“Change occurs when one becomes what he is, not when he tries to become what he is not.”

As change agents, it is imperative that we have an understanding of the persisting system of racial inequity in the United States. Though this system was here when we got here, we are all participants in it, knowingly or unknowingly. We have an opportunity to change “what is.”

Through a Gestalt theory lens and with the intention of enhancing our ability to work effectively across differences both interpersonally and systematically, study and discussion topics will include:

- The history and structure of racism and inequity
- Anti-racism
- White privilege and white fragility
- Trauma and embodied presence
- Application

Class size will be limited to 16 participants and will be filled on a first-come, first-served basis. Enroll today.

Program Details
- Monthly facilitated discussion sessions over a period of seven months
- Study and discussion will be United States and white/Black centric
- Participants will be required to undertake a significant amount of preparation prior to each session to include:
  - Reading required books
  - Watching/listening to podcasts, documentaries, films
  - Guided reflection
- Unlike many GISC programs, design will be more dialogical and less experiential
- Unlike many GISC programs, facilitators do not enter with a neutral stance
- External awareness and internal work: study and discussion is intended to raise awareness and knowledge with a likelihood of causing discomfort
- Cost of required books and potential rental fees for media materials will be paid individually by each participant in addition to tuition

Participants
This intensive program is designed for consultants, coaches, therapists, and leaders with a background in Gestalt theory and practice. (Please contact us if you have questions about what qualifications are required.)

Continuing Education
Coaches: This program can be used for Resource Development hours for your International Coach Federation (ICF) credential renewal.
Therapists & Mental Health Professionals - Inquire about social work and LMHC CEUs.

Content by Module
1. Program Overview, Orientation and Introductions
2. Getting Grounded in Gestalt Theory
3. Defining Anti-Racism
4. Exploring Structural Racism
5. Exploring White Privilege, White Fragility, and White Supremacy
6. Impacts to Embodiment
7. Summary, Learning. Now What?