

Examining Race and Culture in Collaborative Practice from the Inside Out

Timed Outline

- 9:00 – 9:15 Introductions and overview of day
- 9:15 - 9:45 4 Themes for Self-Reflection. Practice presence with meditation exercise.
- 9:45 – 10:00 Going Down the Internal V: what steps can be taken inside when triggered by something outside and working with a buddy to help you do that
- 10:00 – 10:30 Work in pairs as buddies, with the prompt “What is an experience of racism (yours or someone else’s) in your life that you want to understand more deeply?” Large group discussion.
- 10:30 – 10:45 Break
- 10:45 - 11:00 Brainstorming about why it is challenging to have in depth conversations about race and culture. What stops us from having these conversations or stops them from going far enough?
- 11:00 – 11:20 Lecturette about systemic white supremacy, privilege, and white fragility
- 11:20 – 12:00 Small group discussion – how has white supremacy and privilege shown up in your life? Have you experienced white fragility? Large group discussion.
- 12:00 – 1:00? Lunch
- 1:00 – 1:20 Brainstorming/discussion – how does race and culture show up in Collaborative Practice? In practice groups, professional teams, working with clients, leadership, other?
- 1:20 – 1:45 Creating a vision for a shift about race and culture in Collaborative Practice. 10 minutes small group, 15 minutes large group
- 1:45 – 2:15 Tapping into your motivation for change – meditation and work in pairs
- 2:15 – 2:45 Action steps for change – brainstorm and create list
- 2:45 – 3:00 Closing