

K-State TRHT Campus Center

Community Healing Hub

The primary mission of the TRHT Campus Center Community Healing Hub (CHH) is to invite the Kansas State University community to engage in a transformative process intended to deepen human connections, encourage self-reflection, and challenge preconceived assumptions about those with different identities than our own. Grounded in the principles of equal value of all human beings, these spaces provide a structured and supportive environment for sharing personal narratives. The ultimate goal is to cultivate a sense of belonging and connection among diverse peers and colleagues.

The methodology for the CHH experience has been designed by Dr. Gail Christopher who outlined the protocols in her book, *Rx Racial Healing: A Guide to Embracing Our Humanity*.

Learning Outcomes and Objectives

- Deepen human connections.
- Increase capacity for self-compassion and empathy.
- Relinquish old ways of thinking about others and intentionally replace them with accurate, more compassionate perspectives.
- Form new perceptions and mental frames about people with different identities and backgrounds.
- Gain experience sharing personal narratives among diverse peers and colleagues.

Underlying Principles

- The global human family is interconnected, as we all are the descendants of a shared human ancestry.
- Belief in a hierarchy of human value must be replaced with an understanding of our equal human essence.
- People need to perceive that they are valued by their fellow human beings.
- Our human brains best retain and understand stories and narratives.
- We can influence and shape core beliefs and perceptions when we engage in sharing our diverse stories of agency and resilience.

Circle Practice

- Circles temporarily suspend real and perceived hierarchies. Everyone is equal in the circle.
- Circles are structured to meet basic human needs for connection through eye contact, proximity to others, and the experience of belonging.
- Circles support focus and attention away from distractions and conflicting demands.
- Adopted from indigenous practices to foster empathy through deeper connections.

Community Healing Hubs ARE:

- Designed to encourage people to tell their stories, listen deeply to the stories of others, and enable us to see our common humanity.
- A recommended protocol for increasing individual and collective capacity for perspective-taking, perspective-giving, self-compassion, and empathy.
- Opportunities for members of the community to experience a sense of belonging and connection.

Community Healing Hub ARE NOT:

- A conversation about the fallacy of race
- A dialogue about race
- A community forum about race or racism
- Anti-racism work, dismantling structural racism, or confronting race work
- Racial equity work or diversity, equity and inclusion (DEI) work
- Multi-cultural education or cultural competency training
- Micro-aggression, macro-aggression, or anti-bias training

Expectations

- Participants: must be available to attend for the duration of the program
- Commit to the touchstones (group agreements)
- Time Allocation: 2 hours for maximum impact (time can be reduced to 90 minutes as needed)
- In Person Room Setup: chairs setup in an open circle without tables
- In Person Materials made available: Computer/projector, copies of Touchstones, tissue box, note cards, pens to be available for participants.
- Virtual Community Healing Hubs will require access to appropriate technology. Facilitator will provide additional details.

Program Agenda

- Welcome, Centering the Circle & Self- Introduction
- Group Agreements (Touchstones)
- Dyad Re-introductory Exercise (2-minute per person)
- Full-group Reflections
- Dyad Deep Reflection Prompt (4-5 minute per person)
- Full-group Reflections
- Closing the Circle