

Title: How to Embrace Your Inner Racist: A Session for White People

Presenter: Ahmed Afzaal

Time(s): 11:15am - 12:15pm and 3:00pm - 4:00pm

Location: ISC 201

Session Format: Presentation with Q&A

Session Learning Outcomes:

After participating in this session, attendees will be able to:

1. recognize and acknowledge that there is a nasty little racist inside them, and to do so without becoming angry or defensive; and
2. describe the skills of psychological flexibility that they must develop in order to make authentic choices in defiance of their racist tendencies.

Session Description:

This session will offer Acceptance & Commitment Training (or "ACT") with particular attention to how the skills of psychological flexibility can help White people recognize and acknowledge their own racist tendencies while learning to make anti-racist choices despite those tendencies.

Note: This session is for White people only. While we won't stop people of color from attending, they should know that their presence in the room is likely to interfere with the effectiveness of the session.