Spectrum Core Workshops

Each workshop is recommended to last 2 hours. These are examples of our most requested workshops. During our pre-scheduling meeting we work with each client to assess their needs. If you have questions about our workshops or consulting, email SR at sr@spectrumcenterspokane.org

Working with LGBTQ+ Communities

This interactive workshop will encompass language, issues, and experiences related to LGBTQ+ communities, as well as understandings of allyship and LGBTQ+ focused practices. Facilitators will challenge participants to consider how they can be active in making their communities safer for LGBTQ+ people. Discussions and activities will focus heavily on the intersecting identities and experiences that exist within LGBTQ+ communities and the best ways to interrupt exclusion.

Objectives may include:
1. Participants will identify LGBTQ+ terminology and vocabulary
2. Participants will discuss different models of understanding intersecting identities
3. Participants will recognize behaviors that make environments more welcoming to LGBTQ+ communities
4. Participants will practice identifying and interrupting occurrences of LGBTQ+ exclusion

Bias: Understanding & Interrupting

This interactive workshop will take participants beyond definitions. Together we will understand how microaggressions relate to the power systems that exist within society today. In our heated political climate, no matter where we go the probability we interact with bias is high. We will focus on the variety of methods one may use to intervene in moments of bias as well as have ample opportunities to role play putting theory into action. Our time will conclude with a reflection on how we begin to address harm when we have been biased toward others and self-care techniques if we have been impacted by bias.

Objectives may include:
1. Participants will discuss the relationship between power systems, identity, and microaggressions
2. Participants will be able to identify microaggressions and implicit bias in daily situations
3. Participants will apply the 5 D’s Bystander Intervention Method for addressing bias through scenarios, group work, and role playing
4. Participants will recognize methods to use with they have harmed someone else through bias
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Intersections of Identity

Race, class, gender, sexuality; these are some of the core components of who we are. Still many of us don’t feel empowered to describe the ways in which these central parts of our identity are impacted by bias, privilege, and other structures within society. This highly experiential workshop will introduce participants to some language and frameworks for understanding the ways our identities intersect with one another. Using reflection, activities, and thoughtful dialogue facilitators will challenge participants to apply this understanding to how identity influences our presence and interpretation of the world.

Objectives may include:
1. Participants will examine the difference between personal and social identities
2. Participants will recognize terms and definitions related to social identities, and systemic oppression
3. Participants will discuss how bias performs on individual, interpersonal, and structural levels
4. Participants will give examples of how privilege and personal experiences influence perspectives and impact how we present in the world