**AGPA Connect 2023 Presenter Information**

**Course Code:** 65

**Course Title:** Shame and Pain: Addressing the Sticking and Breaking Points That Inhibit the ‎Anti-‎Racist Practice We Proclaim

**Course Times:** 2:00 PM - 4:30 PM

**Course Dates:** Saturday, March 11

**Instructors:** Craig Haen

Aziza Belcher Platt

**Course Description:** This workshop is for providers with a foundational understanding of white supremacy, racism, and appreciation for lifelong anti-racism practice. In anti-racism practice, we all have sticking points, points where we and/or our practice struggle to overcome internal and external resistance and/or breaking points, points where we and/or our practice collapse under stress. In this experiential workshop, attendees will collectively identify and dissect internal and external sticking/breaking points and practice resolution strategies to advance and deepen their anti-racist clinical practice.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎‎‎Identify sticking and breaking points in anti-racist clinical practice and analyze underlying ‎resistance(s).‎
2. ‎Practice navigating, minimizing, and/or resolving sticking/breaking points.‎
3. ‎Develop strategies for recognizing additional and future sticking/breaking points and apply ‎demonstrated skills toward surmounting them.‎

**Significant Articles:**

1. Akbar, M. (2020). Beyond ally: The pursuit of racial justice. Publish Your Own Press.‎
2. Chang-Caffaro, S., & Caffaro, J. (2018). Differences that make a difference: Diversity and the process ‎group leader. International Journal of Group Psychotherapy, 68(4), 483-497.‎
3. Haen, C., & Thomas, N. K. (2018). Holding history: Undoing racial unconsciousness in groups. The ‎International Journal of Group Psychotherapy, 68(4), 498-520. ‎https://doi.org/10.1080/00207284.2018.1475238‎
4. Miles, J. R., Anders, C., Kivlighan III, D. M., & Belcher Platt, A. A. (2021). Cultural ruptures: Addressing ‎microaggressions in group therapy. Group Dynamics: Theory, Research, and Practice, 25(1), 74-88.‎
5. Okech, J. E. A., Pimpleton-Gray, A. M., Vannatta, R., & Champe, J. (2016). Intercultural conflict in ‎groups. Journal for Specialists in Group Work, 41(4), 350–369. ‎https://doi.org/10.1080/01933922.2016.1232769‎

**Agenda**

1. Introduction of Presenters (5 min)
2. Sociometry Warm Up: Establishing emotional state, learning aspirations, and knowledge of sticking and breaking points (10 min; Objective 2; Haen, experiential activity)
3. Define sticking and breaking points in anti-racist clinical practice via literature and examples (15 min; Objective 1; Belcher Platt & Haen, lecture)
4. Explore and process sticking points collectively through presenter and attendee disclosures in large group (40 min; Objective 1; Belcher Platt & Haen, discussion)
5. Explore and process breaking points in small race-based (BIPOC & White) affinity groups (40 min; Objectives 1 & 2; Belcher Platt & Haen, small group activity)
6. Return large group to distill learnings from affinity groups and integrate content (15 min; Objectives 2 & 3; Belcher Platt & Haen, discussion)
7. Review strategies for detecting, scrutinzing, and addressing sticking and breaking points in anti-racism clinical practice via literature and examples (15 min; Objective 3; Belcher Platt & Haen, lecture and discussion)
8. Declare shared commitments for continued antiracist practice and development after the workshop has ended (5 min; Objective 3; Belcher Platt & Haen, discussion)
9. Participant Evaluations (5 min)

**Assessment Questions:**

Question 1 (include possible answers)

In anti-racist practice, sticking and breaking points are inevitable. (T/F)

Correct Answer 1

True

Question 2 (include possible answers)

In anti-racist practice, sticking points/breaking points are insurmountable. a) Insurmountable b) Signs of bad practice c) Reflective of lack of experience d) An opportunity for arriving at a deeper commitment to antiracist practice

Correct Answer 2

d

Question 3 (include possible answers)

Sticking and breaking points are: a) Internal b) External c) Both

Correct Answer 3

c

Question 4 (include possible answers)

An example of an internal sticking/breaking points is: a) Family and community members lack of acceptance/adoption of anti-racism b) Lack of personal knowledge or understanding about integrating anti-racism into clinical judgment and intervention c) Working in an institution or with colleagues who do not have an anti-racist focus/practice

Correct Answer 4

b

Question 5 (include possible answers)

An example of an external sticking/breaking points is: a) Insecurity about implementing anti-racist practice with white-identified clients b) Institutional mandates that prohibit anti-racist practice or interfere with implementation of anti-racism into clinical work c) Lack of personal knowledge or understanding about integrating anti-racism into clinical judgment and intervention

Correct Answer 5

b

Question 6 (include possible answers)

The point at which a person or practice is in danger of collapsing under stress or the situation has become critical is: a) A sticking point b) A breaking point c) Both

Correct Answer 6

b

Question 7 (include possible answers)

The point at which a person or practice is in danger of stalling due to resistance is: a) A sticking point b) A breaking point c) both

Correct Answer 7

a

Question 8 (include possible answers)

Sticking/Breaking Points solutions include (Select all that apply) a) Consulting with other anti-racist practitioners b) Breaking down your interactions into tiny little pieces and analyzing them one piece at a time c) Analyzing the position at which your sticking point occurs d) Correcting the underlying information, processing the underlying emotion, and/or buttressing the underlying distress

Correct Answer 8

a, b, c, d

Question 9 (include possible answers)

All of the following are examples of sticking points except: a) Unable to integrate anti-racism and theoretical orientation b) Feeling depleted when implementing anti-racism due to personal experiences of racism c) Believing you have learned enough/do enough in your anti-racism journey

Correct Answer 9

a

Question 10 (include possible answers)

All of the following are examples of breaking points except: a) Unable to integrate anti-racism and theoretical orientation b) Feeling depleted when implementing anti-racism due to personal experiences of racism c) Being penalizing personally and professionally for your anti-racism stance limiting/threatening professional opportunities

Correct Answer 10

b