



## UNtraining White Liberal Racism Phase 1 NEW ENGLAND Group Starts October 17, 2021

*"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

**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.

**COVID Policy:** We ask that everyone attending in-person groups be fully vaccinated. Participants will self-attest as to their vaccination status. We will follow local public health guidance for in-person gatherings and any additional restrictions set by the meeting venue. If required, we will convert in-person groups to online groups.

**Meeting Dates:** barring illness or other emergency, all meeting dates are mandatory

Meeting 1: Sunday, October 17, 2021, 1:00PM – 6:00PM ET

Meeting 2: Sunday, November 21, 2021, 1:00PM – 6:00PM ET

Meeting 3: Sunday, December 12, 2021, 1:00PM – 6:00PM ET

Meeting 4: Sunday, January 16, 2022, 1:00PM – 6:00PM ET

Meeting 5: Sunday, February 20, 2021, 1:00PM – 6:00PM ET

Meeting 6: Sunday, March 20, 2021, 1:00PM – 6:00PM ET

**Two additional community building events** are highly recommended

Film Screening: Friday, November 12, 2021, 6:00PM – 9:00PM

Storytelling: Friday, December 3, 2021, 6:00PM – 9:00PM

**Facilitators:** This group is facilitated by Anna Ostow and Kari. For more about them and about the UNtraining, visit [www.untraining.org](http://www.untraining.org).

**Application Process:** Please [complete an application](#). 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 September 1, 2021. 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 \$800 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:** This group will meet in the Northampton/Amherst/Easthampton area of Massachusetts. Meeting venue TBD.

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

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### 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."*

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Rita Shimmin and Ro Horton, founders

510-235-3957 [www.untraining.org](http://www.untraining.org) [info@untraining.org](mailto:info@untraining.org)