

# Engaged Mindfulness

## Building Capacity for Antiracist Advocacy and Action

**Session #1: Fri., Jan. 26**

9 to 10:30am PT / 12 to 1:30pm ET

**\$35**

4 CEs available

**Session #2: Fri., Feb. 23**

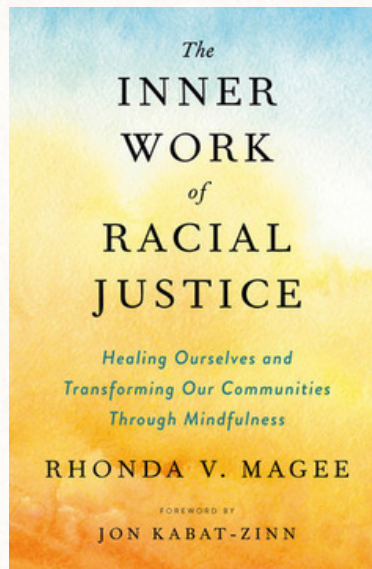
8:30 to 11:30am PT / 11:30 to 2:30pm ET

## About the Course

In this active-participation introductory course for counselors and counselor educators, we will use mindfulness to build capacity for antiracist advocacy and action based on Rhonda Magee's seminal text *The Inner Work of Racial Justice*. Open to the counseling community (need not be a member of NARTIC to participate).

In Session #1, participants explore mindfulness of the "social racialization" of our bodies and those of their clients. Participants will identify and utilize organizational tools to create the group structure and process for our antiracist mindfulness practice by intentionally creating the group culture, community agreements, strategies for managing conflict, and self-care.

Participants are encouraged to read and begin practicing Magee's work in between Sessions 1 and 2.



This workshop is facilitated and cosponsored by [Culture Ally](#) and the [International Network for Antiracist Teaching in Counseling](#) (NARTIC).



Culture Ally is approved by the American Psychological Association to sponsor continuing education for psychologists. Culture Ally maintains responsibility for this program and its content.

## Your Instructors

**Shawan Worsley (she/her)** is the Founder and CEO of Culture Ally, as well as a LMFT and LPCC, and former professor. Shawan holds a Ph.D. in American Studies, an M.A. in Counseling Psychology, and B.A.s in African American Studies and International Relations.

**Zvi Bellin (he/they)** is a Professor of Counseling Psychology at National University, and a LPCC with a private practice in Oakland, CA. Zvi has published peer-reviewed research on the intersection of meaning-in-life and mindfulness.

Event Collaborator: **Lisa Wenninger (she/her)** is a doc candidate at Antioch with research interests of antiracism in counseling.

On Zoom. Will not be recorded. Must attend both sessions in full to earn 4 CEs. Most state counseling licensing boards accept CEs issued by an APA provider, however please check with your state.

Session #2 puts Magee's text into practice using mindfulness and embodiment to directly engage in the progressive liberation from racism in counseling education and practice. Participants will be guided through individual and group self-awareness activities to deepen our understanding of our social and cultural positions. Embracing the uncomfortable learning that is inherent in this work, mindfulness and resilience tools will be featured in the training and required in between sessions to build capacity and confidence for participants.

## Learning Objectives

1. Participate in mindfulness practice as a here-and-now technique to increase capacity to self-regulate during intense intercultural interactions.
2. Identify two tools that can be used to manage conflict during intercultural interactions.
3. Explore 3 strategies for developing resilience to manage the difficulties of antiracist practice.
4. Engage in a mindful practice to explore and communicate to others about racialized experiences.
5. Utilize a mindfulness metta practice to increase capacity to bring compassion and perspective to a practice of antiracism.

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