HEALING AND TRANSFORMING RACIAL TRAUMA in the counseling field

Weekly in March and April
(alternating Tuesdays at 5:30PM ET/4:30 CT/3:30 MT/2:30 PT & Mondays at 12PM ET/11AM CT/10 MT/9 PT)

counseling.ufl.edu/healing-RT
The Only Way Out Is Through: How To Navigate Becoming Painfully Conscious of Unconscious Whiteness

More and more of us are feeling urgently called to dismantle white supremacy and stop racism. But sometimes we can conflate our desire to be anti-racist with actually being anti-racist. So we skip over understanding and taking responsibility for the ways we’ve unconsciously internalized whiteness and unintentionally perpetuate it. For many white people, this can be because they’ve been conditioned to believe that they are either “good non-racist” people or “bad racist monsters.” So it can be a painful and destabilizing process to realize how much unconscious racism exists within them. For many people of color, this can be because of how they’ve contorted themselves in order to survive in the system. So it can be both painful to acknowledge the trauma of assimilation and scary to go against the system in order to be their full selves. That’s why it’s critical that we can turn towards our internalized whiteness and the emotionally charged feelings that it brings up - with trauma-informed practices and community support. So we can notice and name it, tend to and take responsibility for it, and choose another path forward - with care and consent.

Upon successful completion of this session, participants will be able to:
1. Understand why naming whiteness can increase a sense of safety for people of color
2. Identify key signs of normalized whiteness and dehumanization within themselves
3. Know what conditions are necessary to turn towards - and not away - from internalized whiteness in a way that helps it be released from their bodies
4. Co-create a different way of being together based on care and consent

Register:
bit.ly/healing-transforming-racial-trauma