HOW TO TALK EFFECTIVELY ABOUT RACISM

SHIFT FROM SINGULAR VIEW OF SELF TO MULTI-DIMENSIONAL VIEW OF SELF

Some parts of us align with privilege and some parts with subjugation.

- Gendered self
- Ethnic self
- Racial self
- Family of Origin self
- Religious self
- Class self
- Sexual Orientation Self

Each of us goes through the world thinking of self as subjugated self; this leads us to have a blind spot vis a vis others.

TASKS FOR WHITE PEOPLE

- Differentiate between intention & consequences; adhere to consequences!
- Resist privempathy (privilege of empathy)
- Avoid equalization of suffering
- Develop thick skin

Pure intentions can render impure consequences!

You have the most privilege; therefore, you have the greatest responsibility in the relationship!

TASKS FOR PEOPLE OF COLOR

- Stop taking care of white people
- Reclaim your voice
- Find ways to regulate rage

You’ve been socialized to take care of white people; it’s time for you to focus on allowing your soul to thrive!

PREPARE FOR CONVERSATION

- Explore
  Review Dr. Hardy’s 10 underlying principles
- Encounter
  Create space to have talks
- Engage
  Interaction takes place once preparation and space have been made
- Execute
  Possibility of deep interaction and possible transformation to take place

HARDY, K. (2013). RACE INSIDE AND OUTSIDE OF THERAPY ROOM. PSYCHOTHERAPY NETWORK SYMPOSIUM.