



RESOURCES FOR

everyday

ANTI-OPPRESSIVE
PRACTICES

2.0

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To Our Community,

Almost a year later and I am honoured to know that more therapists, allied professionals, friends, and family members have embraced the important discussions around anti-oppressive philosophy. In alignment with the principle of cultural humility, it is important that we continue to learn and grow. It is important that we build upon the knowledge we have gained in the past year and integrate it into our everyday practices.

The work is not finished! Still, we are seeing acts of hatred and violence toward marginalized communities. Still, we are seeing slow progress toward justice for victims of hate crimes and publicly racist executions. Still, we are working to educate our brothers, sisters, friends, family members, communities, nations... on the importance of humility, equity, and diversity. Still, we are called to reflect and act!

The material in this resource is designed to challenge your level of comfort. It is designed to make you reflect on the tough questions. It is designed to keep you from becoming stagnant in your pursuit of an anti-oppressive lifestyle.

If you are easily triggered by sensitive content relating to social injustice, please make sure you take the proper precautions to self-care before proceeding.

Thank you for taking this step to engage in the directives and exercises within this resource. Thank you for doing your part to make this world a more equitable place!

In strength & solidarity,

Hayley

About Anti-Oppressive Practice

Where did this philosophy originate?

Derek Clifford is a social worker, educator, and early pioneer in anti-oppressive practices who was informed by the writings of black feminist and other non-dominant perspectives when he created a [definition of 'Anti-oppressive' in 1995](#). He asserts that Anti-oppressive is a position that constructs social divisions as matters of broad social structure, and looks at the use and abuse of power in relation to broader social structures.

Since that point, more literature has explored this concept of anti-oppressive practice:

- [Anti-oppressive music therapy: updates and future considerations \(Baines, 2021\)](#)
 - [Anti-oppressive practice \(Burke & Harrison, 1998\)](#)
 - [Anti-oppressive ethics and values in social work \(Clifford & Burke, 2008\)](#)
- [Other ways in which anti-oppressive practice principles can inform](#)

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