



UNtraining White Liberal Racism Phase 1 Three New ONLINE Groups Starting October 2022

*"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!

THE DETAILS

There are three groups scheduled to start in October 2022. All groups will meet online via Zoom. Maximum group size is 10 people.

Participants: While all group members identify as white, they 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.

Group Dates: Barring illness or other emergency, Meetings 0 - 6 are mandatory. Please check that you can commit to all dates before applying. Two additional community building events – film screening and storytelling – are highly recommended. **All times are listed in the Pacific time zone (PT).**

Teaching Teams: For more information about our facilitators, visit [our website](#).

	Group A (meets on Saturdays)		Group B (meets on Sundays)		Group C (meets on Sundays)	
Meeting 0	Oct 8, 2022	10am - 1pm	Oct 9, 2022	12:30pm - 3:30pm	Oct 16, 2022	1pm - 4pm
Meeting 1	Oct 22, 2022	10am - 3pm	Oct 16, 2022	12:30pm - 5pm	Oct 23, 2023	11am - 4pm
Meeting 2	Nov 19, 2022	10am - 3pm	Nov 20, 2022	12:30pm - 5pm	Nov 13, 2022	11am - 4pm
Meeting 3	Dec 17, 2022	10am - 3pm	Dec 11, 2022	12:30pm - 5pm	Dec 11, 2022	11am - 4pm
Meeting 4	Jan 21, 2023	10am - 3pm	Jan 15, 2023	12:30pm - 5pm	Jan 8, 2023	11am - 4pm
Meeting 5	Feb 11, 2023	10am - 3pm	Feb 19, 2023	12:30pm - 5pm	Feb 12, 2023	11am - 4pm
Meeting 6	Mar 18, 2023	10am - 3pm	Mar 19, 2023	12:30pm - 5pm	Mar 12, 2023	11am - 4pm
Film Screening	Dec 3, 2022	1pm - 4pm	Oct 30, 2022	12:30pm - 3:30pm	Nov 6, 2022	1pm - 4pm
Storytelling	Jan 14, 2023	1pm - 4pm	Nov 27, 2022	12:30pm - 3:30pm	Dec 4, 2022	1pm - 4pm
Facilitators	Honora Russell Cindy McPherson Swan Keyes		Mollie Crittenden Kari Kastango		Rhonda Cervantes Kristen Gardner Swan Keyes	

[Apply to Group A!](#)

[Apply to Group B!](#)

[Apply to Group C!](#)

Application Process: 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 has been extended to September 24, 2022. Please apply early as the group may fill before the deadline.**

Cost: Once we have confirmed your participation, we will ask for a deposit to hold your place in the group. Our sliding scale is \$1,000 to \$2,000 for the full program. Please choose to pay at a level with as much generosity as you can offer. This will help others who want to do this work but may need financial support. We do not want finances to be a barrier: payment plans and other options are available. You may be able to use professional development funds from your workplace. We are happy to have a conversation to see how we can support you to participate.

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."

Rita Shimmin and Ro Horton, founders

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