

# Faculty Development Series on Antiracism

## Dr. Della Mosley

**We encourage you to participate in these two exciting professional development workshops in person!**



Dr. Della Mosley

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### **Anti-Blackness and Anti-Racism in the Academy**

***Tuesday, 10/5; 1:00 PM - 5:00 PM MST***

This four-hour workshop explicates power, oppression, wellness, and liberation with an emphasis on anti-Black racism and resistance within the academy. The concepts of Whiteness, White supremacy, racism, racial trauma, critical consciousness, and activism are integrated with the psychopolitical wellness framework to further narrow the focus to mechanisms of Black oppression and liberation. Importantly, we apply the contemporary, ecological and intersectional framework of Critical Consciousness of Anti-Black Racism (Mosley et al., 2020) to the training so the local campus and community racial histories and current climate is meaningfully integrated. Participants can expect to engage in personal reflection, experiential exercises, and group discussion alongside their more traditional readings, media, and lectures.

### **Toward Wellness: Cultural Mindfulness for the Workplace**

***Wednesday, 10/6; 1:00 PM - 5:00 PM MST***

This four-hour workshop aims to improve wellness and workplace dynamics through psychoeducation on cultural mindfulness. Cultural mindfulness is a practice that encourages individuals to become aware and maintain an awareness of (1) their own cultural identities and how their access to wellness is facilitated or prevented as a result of it, (2) the cultural identities of others and how their access to wellness is similarly impacted, and (3) how power operates to shape their interactions (or lack of interaction) with culturally different people through the lens of intersectionality. Participants are provided practical frameworks (e.g., psychopolitical wellness, intersectionality, Black feminism) that help them to increase their cultural self-awareness, interpersonal efficacy in cross cultural relationships, and understanding of the barriers and pathways to wellness for people with diverse cultural identities. By engaging in reflection, discussion and skill-building exercises, participants will leave with knowledge, a memorable experience, and resources to facilitate their and others' wellness in the current sociopolitical climate.