Breaking the Silence: White People Building Racial Resilience
Winter/Spring 2022 (Fridays)

This is a six session learning and process group for white people led by two white-identified group facilitators in consultation with April Harvin, LCSW, as an accountability partner. Resources relating to racism and white supremacy will be discussed with particular attention paid to the thoughts and feelings evoked. Participants will: 1) learn more about what it means – historically and in the present moment – to be white in the United States; and 2) be encouraged to identify our internalized white superiority, and to make our racial biases more conscious. We will process these thoughts and feelings as a group with the goal of mitigating reactions to shame such as fragility, paralysis, withdrawal, and silence, and expanding our emotional capacity to move toward healthy vulnerability, guilt, regret, and a desire to repair.

This group will meet (Zoom) on alternate Fridays beginning February 25 (2/25, 3/11, 3/25, 4/8, 4/22, 5/6)
12:00 - 1:30 p.m. (Eastern Time)

Cost = $85/session=$510
(reduced fee considerations will be considered by request)

For more information contact:
Virginia Seewaldt, Ph.D dr.virginia.seewaldt@gmail.com
Chris Dolin, LCSW chrisdolin21@gmail.com

Virginia Seewaldt, Ph.D is a psychologist in private practice in New York City with specialized training in multiple trauma treatment modalities including Eye Movement Desensitization Reprocessing, Somatic Experiencing, and Internal Family Systems Therapy. She has attended the Undoing Racism Workshop run by the People’s Institute for Survival and Beyond and has a special interest in using Internal Family Systems to mitigate defensiveness in white people confronting issues of racism. Virginia is a member of a consortium of therapists and professionals in New York City (racialliteracygroups.com) working together to increase literacy and facility in cross racial dialogues and has worked as a consultant for MPG Consulting, Inc.

Chris Dolin, LCSW is a Social Worker in private practice in New York City with specialized training in running groups from a Modern Psychoanalytic perspective. As the founder and Executive Director of Creative Arts Workshops for Kids (1986-1998), Chris worked with
dozens of families on a long-term basis to navigate obstacles of homelessness and systemic oppression. As a parent at the Ethical Culture Fieldston School, (2001-present), Chris has been a leader in working with administrators and trustees on vastly expanding and improving the school’s work on issues of Diversity, Equity, and Inclusion (DEI). Chris has been a member of a consortium of therapists in New York City (racialliteracygroups.com) addressing Race and Whiteness in their work since 2016 and is a consultant for organizations seeking to implement institutional change around DEI - both thru MPG Consulting, Inc and directly with organizations such as The Well Clinic, The Psychotherapy Institute (California) and The Actors’ Fund.