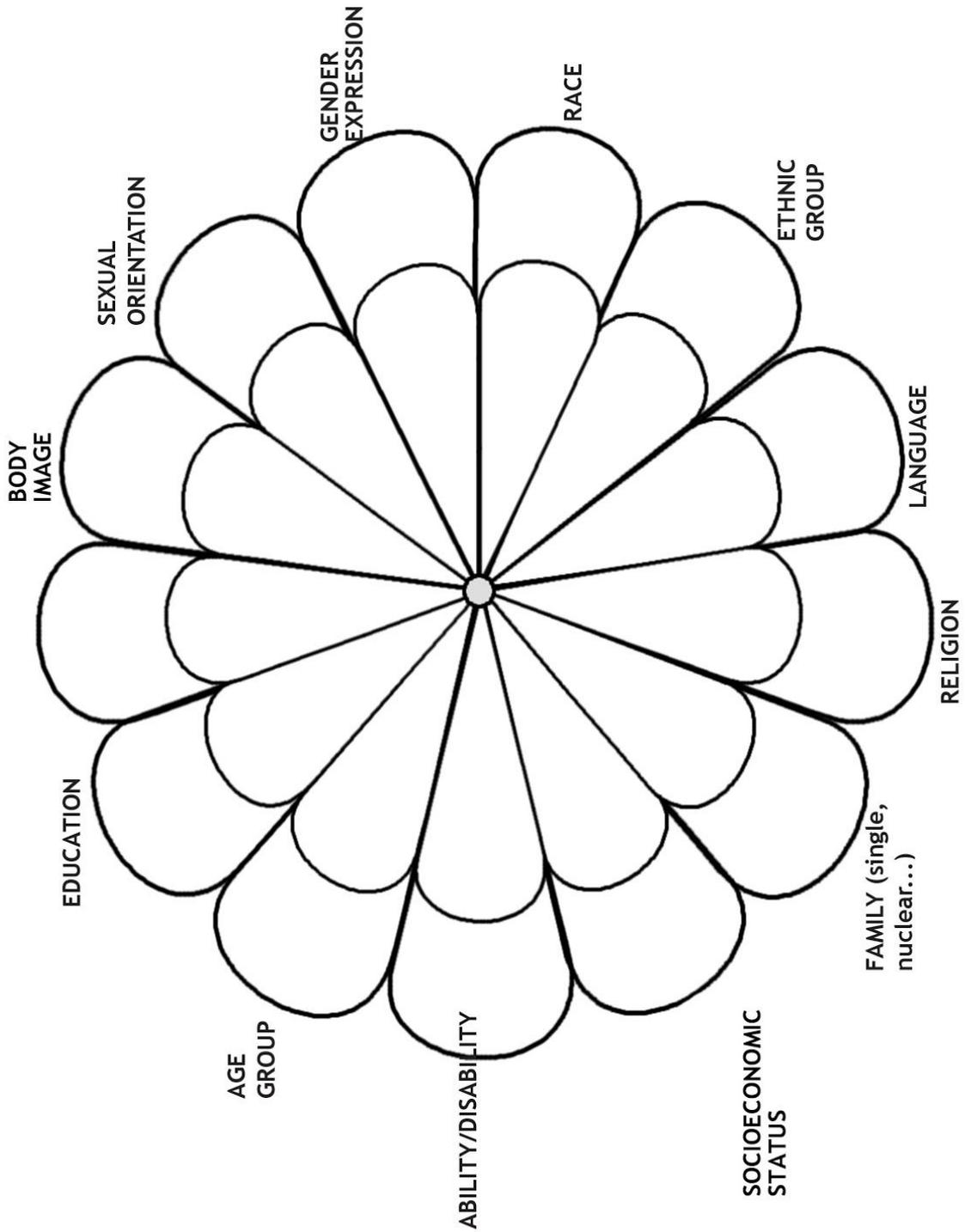
- Body image: How is your body image in relation to the dominant culture?
- We can trough expressing and describing movement related to questions and express our reflections on the theme.

Stephan Isijia Reynolds: MA, MEd, MFA, R-DMT.

- Embodying the experience of privilege through movement in terms of gender. Placing yourself on a physical scale.
- The hetero-normative society holds the privilege and other sexualities such as homo-, bi- pan- a- polysexuality are all invited to embody their feeling of privilege.
- Understanding intersectionality helps you reach clients and see them as who they are.

Resources

- ❖ **Contact the Community:** DIMResearchCollective@gmail.com
- ❖ **Citation:** Image from Racism for Reel Guide
- ❖ **Download PDF:** [Flower Power](#)



Racism for Reel Guide



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OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.