



UNtraining White Liberal Racism Phase 1 ONLINE Groups Starting in January 2023

*"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!

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. There are two groups scheduled to start in January 2023. 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 the Pacific Time.

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 D (meets Fridays)		Group E (meets Sundays)	
Meeting 0	January 6	12:00pm – 3:00pm PT	January 8	10:00am – 1:00pm PT
Meeting 1	January 13	12:00pm – 4:30pm PT	January 15	10:00am – 3:00pm PT
Meeting 2	February 10	12:00pm – 4:30pm PT	February 12	10:00am – 3:00pm PT
Meeting 3	March 10	12:00pm – 4:30pm PT	March 12	10:00am – 3:00pm PT
Meeting 4	April 7	12:00pm – 4:30pm PT	April 2	10:00am – 3:00pm PT
Meeting 5	May 5	12:00pm – 4:30pm PT	May 7	10:00am – 3:00pm PT
Meeting 6	June 9	12:00pm – 4:30pm PT	June 11	10:00am – 3:00pm PT
Film Screening	January 27	12:00pm – 3:00pm PT	January 21	10:00am – 1:00pm PT
Storytelling	February 24	12:00pm – 3:00pm PT	February 18	10:00am – 1:00pm PT
Facilitators	Mollie Crittenden & Jessie Murphy		Deborah Marks & Adrienne Storey	
Application	Apply to Group D		Apply to Group E	

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 is November 22, 2022. 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 have a conversation to see how we can support you to participate.

Meeting Location: These groups will meet on online via Zoom.

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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