

You hear from your friend that your co-resident is emotionally and physically violent towards his partner.

You know that a patient who just had a hypertensive emergency due to uncontrolled pain was incorrectly flagged as “aggressive and opioid-seeking” during admission.

How do you feel?
What do you do?

reflections



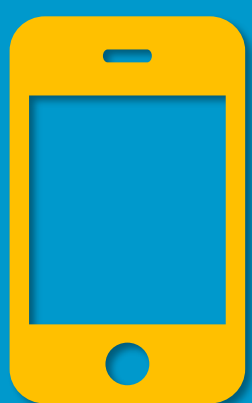
(art by @vejimoonjung)

What is your relationship to imagination? What structures or dynamics restrict your imagination? When was the last time you were encouraged to tap into your imagination?



(art by @frizzkidart)

Think about a space where you feel safe and/or have experienced collective care. What made it that way? What tools and skills do you practice with your community?



Scan the QR code to read the full breakdown on core practices of TJ, case studies, sign up for “TJ 101 x Healthcare” workshops, and sign up for the listserv!

Imaginable Existence:

A workshop series practicing Transformative Justice for personal and systemic abolition in healthcare

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BACKGROUND

Healthcare practitioners are calling for the removal of punitive models and the implementation of a more generative form of justice. While revolutionary, this work is also challenging. Institutions and organizations seeking systematic and transformative change often hit roadblocks when individuals spearheading those changes come to struggle with recognizing and dismantling frameworks of punishment within themselves.

How do we do that deep internal and systemic work?

AIMS

1. Explore the individual, interpersonal, & organizational work required to **uproot internalized punitive justice frameworks** and **shift towards Transformative Justice (TJ) frameworks**
2. Create a space to apply Transformative Justice (TJ) frameworks to our personal & professional lives by a) understanding the **roots and context** of our deepest beliefs about safety, and b) develop **TJ skills to explore and create alternatives** to the current healthcare system

METHODS

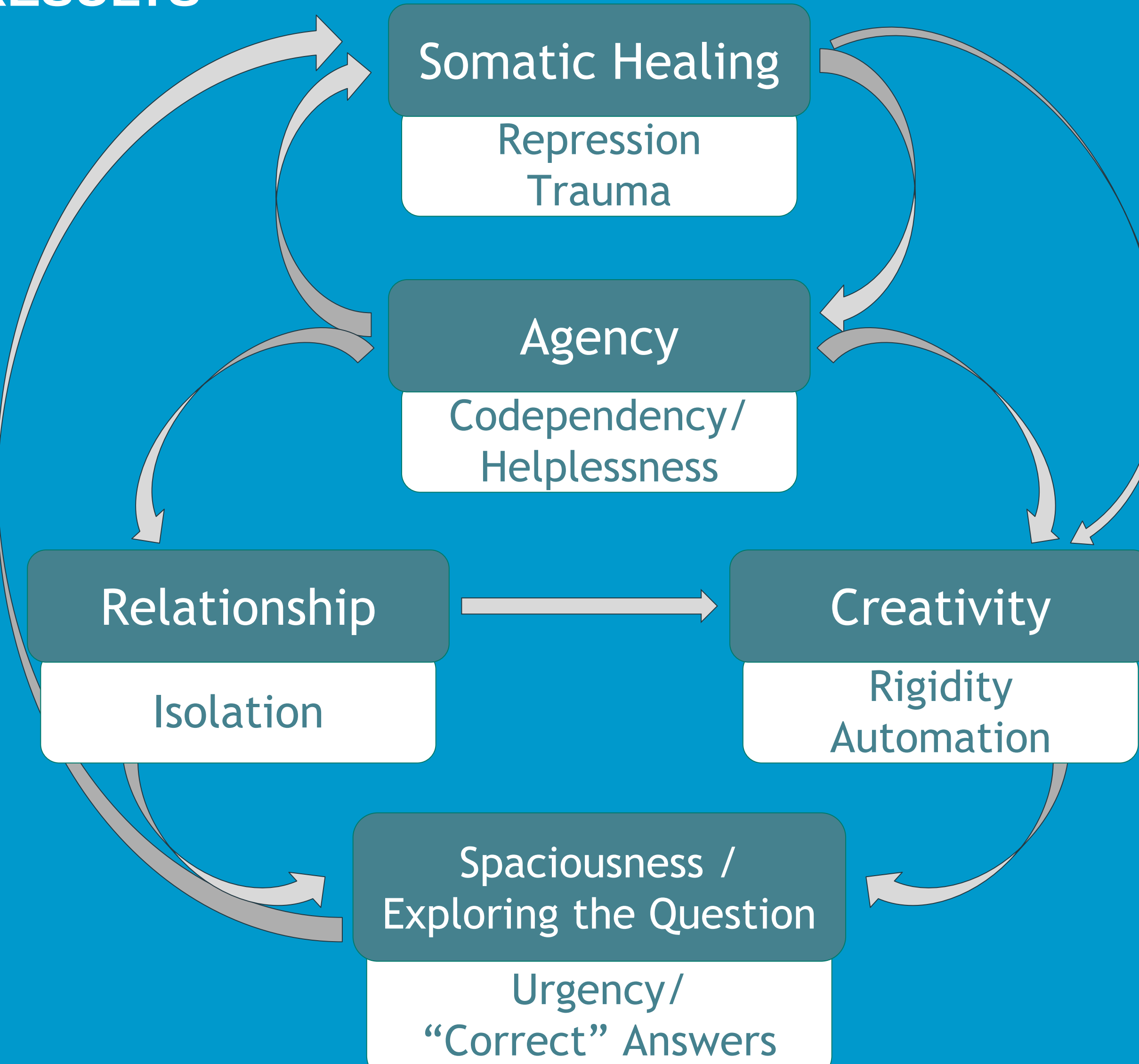
Through a personal process of exploring survivorship and harm through my own 15-month TJ intervention, ethnographic participation with the Bay Area Transformative Justice Collective (BATJC), engagement with institution-facing and community-facing organizations such as DPH must Divest and UCSF REPAIR, formal and informal interviews, I developed a series of core values that guided a 3-workshop series on transformative justice in healthcare. All results were iteratively discussed, created, and edited in collaboration with the BATJC.

DISCUSSION

Transformative Justice provides an opportunity to shift our understanding of healthcare on an individual, community, and institutional level. Applying TJ to healthcare systems requires a complex and interconnected practice of somatic work, creativity, agency, and relationship that allows us to explore the roots of punitive justice in healthcare and imagine alternatives. Through personal practice, self-reflection in community, and application to case studies, the TJ 101 x Healthcare workshop series creates a space for healthcare practitioners to practice TJ in community.

Let's keep practicing, together.

RESULTS



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graph TD; A["Somatic Healing  
Repression  
Trauma"] --> B["Agency  
Codependency/  
Helplessness"]; B --> C["Creativity  
Rigidity  
Automation"]; C --> D["Spaciousness /  
Exploring the Question  
Urgency/  
“Correct” Answers"]; D --> E["Relationship  
Isolation"]; E --> A;
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“[Healthcare practitioners are] coming from a place of care... But there's also the added, 'you're a liability to the hospital, you're a liability to me, who is taking care of you.' ...[T]his nurse was really frustrated and was like, 'OK, we're just going to have to put him in a vest and tie him up to the bed.' And a lot of people came in and found wiggle room. [They w]ere like, 'Let's get a chair, can you stay in the chair?' ...people get exasperated and the easiest thing for them to do to continue on with their work is to engage in these more punitive, more carceral behaviors that take care of the problem. **If you have the patient in a vest tied down to the bed, you don't have to worry about them sitting up anymore.**”

“**[T]ransformative justice is not something to be gate kept.** It's something that I feel everyone has a right to... I always come back to imagination and possibility because those feel like the roots of liberation to me.”