



UNtraining White Liberal Racism New Phase 1 Group Online Starting Jan 2024 APPLY NOW! Deadline is Dec 15

This is a powerful moment in the history of racial justice in the US. In the current atmosphere of polarization in our society, it can be difficult to hold the complexity and intensity of our feelings while we navigate interactions with friends, family, clients, and colleagues. The UNtraining is a multiracial organization, founded by Rita Shimmin and Ro Horton. We offer affinity group spaces for BIPOC and white people.

THE UNTRAINING OFFERS:

- Small interactive 6-month cohorts
- Individual support from facilitators
- Buddy connections
- Experiential practices for building resiliency and multidimensional awareness

Three phases of UNtraining White Liberal Racism groups offer a compassionate and challenging program for white people to explore how growing up white has affected us and our relationships with others. Whatever level of experience and activism we may have, the invisible “white training” can get in the way of our ability to be present and disrupt racism at whatever level we encounter it.

Phase 1 introduces foundational tools and concepts of the UNtraining and -- most importantly -- fosters intimate and sustaining practices that make ongoing change possible.

JOIN US IF YOU ARE READY TO:

- **Be more aware** of the ways the white training impacts your view of yourself, your relationships with others, and your work in the world
- **Communicate authentically and compassionately** with others about issues of racism in your own life
- **Move beyond the dichotomy of seeing yourself or other white people as either “good white people” or “bad racists”** by learning to hold your white social conditioning in the context of your basic goodness as a human
- **Recognize how personal stories allow the training to “hook” you and other white people** and render us ineffective in disrupting racism – and more!

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.

Meeting Dates: barring illness or other emergency, all meeting dates are mandatory. Please check that you can commit to all dates before applying. All times are listed in Pacific Time. Please adjust for your time zone!

Community Building: attendance is strongly encouraged at two additional events – a screening and discussion of the influential film, *The Color of Fear*, and group storytelling, where we explore the personal narratives that shape our racial identity.

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

Group C (meets Saturdays)		
ONLINE		
Meeting 0	January 13	10:00am – 1:00pm PT
Meeting 1	January 20	10:00am – 3:00pm PT
Meeting 2	February 17	10:00am – 3:00pm PT
Meeting 3	March 16	10:00am – 3:00pm PT
Meeting 4	April 20	10:00am – 3:00pm PT
Meeting 5	May 11	10:00am – 3:00pm PT
Meeting 6	June 8	10:00am – 3:00pm PT
Film Screening	February 3	10:00am – 1:00pm PT
Storytelling	March 2	10:00am – 1:00pm PT
Facilitators	Rae Mary & Cindy McPherson	
Application	Apply to Group C	

Meeting Location: Group C will meet online via Zoom.

Application Process: Upon receipt of your application, we will schedule a telephone conversation/interview to mutually determine if there is a good match between the UNtraining and your goals. **Deadline for applications is December 15, 2023. Please apply early as the group may fill before the deadline.**

Cost: Once we have confirmed your participation, we will ask for a non-refundable 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 explore with you 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."