

# ***Whiteness Learning Group***

Racial Dynamics Learning Group

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 [Peoples Institute for Survival and Beyond](#), the [Anti-Racist Alliance](#), and [The Grassroots 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 care-taking, 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 90-minute sessions on three Saturdays

When: **May 1, 8, and 15 of 2021** 10:30am-noon and 1-2:30pm EDT

Where: virtual sessions via Zoom

Fee: \$570 with scholarships available  
50% net proceeds will go to community organizations identified by [The Grassroots 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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