



Apply Now for UNtraining White Liberal Racism Phase 1D Starts Sat, Jan 30 ONLINE! Deadline to apply: November 7

"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

This is a powerful moment in the history of racial justice in the US. Our collective consciousness is evolving to hold a diversity of realities that includes the pain, suffering and joys of all people. For more than 25 years, the UNtraining has offered 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 new group is for white people to explore what it means to be white in a small, supportive group. 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 privilege
- **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!

Rita Shimmin and Robert Horton, founders

510-235-3957 www.untraining.org info@untraining.org

Details ⇨

THE DETAILS

The UNtraining Phase 1D is being offered online via Zoom videoconferencing.

The Participants 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.

Winter/Spring 2021 Phase 1D Session Dates: Seven sessions:
Except for Saturday, January 30 (11am-2 pm PT), all sessions are 11:00 am-4:00 pm Pacific Time: January 31, February 28, March 28, April 25, May 30, June 27

A commitment to attend all 7 meetings is necessary for the continuity of our deep work together.

Two additional sessions are highly recommended:

Saturday Feb 20, 12:30-3:30 pm PT View and discuss the seminal film, *The Color of Fear*

Sun March 21, 12:30-3:30 pm PT Community-building through Storytelling

Facilitators: Anna Ostow and Swan Keyes. For more about them and about the UNtraining, go to <http://untraining.org/groups/wlr/teachers>.

Application Process: Download the application [HERE](#) or from the Events page of our website www.untraining.org. 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 is November 7. Please note: This group may fill up very quickly, so submit your application as soon as possible.**

Payment: It is our intention that all who are committed be able to participate. The total cost for the program is a sliding scale of \$2,000 to \$1,000. This range allows lower-income people to participate, while encouraging those who can afford more to support the work to the greatest degree they can. You place yourself on the sliding scale. Payment plans can be arranged. Many participants use professional development funds from employers to cover all or part of their fee. Please let us know how we can support you. **Once your participation is confirmed, a nonrefundable deposit of 1/2 will secure your place in the group.**

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."