

## 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.***

### UNESCO Story Circles

Recognizing the similarities between the story sharing and empathy building approaches of UNESCO Story Circles and TRHT Rx Racial Healing® Circle (RxRHC) practices, we have partnered with one of the primary authors of the UNESCO Story Circles methodology and have incorporated Story Circles in our programming.

[Story Circles](#) build intercultural competence through prompts that explore cultural similarities and differences among participants. Piloted around the world by UNESCO, Story Circles aim to build the skills, attitudes, and behaviors needed to improve interactions across lines of difference. We sometimes use Story Circles as an initial engagement strategy prior to RxRHC to provide a gentle introduction to circle work, personal narrative, and deep listening practices. In Story Circles of four to six people, participants learn to hear, appreciate and celebrate the similarities and differences in cultural backgrounds and lived experiences that are shared.

### 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.

#### **Conceptual Framework**

*Affirmation & Appreciation  
Sense of Belonging  
Consciousness Change*

#### 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

Transforming Dialogues on Race and Racism (TDRR) emerged from persistent participant questions about why RxRHC did not include explicit conversations about race. Reinforcing the TRHT Framework, we created a circle experience that promotes critical reflection by pairing head-space learning about [the roots of race and the impacts of racism](#) with heart-space interpersonal connecting and sharing of stories. TDRR foster a greater critical understanding of the specific ways in which racialized scripts are imprinted in our daily social interactions. This new understanding of race and racism coupled with the sharing of personal stories about their impacts can enable participants to acquire greater compassion for each other, and eventually, for every human being.

### An Introduction to 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 historical and contemporary sources of racism and bring about transformation and sustainable change. Through participatory dialogue, this session will guide participants to begin thinking about how they can integrate the core components of the TRHT Framework into their work and racial equity initiatives.

#### **Components Explored**

*Narrative Change  
Racial Healing &  
Relationship Building  
Structural Revolution*

- Separation
- Law
- Economy