Anger, anxiety, stress, relief? Therapists say it’s OK for Black people to feel it all

Ximena Conde

How should Black people feel now that a jury has found former Minneapolis police officer Derek Chauvin guilty of murdering George Floyd? It’s an ask that Black Philadelphia area therapists say they’ve heard since last May. It’s a question that has taken on new urgency this week, as a guilty verdict was handed down in the trial for Floyd’s death.

Black Philadelphia area therapists say they’re overwhelmed by the news at first that I cried. "It’s an overwhelming and emotional moment for me," said Jordan, wearing a white t-shirt with the words "Black Lives Matter: COVID-19" on it. "I’m feeling a mix of emotions, and I’m feeling a sense of relief that justice has been served."

Rev. Jeffrey Jordan, 57, wearing a black suit and tie, was emotional as he watched the verdict on television. "I’m feeling a mix of emotions, and I’m feeling a sense of relief that justice has been served," he said. "I’m proud of the people in this country who have worked so hard to hold the police accountable for their actions."

Policing is still a complex and difficult issue in this country, and there’s still work to be done to ensure that Black and Brown people are treated fairly and equitably by the police. We must continue to push for reform and accountability in the criminal justice system to ensure that everyone is treated equally under the law. Only then can we begin to address the systemic racism and discrimination that has plagued our country for far too long.