



Sponsored by the Diversity, Equity, & Inclusion (DEI) Committee of the Department of Psychiatry

Facilitated by Dr. Kim T. Nghiem, a licensed Clinical Psychologist



“The Circle started around the cook-fires of humanity’s ancestors and has accompanied us ever since. We remember this space. When we listen, we speak more thoughtfully. We lean in to shared purpose”

Christina Baldwin, author, The Circle Way

The Healing Circle (Hocokah in the Lakota language) means a sacred space or an altar. It is refuge or a safe haven, where you step out of ordinary time into a safe and accepting environment in which individuals can explore their healing. It consists of people sitting together in a talking circle, in prayer, in ceremony, and are committed to helping one another and to each other’s healing. With open minds and with open hearts, to access one’s own inner guidance to understand where the greatest healing—in body, emotions, mind and spirit—can occur. The healing within the circle is built on a foundation of kindness and respect.

The purpose of this healing circle is to offer a space for coming together to share thoughts, feelings, and reactions to the various traumas of our times, given the recent events of racism and discrimination at large. The multiple historical and recent police killings of black identified individuals, the murders of Asian women in Atlanta, the ongoing murders of individuals of the transgender community, the multiple global events of genocide, ethnic cleansing, and apartheid. Whether it be race, ethnicity, gender, sexuality, religion or others—we are surrounded by historical and ongoing hate crimes and injustices. This circle is a space that is open to anyone seeking support and healing for any such experienced and/or witnessed injustices.

Date: Friday, June 18th, 2021

Time: 2pm- 3:30pm (1.5 Hours)

Attendance: Please register in advance for this event:

https://bostonmedicalcenter.zoom.us/meeting/register/tJlodu2oqTkjG9bGBnpelq4q84qDZ6X7g_uF