

# Equity Conference

## November 14<sup>th</sup> & 15<sup>th</sup>, 2019

### Time

Friday, November 15<sup>th</sup>, 2019

Check In 8:30- 9:00am

Presentation 9:00am- 4:00pm

*There will be time for  
lunch and breaks*

### CEUs

5.5 CEUs per day  
for LICSW,  
LCMHC, MTF, and  
Psychologists.

### Pricing

More information  
to come on pricing  
and registration.

### Where

Day 2: Main Street Landing  
60 Lake Street, Burlington, VT

[Directions](#)

[Downtown Burlington Interactive  
Parking Map](#)

## Day 2 with Nikkia Young, Ph.D.

*I've "Owned My Privilege"...  
Now What?*

*Cultivating Resilience and  
Attunement for Educators, Mental  
Health Providers and Other  
Helping Professions on the Path  
to Racial Integrity*

Brought to you by:



As educators, clinicians and helping professionals working in a multicultural work that is rife with inequity, violence and oppression, professional "cultural competency" cannot be separated from personal efforts to recognize and move through the avoidance, discord and empathetic failure that are part of each of our racial inheritances.

This workshop is rooted in the idea that healing the wounds inflicted on all of us by white supremacy and other forms of domination requires personal grounding, resilience, and interpersonal connection to pass through tension and discomfort on the path to harmony, attunement, and repair. This workshop was created to offer a much needed opportunity for us to examine the ways that white supremacy, and anti-black racism in particular, live within and are expressed through each of us and to support each of us in building the capacity to transform personal, professional and institutional practice by first working on behalf of our own racial integrity.

The central aims of this workshop are to support participants in:

- developing high leverage perspectives around racial oppression, racial equity, and racial integrity
- examining your racial justice strengths and liabilities in the following areas:
  - defining and acting in alignment with coherent racial justice values
  - practicing both racial self-management and racial self-care
  - acting with racial humility, empathy, and sensitivity in interpersonal and institutional realms
  - reading, resisting, and responding to the nuances of everyday racism in interpersonal interactions and organizational practice
- identifying concrete steps -wherever you are- to deepen the integrity of your professional practice



Nikkia Young, PhD, is the Director of Counseling at Lick-Wilmerding High School in San Francisco, CA. An experienced equity and social justice oriented educator, consultant and licensed clinical psychologist, she has served on the teaching faculty at the Women's Therapy Center in Berkeley, the Northern California Society for Psychoanalytic Psychology, and the California School of Professional Psychology in San Francisco. Nikkia earned her B.A. in (International) Development Studies from UC Berkeley, her California Multiple Subjects teaching credential from UC Berkeley, Extension, and her Ph.D. in Clinical Psychology from the California School of Professional Psychology. Her early career experiences as a teacher of gymnastics, dance, and martial arts turned Kindergarten teacher, taught her to improvise and listen, move and play, keep her heart open during conflict, and attune to the deep needs of a group.