

Rx Racial Healing Circles (RxRHCs):

Participation, Emotional Response, and Transformation

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Our research examines the impact of RxRHCs, a methodology designed to promote racial healing and relationship building.

RxRHCs are a signature program of the Duke Center for Truth, Racial Healing & Transformation (Duke TRHT). This storytelling experience invites participants to exercise their agency and share personal truths in an affirming and compassionate setting. RxRHCs are facilitated by trained practitioners who lead groups of 14-16 participants through the circle experience.

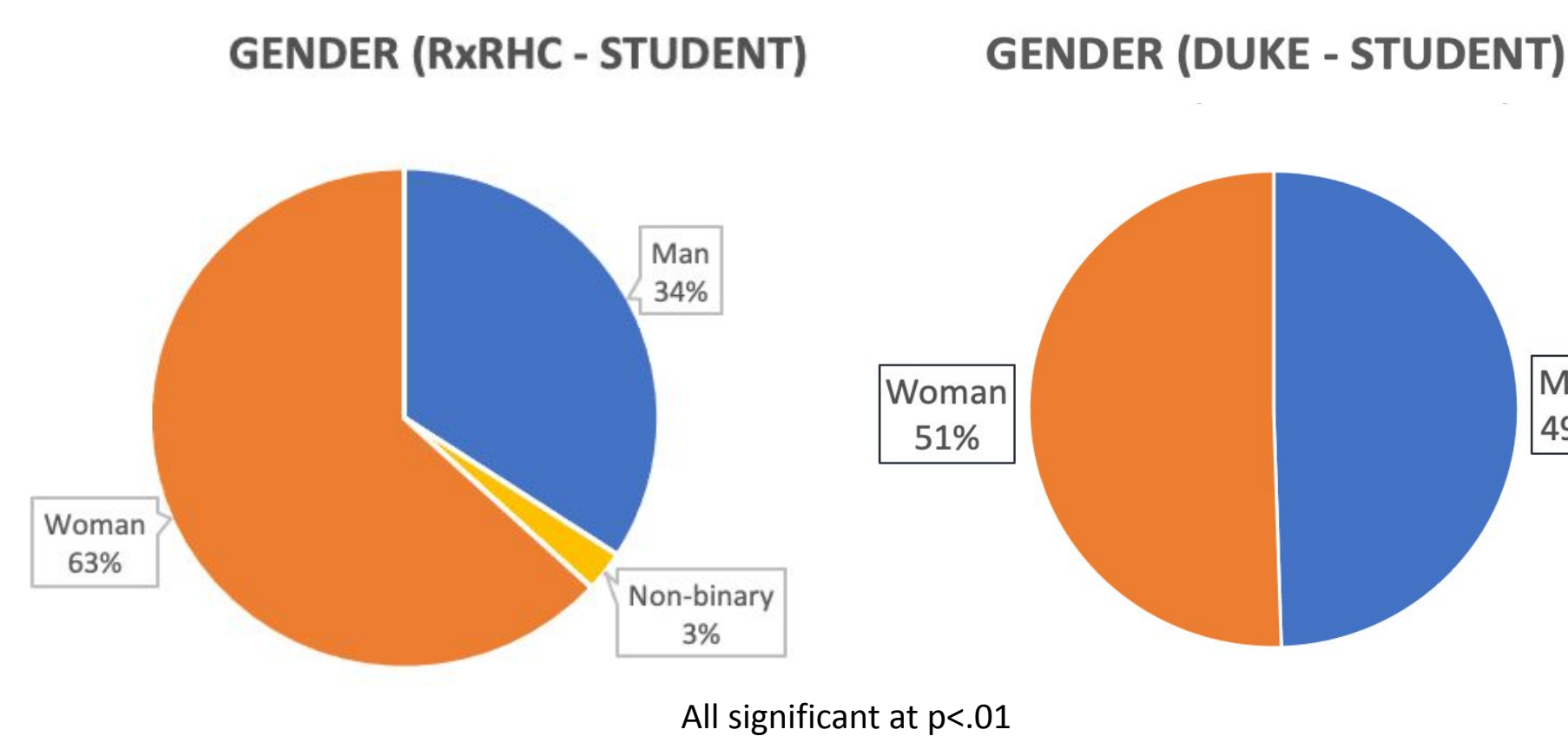
Who are RxRHC participants?

170 people from:

- 10 different countries
- 29 different U.S. states
- 3 groups: student, faculty, and staff

Disparities in participation

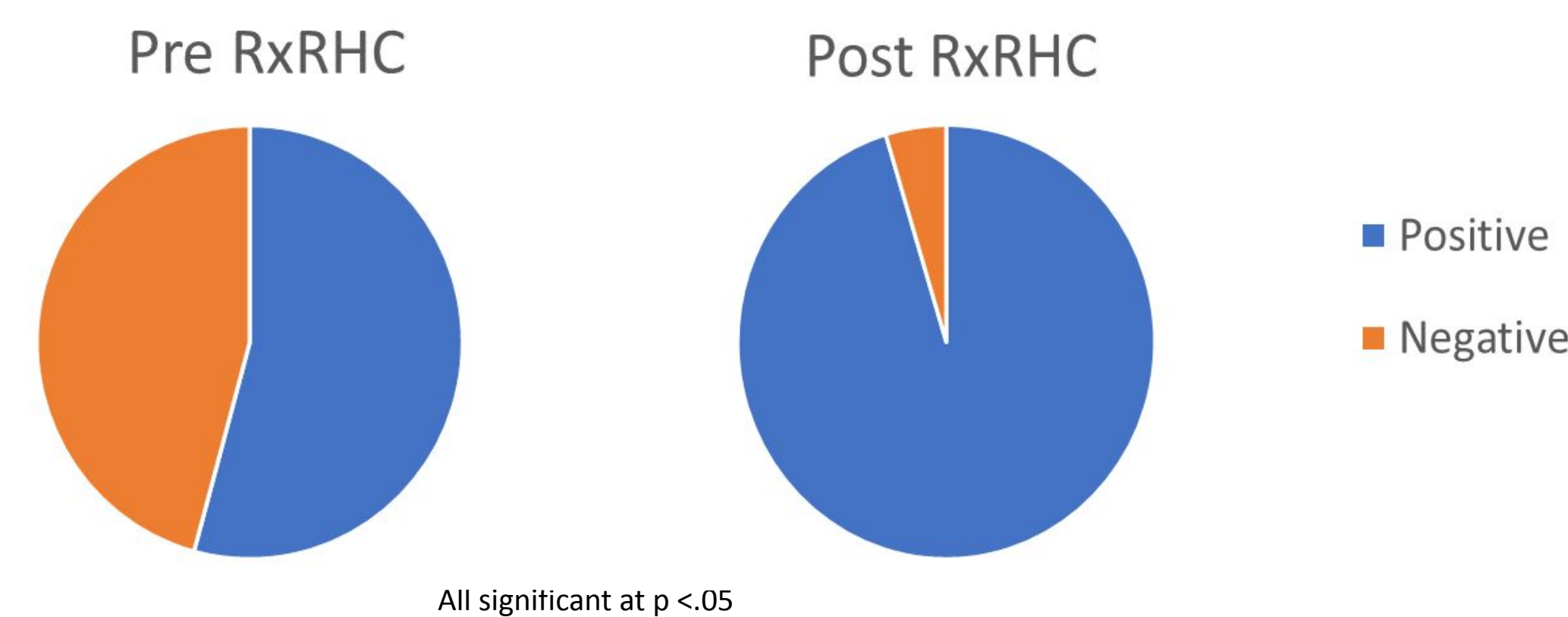
Female students participate more often than male students compared to Duke's population



RxRHC Results in shifting emotion

- Participants (N = 260, 254) were asked to describe their state of being with a one word check in before and after the RxRHC.
- Responses were analyzed for emotional valence.
- Participants responses were coded into 8 categories: anger, anticipation, disgust, fear, joy, sadness, surprise, and trust.

Participants demonstrated increased positive emotion after the RxRHC.



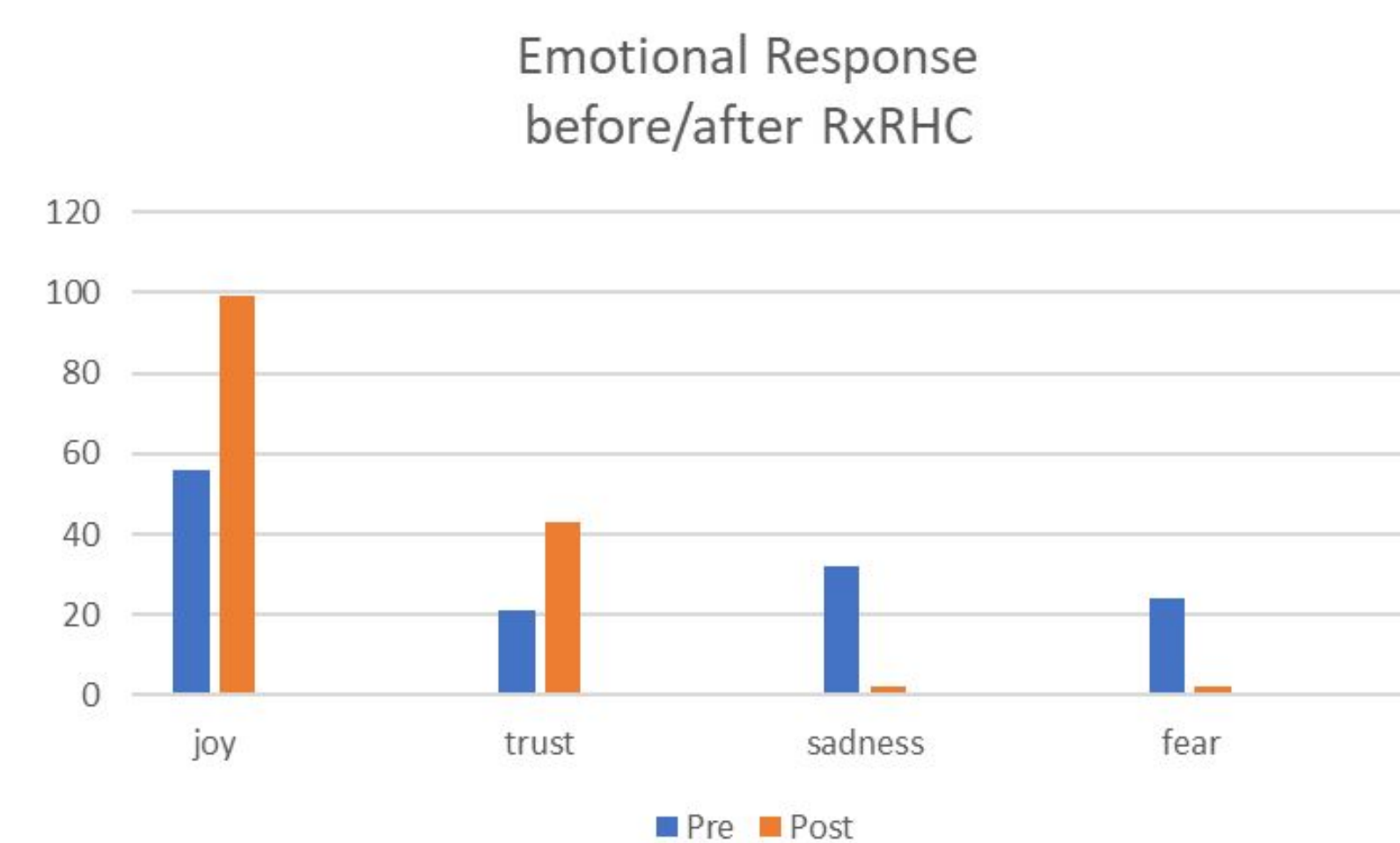
Future Directions for RxRHC Research at Duke

Examination of shifting relational networks

Our next research project will use social network analysis to better understand how participants' relationships expand and deepen beyond the RxRHC.

- We will collect data about each participants' social networks before and after the RxRHC.
- This will allow us to examine RxRHCs ability to foster connection.
- IRB Approval Pending

Participants demonstrated increased joy and trust with reduced fear and sadness.



Joy (e.g., excited, thankful, happy), Trust (e.g., calm, grounded, cozy), Sadness (e.g., sad, tired, weary), Fear (e.g., nervous, scared, anxious)

Our research demonstrates RxRHC participants experience a positive emotional shift. More research is needed to understand shifts in relational networks.

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