



BRINGING ANTIRACISM INTO FOCUS

Using Transformative Lenses to Reimagine
Professional Practice

Alicia Herrera, Kevin Ferreira van Leer
and Samantha Blackburn

With introductions by Anna Agyemang and Deborah Hill
and three PROFESSIONAL VIEWS

Routledge

Bringing Your Practice Into Focus

Vinita Rashinkar



Bringing Your Practice Into Focus:

Bringing Antiracism into Focus Alicia Herrera, Kevin Ferreira van Leer, Samantha Blackburn, 2025-06-19 This guide introduces applied antiracist developmental science and developmental frameworks that have been comprehensively integrated with antiracist principles. It underscores the importance of viewing child and adolescent development related work through an antiracist lens from the outset, examining how systemic racism, implicit bias, and critical consciousness shape human development and emphasizes the need to cultivate an antiracist developmental perspective to promote equity in professional settings. Anchored in the foundational bioecological model, this book extends to additional frameworks such as the Racism Resilience Resistance Integrative Study of Childhood Ecosystem (R3ISE), the Integrative Model of Ethnic Minority Development, the Multicontextual Model for Diverse Learning Environments, and the Phenomenological Variant of Ecological Systems Theory (PVEST). These frameworks are adapted to confront racism and support antiracist practices. Targeted discussions in dedicated chapters cover fields including psychology, PK-12 education, higher education, and allied health. This book bridges theory and practice through case studies, practical examples, and reflective activities demonstrating how to incorporate antiracist strategies into daily professional practice. It also delves into how community assets can be protective and mitigate the effects of racism, guiding professionals to recognize and leverage these strengths effectively. This resource is designed for students, pre-professionals, and early career professionals in child and adolescent development committed to incorporating antiracist practices into their work. It serves as both an introductory overview and a practical manual for applying developmental principles with an emphasis on reflection and praxis.

Turn Distractions into Focus and Maximize Results: How to Stay in the Zone and Get More Done in Less Time Silas Mary, 2025-02-11 The ability to focus deeply is one of the most valuable skills you can develop. This book teaches you how to minimize distractions, train your mind for sustained attention, and enter a state of peak performance. Learn how to control your environment, manage your digital consumption, and stay in the zone for extended periods. By mastering focus, you'll increase efficiency, improve creativity, and accomplish more with less effort. Whether you're tackling a major project, growing a business, or simply looking to be more productive, this book provides the techniques to turn distractions into success.

Advanced Meditation Techniques Deepening Your Practice Ahmed Musa, 2024-12-23 Meditation is a journey, and for those ready to go beyond the basics, it becomes a path to profound transformation. *Advanced Meditation Techniques: Deepening Your Practice* is your guide to taking your meditation to the next level, unlocking deeper states of awareness, clarity, and inner peace. This book is designed for meditators who are ready to expand their practice, explore advanced methods, and cultivate a deeper connection with their mind, body, and spirit. With step-by-step guidance, it provides the tools to enhance focus, navigate challenges, and access higher levels of consciousness. Inside, you'll discover: Refining the Basics: How to strengthen your foundation for more effective advanced practices. Exploring New Techniques: Dive into visualization, mantra meditation, chakra alignment, and

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Psychology of Adjustment John Moritsugu, Elizabeth M. Vera, Jane Harmon Jacobs, Melissa Kennedy, 2016-09-09

Psychology of Adjustment The Search for Meaningful Balance combines a student focus with state of the art theory and research to help readers understand and adjust to life in a context of continuous change challenge and opportunity Incorporating existential and third wave behavioral psychology perspectives the authors emphasize the importance of meaning mindfulness and psychologically informed awareness and skill An inviting writing style examples from broad ethnic cultural gender and geographic areas ample pedagogical support and cutting edge topical coverage make this a psychological adjustment text for the 21st century [The Sacred Sounds of Sri Vidya](#) Vinita Rashinkar, 2022-10-06 Sri Vidya begins where the current understanding of quantum physics ends say modern day scholars about this little known highly esoteric spiritual tradition that has been kept under wraps by its practitioners Sri Vidya practice is a three fold one encompassing mantra sacred sound yantra sacred geometry and tantra a technique or framework for worship Learning about the mantras used in the Sri Vidya tradition is fascinating as much as it is frustrating because information about its various aspects is exceptionally hard to find This book endeavours to explore the main mantras used in the Sri Vidya tradition and understand them as the unfolding of Shakti the inherent power which lies at the core of our being and holds the key to our worldly and spiritual success Our minds and beliefs can be our strongest allies or our worst enemies The book delves into concepts such as the importance of building the right narrative about life and the need for ritual in modern day lifestyle Samskara vritti and vasana are described along with a detailed study of tantra and Sri Vidya before a discussion on mantras in general and then focusing on the mantras used in the Sri Vidya tradition The subjects covered seek to establish the context of mantra sadhana in Sri Vidya is to be approached combining elements of knowledge devotion and ritual We live in a time of deep insecurity stuck in the midst of a feeling of scarcity stress and self limiting beliefs This book offers everyone an opportunity to learn and experience the benefits of mantra sadhana of Sri Vidya and enjoy a life of abundance in all aspects of life good health meaningful relationships success at work peace and bliss in the spiritual path The author has kept in mind the sensibilities of the modern spiritual seeker and their needs and interests presenting the information in a non dogmatic

and practical manner This is the fourth book by the author in the Spirituality series The first book was about the Sri Chakra Yantra the second was about Chakras and the third was Tantra Mantra and Yantra of Sri Vidya Choosing Your Practice Alan K. Kronhaus,2012-12-06 Choosing Your Practice is a practical guide for physicians who are making the transition from training to private practice or from one practice to another The author a clinician as well as a manager of medical services offers his colleagues guidance on conducting an intelligent search for the practice community and associates that are best for them Useful strategies also are given for evaluating offers and negotiating agreements with prospective associates

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