

Unraveling Racism

Creating a Justice-Oriented Mindset

A Research-Based Workshop

This two-day, highly interactive workshop dives into racism, its real history, systemic effect on U.S. society and conditioning of U.S. citizens.

Using empirically-based interventions and practices, various levels of reflection around racism will be examined such as institutional, cultural, and individual.

By applying Critical Race Theory, Cultural Humility, and Social Learning Theory, participants will learn how racism has affected their lives and what they can do as individuals to confront racism and oppression.

Through self-critique, small group interaction, large group discussion, video clips, and hands-on activities, participants will come away with a better view of what it means to be anti-racist and anti-oppressive.

Agenda

Introduction/ Brave Space

What is Racism?

We will plunge into Critical Race Theory and Social Learning Theory to see how racism continues today. Implicit racial bias will also be examined.

Learn the Real, True History of the U.S.

We will explore the past that wasn't fully taught to us growing up. We will learn about the events that helped to advance White supremacy and shape modern racism today.

Levels of Racism

Three types of racism will be discussed and what everyone can do to help reverse it.

Meet the Co-Facilitators

Deborah Kemp, MSSW, LCSW

Deborah has been practicing clinical social work for 24+ years. She earned her BSW at Western Kentucky University in 1998 and her MSSW from University of Louisville in 2001. She has experience as a regional program manager for a private social services agency, as well as, extensive experience providing group therapy, dual diagnosis treatment, and child/family therapy. Deborah is currently an adjunct professor, and the program manager for the Post 9/11 Military to VA Program at a community medical center. She was the former chair of the Diversity and Inclusion Service-Level Committee, and the past chair of the Veterans Affairs Medical Center Black/African-American Special Emphasis Committee.



Dr. Dennis Cornell, DSW, LCSW, BCD

Dennis has been practicing clinical social work for 20+ years. He received his doctorate of social work education from the University of Kentucky in 2022. He is an Army Social Work Veteran and former equal opportunity leader for his units. As a social justice advocate, Dennis has lobbied for change for the LGBTQ+ community for many years. He has been a social justice educator, writer, professor, and facilitator of anti-racism and intersectionality. He was a member of the Black/African-American Committee at the VA Medical Center. Dennis has led many workshops and presentations on race, sexual health, military behavioral health, and gender identity/sexual orientation.



For more information and to schedule a workshop, please visit www.antiracism4u.com