



Apply Now for SF Bay Area UNtraining White Liberal Racism Phase 1 FRIDAY Group Starts October 18, 2019

"Loving yourself is a political act. We are taught not to love ourselves and from that place we are easily manipulated... Love yourself so much that this love changes the world."
-Rita Shimmin, UNtraining co-founder

The UNtraining is a provocative and compassionate approach to help people discover how to work together in extraordinary ways to end our collusion with all forms of oppression, and to end racism. We are all connected. How we treat ourselves has direct impact on how we treat others. When others are harmed, we are harmed. This program is for white people to explore, in a small, supportive group, what it means to be white. Whatever level of experience and activism we may have, the invisible "white training" can get in the way of our ability to intervene effectively when racism occurs. Phase One introduces the basic tools and concepts of the UNtraining using experiential exercises, journaling, readings, and group work.

These tools can help us to:

- **Be more aware** of the ways the white training impacts our views of ourselves, our relationships with others, and our work in the world
- **Communicate authentically and compassionately** with others about issues of racism and white supremacy
- **Move beyond the dichotomy of seeing ourselves or other white people as either "good white people" or "bad racists"** by learning to hold our white social conditioning in the context of basic human goodness
- **Recognize how our personal stories allow the training to "hook" us** and render us ineffective in interrupting racism – and more!

Rita Shimmin and Robert Horton, founders

510-235-3957 www.untraining.org info@untraining.org

Details →

THE DETAILS

The Participants of these groups, while all identify as white, come from a variety of communities, organizations, family structures, and lines of work. They are motivated by both personal and professional concerns, and a desire to work in a group setting. Maximum group size is 10 people.

Fall/Winter Phase 1 Fridays Session Dates: Six Fridays, 1-6 pm

- #1: October 18
- #2: November 22
- #3: December 13
- #4: January 17
- #5: February 7
- #6: March 6

Two additional sessions are highly recommended:

Fri November 8, 6:30-9:30 pm View and discuss the seminal film, *The Color of Fear*

Fri December 6, 6:30-9:30 pm Community-building through Storytelling & Potluck

Facilitators: Kathleen Rice will be the lead teacher, assisted by Honora Russell. For more about them and about the UNtraining, go to <http://untraining.org/groups/wlr/teachers>.

Application Process: Please register for an application on our website www.untraining.org. Upon receipt of your application, we will schedule a telephone interview to mutually determine if there is a good match between the UNtraining and your goals. **Deadline for applications is no later than August 15. Interviews will begin in early July, and the group may fill before the 8/15 deadline.**

Payment: It is our intention that all who are committed be able to participate. The total cost for the six sessions is a sliding scale of \$1200 to \$700. This allows people with a wide range of financial resources to participate, while encouraging those who can afford more to support the work to the greatest degree they can. You place yourself on the sliding scale. Payment plans can be arranged. Many participants use professional development funds from employers to cover all or part of their fee. Please let us know how we can support you. **Once your participation is confirmed, a nonrefundable deposit of ½ will secure your place in the group.**

Meeting Location: Near Grand Lake Area of Oakland.

For Questions: info@untraining.org or call (510) 235-3957

What Participants Say

"What is unique and inspiring about the UNtraining is that we work from the inside out. We look at what's going on inside of us and how that translates into our actions. We learn about our own privilege, conditioning, racism, etc. in order to change the world by accepting, loving and ultimately changing ourselves."

"The support and compassion that existed in the group, as modeled by the facilitators was amazing and freeing. I got an opportunity to begin a deeper journey into my relationship to white privilege and racism. I learned about the various ways I defend against my own racism and how relevant those defenses are in the rest of my life. I received conceptual tools as well as

*experiential techniques for feeling my emotional reactions to my privilege
and my learned racism."*