Rx Racial Healing™ Circles
Rx Racial Healing™ Circles (RxRHC) represent the Duke TRHT Center’s primary engagement strategy to promote racial healing and relationship building. The storytelling experience invites participants to exercise their agency and share personal truths in an affirming and compassionate setting. Sharing and connecting across narratives promotes perspective taking, invites deep and authentic connection, and helps begin or nurture the process of transforming hearts and minds.

Key Objectives:
- Embrace our common humanity through shared stories
- Expand our circles of engagement of those willing to work towards dismantling racism

Transforming Dialogues on Race and Racism
Using head-space learning and heart-space sharing, Transforming Dialogues on Race and Racism (TDRR) will explicitly explore ideologies of race and racism to foster a greater critical understanding of the specific ways in which race and racism (individual, interpersonal, and institutional) differentially impact our daily lives. By doing so, the TDRR will enable participants to experience increased empathy and compassion for one another. This session aims to transform dialogues and conventional conversations about race and racism by using a unique approach that promotes agency, and positions people to exercise their personal power. The dialogues also aim to transform and enlarge people’s hearts and minds as we continue to expand our circles of engagement of those willing to work towards dismantling racism.

The TRHT Framework: A Holistic Approach to Racial Equity
This session introduces participants to the national Truth, Racial Healing, and Transformation (TRHT) Movement and Framework—a comprehensive and community-based process to address the historic and contemporary sources of racism and bring about transformational and sustainable change. Through participatory dialogue, this session will guide participants to think about how they can integrate the core components of the TRHT Framework into their work and equity initiatives. A discussion on how the Framework can facilitate sustained individual, interpersonal and institutional changes within their specific context and/or communities will close our time together.

UNESCO Story Circles
Story Circles build intercultural competence through prompts that explore cultural similarities and differences among participants. Piloted around the world by UNESCO, this methodology has proven to be effective in a range of different contexts and focused on a variety of different issues. Story Circles serve as a complementary strategy and resource to the work of TRHT because they aim to build the skills, attitudes, and behaviors needed to improve interactions across lines of difference and borders.

Components Explored
- Narrative Change
- Racial Healing and Relationship Building
- Sectoral Transformation
  - Separation
  - Law
  - Economy

Conceptual Framework
- Affirmation and Appreciation
- Sense of Belonging
- Consciousness Change

TDRR Adaptations
- Transforming Dialogues on Racial Equity in Education with pre-service educators
- Transforming Post-Election Dialogues on Race and Belonging in America

Summary of Programming Activities
*We tailor all experiences to best fit a group’s goals and context and can recommend a programming sequence for your group.*