

Reflections for BIPOC Clinicians in Correctional Settings

In correctional spaces where care often collides with control, BIPOC clinicians carry unique weight—racialized expectations, moral dilemmas, and deep personal echoes. This reflection page is a quiet space for you to land. Use it after a difficult shift, between sessions, or whenever you need a moment of truth.

1. What part of me did I silence today to stay “professional”?

2. Where did I feel unseen, and what did I need in that moment?

3. How can I reconnect with what keeps me grounded and whole?

If I could speak freely today, I’d say...

What Now? Small Steps Toward Restoration After reflection, consider:

- Restore your voice: Text a trusted peer what you wrote. No disclaimers.
- Release the weight: Step outside. Exhale. Stretch like you belong.
- Resist the silence: Write one sentence you didn't say today and save it for supervision—or solidarity.

 Want more? Join our private reflection thread just for BIPOC clinicians—to process, release, and rebuild without the filter.