

Creative Survival: Black Women's Intellectual History and the Healing Power of Researching Wellness

A TALK BY DR. STEPHANIE EVANS

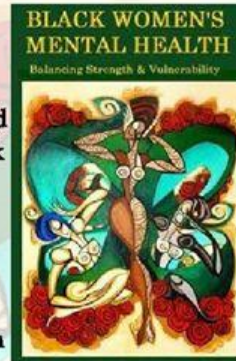
Friday April 7th, 2017 12-2:30PM
UMass-Amherst~Student Union~Cape Cod Lounge

Stephanie Y. Evans ('03) will preview her most recent book, *Black Women's Mental Health: Balancing Strength and Vulnerability* (SUNY, July 2017) and share the ups and downs of building a sustainable research agenda. Evans will reflect on lessons learned over the past two decades studying Anna Julia Cooper and Black women's autobiography. She reveals ways in which Africana narratives are guides to resist oppression.

Book signing to follow discussion

Lunch Provided

RSVP at the Du Bois Department Graduate Student Organization
Facebook Page



Dr. Stephanie Y. Evans

Professor and Chair, Department of African American Studies, Africana Women's Studies, and History-Clark Atlanta University

Dr. Evans is author and editor of several books about Black women's autobiography and memoir, focusing on empowerment and wellness. She is an alumna of the UMass Amherst Du Bois Graduate Program. Her research portfolio is available online at professorevans.net.



Creative Survival:

Black Women's Intellectual History & the Healing Power of Researching Wellness



Dr. Stephanie Y. Evans

Professor and Chair | AWH Department | Clark Atlanta University

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W. E. B. Du Bois Department @ UMass-Amherst | April 7, 2017

Talk Outline

- Black Women's Studies
 - Human Rights, Creative Survival, & Regeneration
 - Look Backward: Evolution of My Scholarship
 - Look Inward: Personal Reflections
 - Look Forward: Current and Future Research
- Institutionalizing Black Women's Values in Higher Education

Black Women's Rights are Human Rights:

Black Women's Studies as Human Rights Education

- Intellectual Progress of the Colored Woman in the United States... (1893) A. J. COOPER

We want, then, as toilers for the universal triumph of justice and human rights, to go to our homes from this Congress, demanding an entrance not through a gateway for ourselves, our race, our sex, or our sect, but [through] a grand highway for humanity.

- Three's a Crowd: The Dilemma of the Black Woman in Higher Education* (1982) C. M. CARROLL

The Black woman must work doubly hard in both movements; she must become the sorely needed bridge between them if their goals are to be translated into reality. ...in order for the goal of human rights in higher education to become a reality.

*In Section Four: "Creative Survival"

#BlackWomenAtWork:

New Scholarship in Black Women's Studies

Divine **"All human beings are born free and equal in dignity and rights"**

- The Price for Their Pound of Flesh: The Value of the Enslaved, from Womb to Grave, in the Building of a Nation, Daina Ramey Berry

Individual **"No one held in slavery or servitude...arrest, detention or exile"**

- Assata Taught Me: State Violence, Mass Incarceration, and the Movement for Black Lives, Donna Murch

Communal **"No one subjected to interference with privacy, family"**

- Medical Bondage: Race, Gender, and the Origins of American Gynecology, Deirdre Cooper Owens

Political **"Freedom of opinion and expression"**

- How We Get Free: Black Feminism and the Combahee River Collective Keeanga-Yamahtta Taylor

Social **"cultural life, to enjoy arts and...scientific advancement"**

- Stone Mirrors: The Sculpture and Silence of Edmonia Lewis, Jeannine Atkins

Democratic **"social and international order"**

- Never Caught: The Washingtons' Relentless Pursuit of Their Runaway Slave, Ona Judge, Erica Armstrong Dunbar

Regeneration:

The Art of Sustainable Struggle

“Womanhood: The Vital Element of Regeneration and Progress of the Race”

It is well enough to pause a moment for **retrospection, introspection, and prospection**. We look back.. that we may learn wisdom from experience. We look within that we may gather together once more our forces, and...address ourselves to the tasks before us. We look forward with hope and trust.....

- What? Black women's lives are filled with struggle.
- So What? Struggle is necessary, suffering is not.
- **Now What? PRACTICE WELLNESS- BLACK WOMEN'S WELLNESS IS A HUMAN RIGHT.**

BLACK WOMEN IN THE IVORY TOWER, 1850-1954

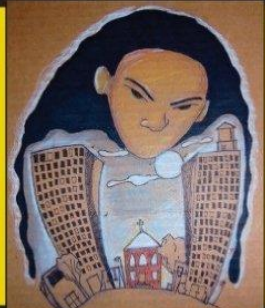
AN INTELLECTUAL HISTORY

Stephanie Y. Evans



African Americans and Community Engagement in Higher Education

COMMUNITY SERVICE, SERVICE-LEARNING,
AND COMMUNITY-BASED RESEARCH



Edited by Stephanie Y. Evans, Colette M. Taylor,
Michelle R. Dunlap, and DeMond S. Miller

Look Backward

BLACK PASSPORTS

Travel Memoirs as a Tool for Youth Empowerment



Stephanie Y. Evans

Official Publication of
Swami Vivekananda Yoga Anusandhana Samsthana University
Volume 9 | Issue 1 | January-June | 2016

PubMed

IJOY

International Journal of Yoga



Contents

Editorial
Dynamic and static: yoga practices
The Symposium

Original Articles

Understanding Vivekananda's early body movement research: A statistical approach
Sudha Mangayalakshmi, Pooja Narasimhan, Shreevani, Ganga, Sri

Effect of universal yoga breathing on brain hemodynamics: A functional near-infrared spectroscopy study
Kavayati Singh, Harshit Sharma, Shrinivasan, Sri

ISSN 0975-4131

Online full text at
<http://www.ijoy.org.in>

Wolters Kluwer | Medknow



AFRICANA MEMOIRS.NET

Database of Black Women's Autobiography

DR. S. Y. EVANS

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CONTACT

Resources

ABOUT

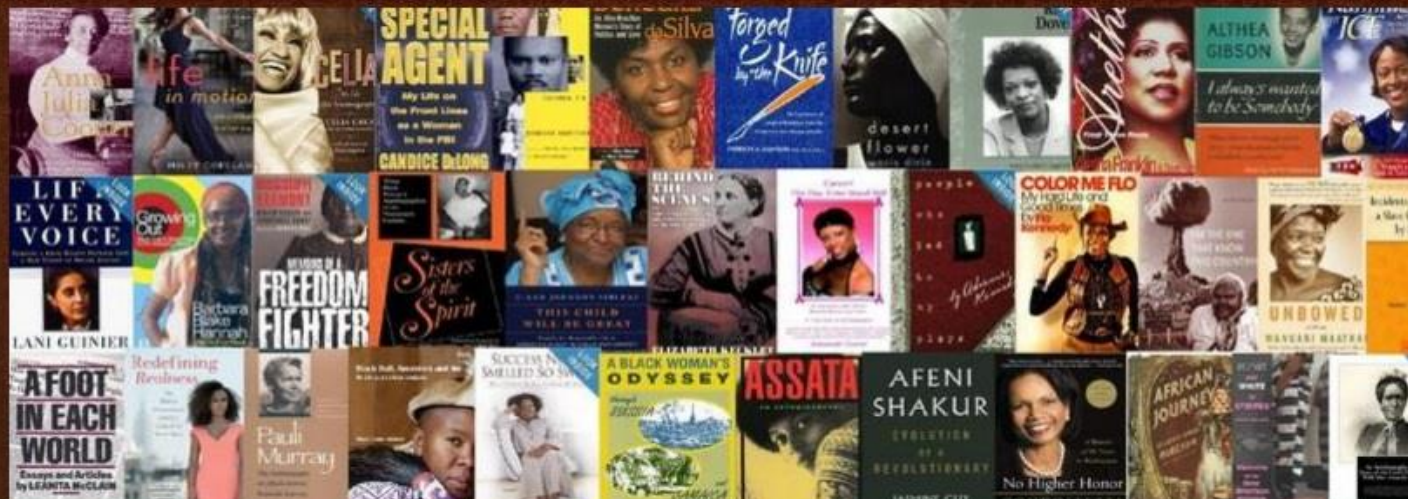
LIBRARY A-H

LIBRARY I-Z

MEDITATION
MEMOIRS

FOOD MEMOIRS

TRAVEL MEMOIRS

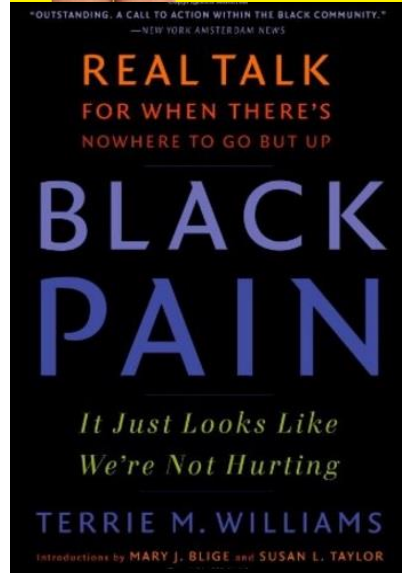
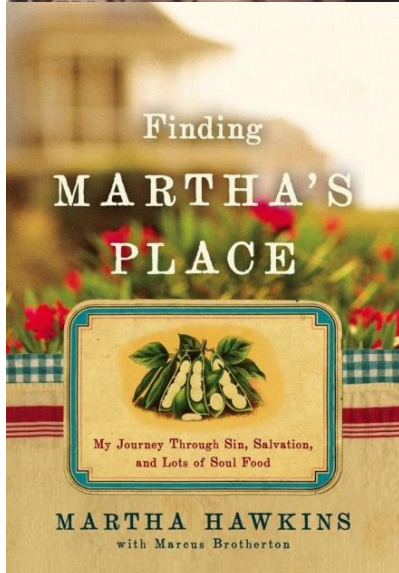
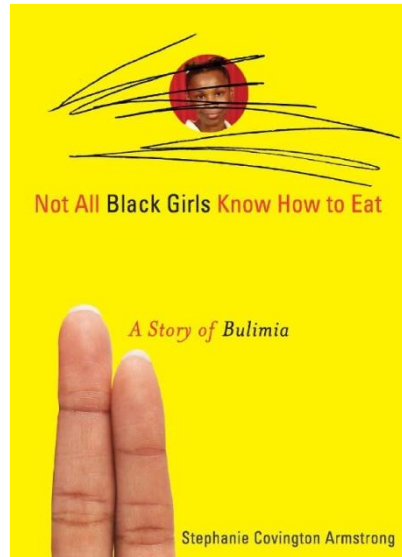
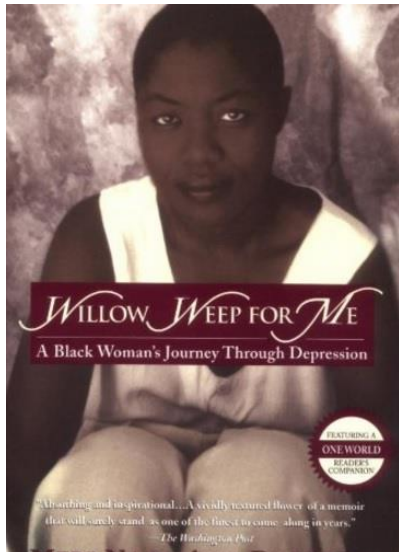


OVER 500 BLACK WOMEN'S NARRATIVES FROM AROUND THE WORLD

Look Inward



Look Forward



BLACK WOMEN'S MENTAL HEALTH

BALANCING STRENGTH
& VULNERABILITY

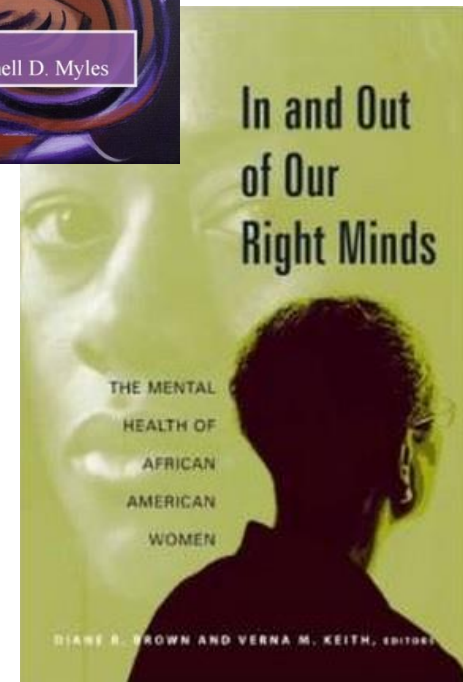
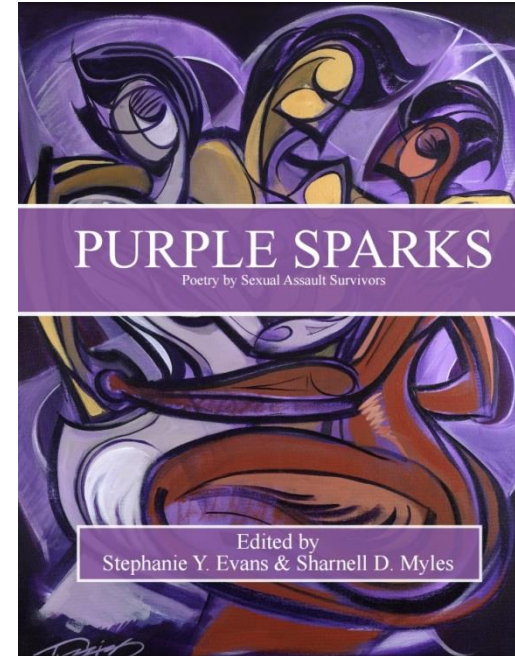
EDITED BY
STEPHANIE Y. EVANS, KANIKA BELL,
& NSENGA K. BURTON

FOREWORD BY LINDA GOLER BLOUNT

Quest for Balance:

Anxiety in Black Women's Memoirs

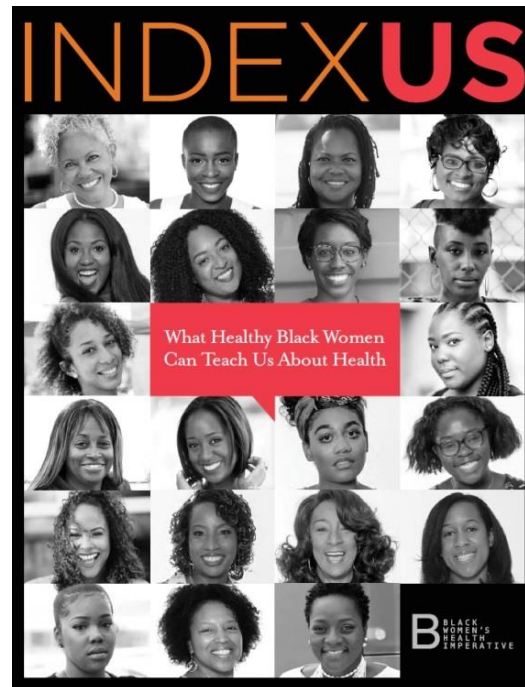
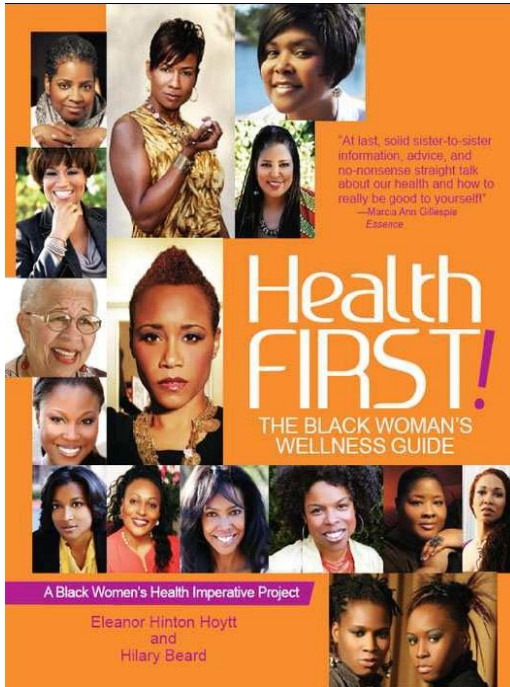
- Micro: Personal Stress **Personal**
 - Identity
 - Illness
- Meso: People/Role Stress **Interpersonal**
 - Relationships
 - Family
 - Peer group, community
 - Violence
- Macro: Work Stress **Social**
 - School
 - Work and career
- Global: World Stress **Political**
 - Political eras or events
 - Travel



Phobia, panic, PTS[D], general anxiety, obsessive-compulsive

Creative Survival:

Black Women Elders as Messengers of Health



Meditation

Movement

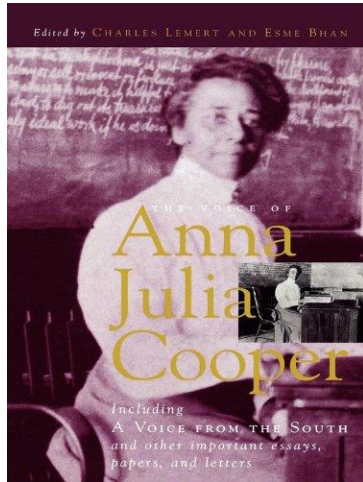
Emothional **S**upport

Nutrition

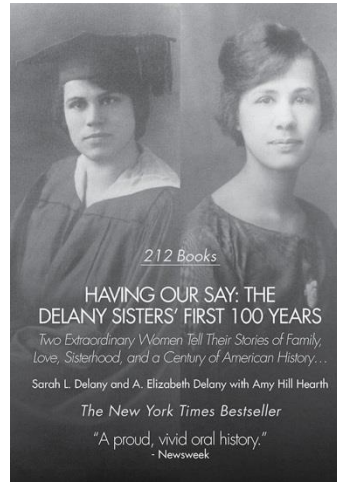
Get Help

Rest

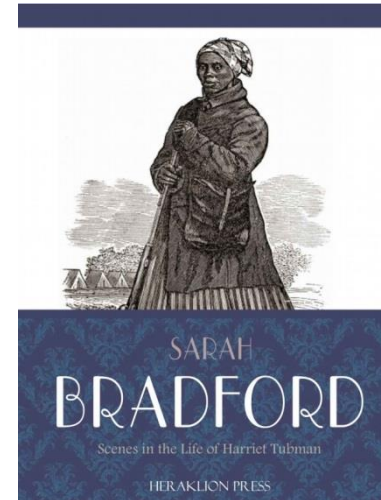
Elders: Longevity Case Studies



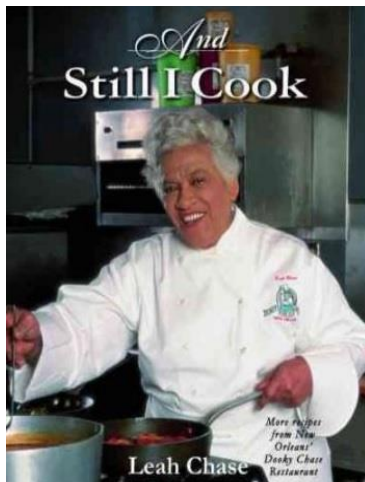
Cooper - Meditation



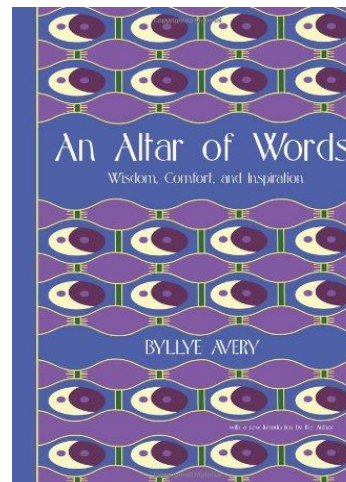
Delany - Movement



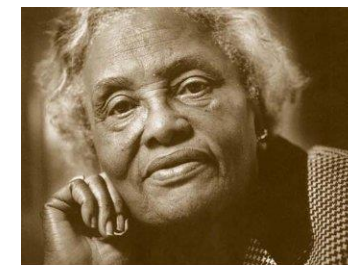
Tubman - Emotional Support



Chase - Nutrition



Avery - Get Help



Roundtree - Rest

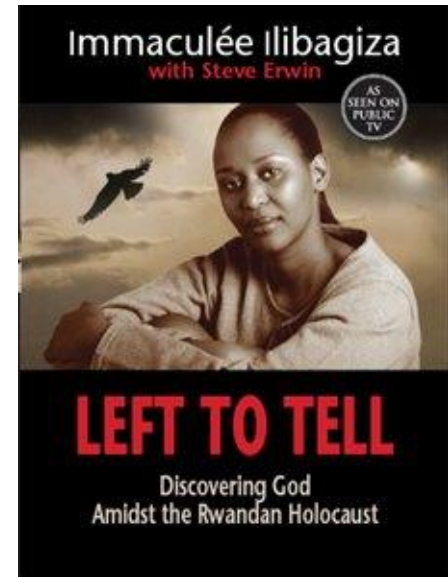
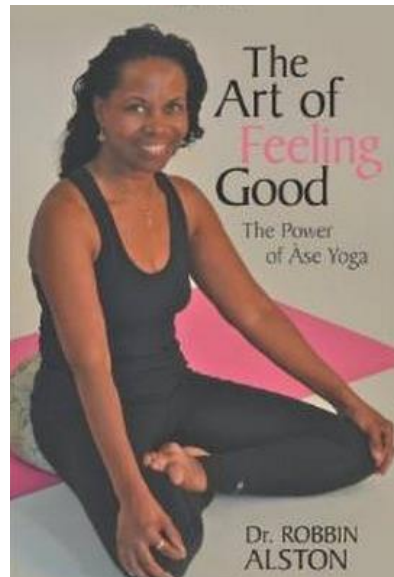
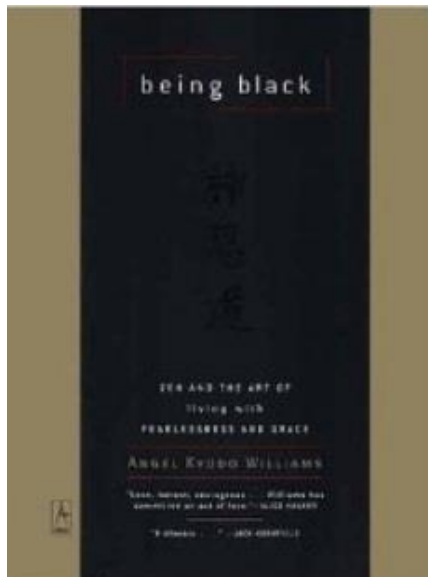
Guides to Black Women's Wellness

Narratives of Self-Worth & Power

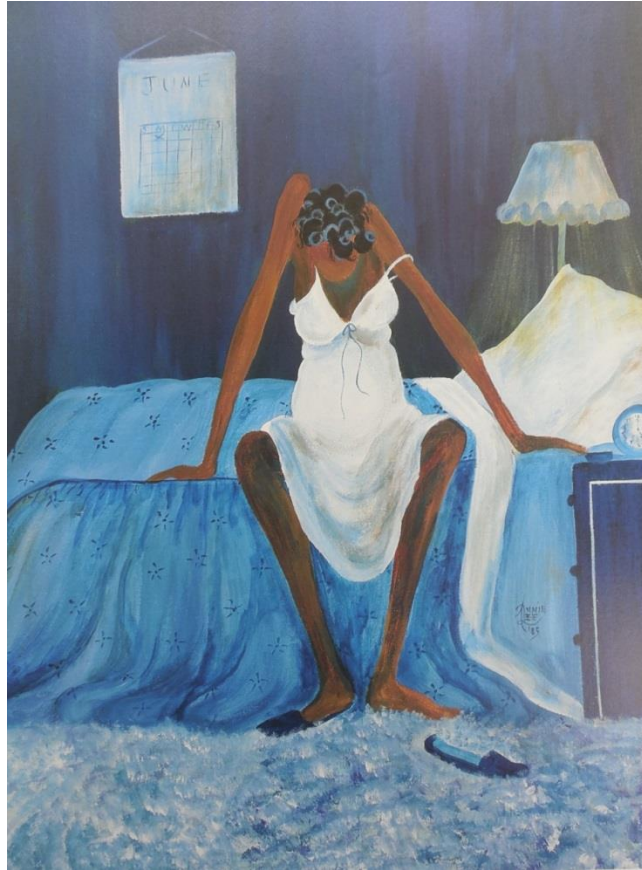
MIND: Angel Kyodo Williams *Being Black: Zen and the Art of Living with Fearlessness and Grace*

BODY: Robbin Alston *The Art of Feeling Good: The Power of Àse Yoga*

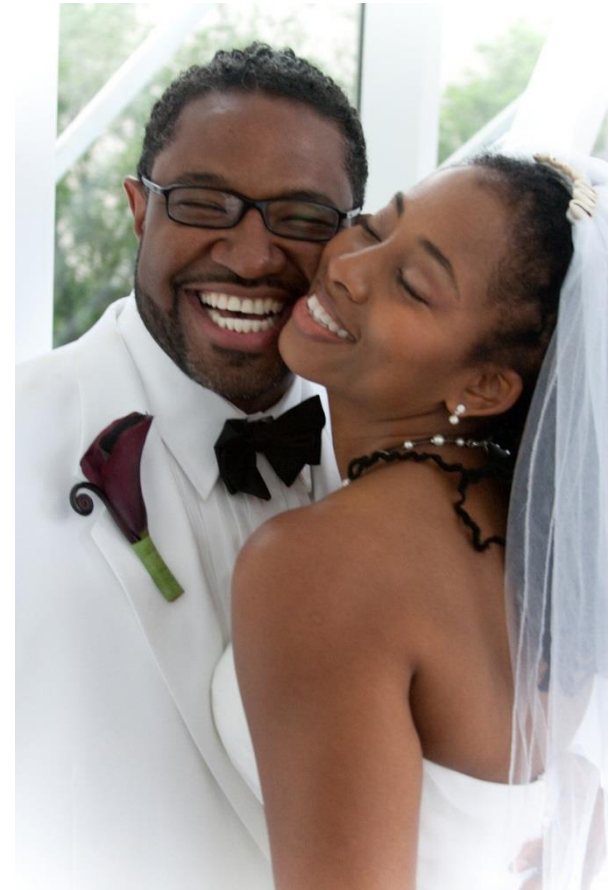
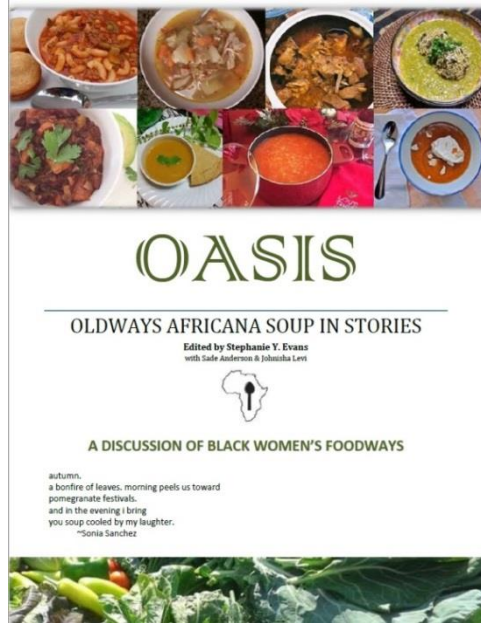
SPIRIT: Emaculee Ilibageza *Left to Tell: Discovering God Amidst the Rwandan Holocaust*



Self-Study in Black Women's Wellness



“Blue Monday” and “My Cup Runneth Over”
by Annie Lee © Annie Lee Foundation



“Teaching Values”* through Black Women’s Intellectual History

Essays

- *A Voice from the South, By a Black Woman of the South* (1892)
- *Women, Culture, and Politics* (1989)
- *Black Feminist Thought* (1990)
- *The Womanist Idea* (2012)

Biographies

- *Women Builders* (1931)
- *Black Women Writers* (1984)
- *Black Women in the Ivory Tower* (2007)
- *Black Women’s Intellectual Traditions* (2007)
- *Towards an Intellectual History of Black Women* (2015)

Anthologies/Edited Volumes

- *The Black Woman* (1970)
- *But Some of Us Are Brave: Black Women's Studies* (1979)
- *Daughters of Africa* (1992)
- *Words of Fire* (1995)
- *BLACK WOMEN AND SOCIAL JUSTICE EDUCATION: LEGACIES AND LESSONS* (2018)



*STUDENT LEARNING OUTCOMES BY Toni Morrison, Layli Maparyan, & Du Bois / Cooper

Institutionalizing Black Women's Values: By Black Women of the South



Dr. Shelby Lewis
Clark Atlanta University

President Esther Terry
Bennett College



Dr. Beverly Guy-Sheftall
Spelman College

CAU: Legacies of Cooper & Du Bois



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