Whiteness was historically constructed to justify white supremacy and discrimination against non-whites. Its reproduction in our culture is both conscious and unconscious. When whiteness is normalized and invisible to white people, racism is maintained. When whiteness is exposed, white people begin to confront racism in their lives and communities.

I stand on the shoulders of organizers grounded in the principles of the People's Institute for Survival and Beyond, the Anti-Racist Alliance, and the Fellowship of Reconciliation Truth and Reparations Campaign. I incorporate my learning into the Whiteness learning group to offer helping professionals opportunities to explore how this racial construct limits personal and professional connections. Through a blended didactic and interactive approach, manifestations of whiteness will be examined. Participants will become more aware of triggers that lead to race avoidance, protectiveness, pseudo caretaking, fragility, guilt, entitlement, disavowal, and colorblindness. We will examine how whiteness resides in behavior, language and emotional responses. Being able to understand whiteness will strengthen personal and professional self-confidence to confront racism.

The Whiteness learning group will meet for six sessions on three consecutive Saturdays

When: January 11, 18, 25 of 2020 from 10:30am-noon, and 1-2:30pm
Where: Brooklyn Heights
Fee: $570 with scholarships available
50% net proceeds will go to community organizations identified by FOR Truth and Reparations Campaign

Christine Schmidt LCSW, CGP is a psychotherapist in private practice in Brooklyn, New York, a mediator, an anti-racism trainer, and an educational consultant. She has published about psychological dynamics racism with particular focus on the impact of whiteness.

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