

MOVING RACE CONVERSATIONS FORWARD



APRIL
30



Caprice D. Hollins, Psy.D

Dr. Caprice Hollins received her doctorate degree in clinical psychology with an emphasis in multicultural and community psychology in 1998 and became licensed in Washington State in 2000. She has over 14 years of experience teaching graduate courses, working with historically marginalized populations, researching, studying, and facilitating race related conversations. Her experience includes opening and directing the Department of Equity & Race Relations for Seattle Public Schools, developing and implementing district-wide and school-based trainings, while utilizing her background in psychology to assist district leaders and staff, institutionalize change to promote equity and social justice.

Each session will address diversity and inclusion in ways that are designed to advance clinicians' ethical practice.

KEYNOTE: 8:30 to 10:15

Social Justice in Action: Addressing Race Relations in 21st Century

In this keynote, participants learn a framework and common language for the four pillars of Social Justice. We explore what we all need to do to effectively engage across cultures and undo systems of oppression. This framework takes into account the importance of deepening awareness of self—moving from color blindness to racial cognizance; increasing knowledge of others and their experiences with systems of oppression; developing skills to effectively engage across cultures; and advocating and taking action to dismantle institutional racism and other forms of oppression.

1:15 to 2:45

Racial Microaggressions: What are They and Why are they Harmful

When we engage in conversations across cultures, there is always the risk that what we say might offend someone. Oftentimes we don't even know why what we said was offensive. But rather than risk offending many people avoid cross cultural dialogue altogether or cling to "politically correct" terminology. The tightrope we walk and the mental labor that ensues is exhausting and often leaves everyone involved feeling unheard or misunderstood. Dr. Hollins will present on what has commonly become known as microaggressions.

10:45 to 12:30

Understanding and Mitigating the Impact of Implicit Bias and Stereotype Threat

For years society has encouraged colorblind ideology without taking into consideration the impact it has on People of Color. Through video, interactive activities, and discussion of the research, participants are challenged to examine their own bias and learn ways to mitigate the impact of implicit bias in decision making. As a result, participants deepen their appreciation of challenges facing people of color and grow in self-awareness.

3:15 to 4:30

Strategies for Effectively Engaging in Cross Cultural Conflict

In this workshop participants develop their skills for engaging when tension exists across cultures. Strategies include how to engage when you offend, how to engage when you are offended, and how to engage when you witness an offense. Participants will learn how best to approach tense situations through vignettes, and small and large group discussion.

See her TED Talk here.

Earn up to 7.5 CEs

Register here.

