

EXPLORE THE IMPACT OF STRUCTURAL RACISM IN YOUR WORKPLACE & LIFE

Debiasing the Hiring Process

- co-taught with Nadira Ramcharan, MBA
- 3-hour virtual, customizable sessions
- Leave with best practices & strategies that support equitable recruitment, selection, hiring practices & policies

Shame Resilience + Transformational Skills for White People

- co-taught with Dr. Alana Tappin
- 18 hrs of customizable material
- Learn shame resilience skills as a pathway to authentic conversations about race
- Develop the necessary muscle to take proactive positions in promoting racial & social justice

Internalized Racial Oppression

- 6-hour workshop
- Review & examine the manifestations of 4 types of racism: Individual, Interpersonal, Institutional & Ideological
- Start to discuss ways to move from awareness to authentic accountability & change

The Arc of White Womanhood

- co-taught with Robin Alpern
- Designed for those who identify as white women or non-binary
- Learn to challenge the ways white feminism is perpetuated by cis white women throughout history
- Question how racism & patriarchal structures have obstructed a kinship between Women of Color & white women

Race + Conflict: Tools to Transform Conflicts Across Difference

- co-taught with Yuko Uchikawa
- Co-facilitated conversations: 1–2 hours
- Experiential training: 3–4 hours
- Be introduced to skills to help transform conflicts involving race into healthy conversations
- Learn creative problem-solving tools & find deeper empathy to create a sustainable culture of collaboration

- co-taught with Darryl Aiken–Afam, MPS
- Learn effective uses of mindfulness skills to cultivate an awareness of & capacity to deal with all aspects of racism
- Gain knowledge about the psychology & history of racism
- Develop the ability to expand your emotional threshold for discomfort so that you can build authentic multi-racial relationships

Mindfulness-Based Racial Equity Training + Consulting

What's in your Backpack?

- Designed for white therapists
- Build more authentic & sustainable relationships with your clients of color
- Recognize & unpack racial biases, values & norms
- Uncover ways in which your whiteness is influencing therapeutic processes