

San Antonio Society for Psychoanalytic Studies

A member of APA Division 39

**Steps Together Toward Solidarity: An Experiential Pilot Workshop on
Anti-racism Work Grounded in Literature and Somatic Practice**

Friday, February 18th, 2022

Check in 8:30 a.m., workshop 9:00 a.m.-5:00 p.m.

Location: San Antonio College, Victory Center

Sponsored by William R. Sinkin Eco Centro



Workshop Description

SASPS invites BIPOC (Black, Indigenous, and People of Color), Multiracial, and White bodied therapists to a full-day workshop that centers togetherness while also distinguishing the anti-racism work between BIPOC, Multiracial, and White bodied therapists in facing white supremacy in our Selves, psychotherapy, and beyond.

Throughout the day, we will alternate gathering in two ways—as a collective for somatic harmonizing and to learn about somatic anti-racism work, and in self-selected racial affinity groups led by somatic anti-racism facilitators for discussion and experiential participation in what anti-racism work and healing looks like for different races. (For more information on why affinity groups are a best practice to not place harm or burden on people of color, please visit [Michael and Conger, 2009](#).)

- The BIPOC affinity group, led by two BIPOC facilitators, will center the BIPOC experience. Participants will resource, reflect, and process aspects of BIPOC anti-racism work (rest, healing, and reclamation of identity.)
- The White affinity group, led by a White facilitator, will center the importance of active examination of whiteness. Participants will resource, reflect, and process how White anti-racism affinity groups are effective.
- In acknowledgment of Multiracial participants who identify as both BIPOC and White, these attendees are encouraged to choose the affinity group with whose work they feel the most comfortable and/or aligned at the time. The BIPOC affinity group will be co-led by a Multiracial facilitator and will partially focus on Multiracial anti-racism work in addition to BIPOC work, while the White group will center on White anti-racism work.

We will include psychoanalytic voices on anti-racism, a panel conversation with Q&A interviewing BIPOC, Multiracial, and White participants on their own somatic, anti-racism work, and invite ourselves to consider how to use the power of psychoanalysis in anti-racism work and healing.

This workshop will be grounded in two Psychoanalytic articles and attendees are asked to read them ahead of time: [Melanie Suchet, Ph.D.'s "Unraveling Whiteness"](#) and [Kathleen Pogue, White Ph.D.'s "Surviving Hating and Being Hated: Some Personal Thoughts about Racism from a Psychoanalytic Perspective."](#) Please visit the Links section for the citations.

APA is setting a path to atone for racism in psychology's past and to improve the outlook for the future of the discipline, the association, and the larger society. To read the trio of resolutions and their context, visit the APA's [addressing racism/frequently asked questions](#) page. For Division 39's call for reckoning, please visit [March 8, 2021 call for reckoning from the President of the Society for Psychoanalysis and Psychoanalytic Psychology](#).

Meet the Facilitators

Get to know us as a group:

As professionals, we've created a diverse collaborative group with the intention of focusing on anti-racism. We've been able to 'lean into' this compassionate, supportive collective so we can embody and enact this difficult, rewarding anti-racism work. We do not see anti-racism work as possible for us if we are siloed rather than together. We are first a 'collaborative' in this anti-racism work, and in creating and leading this workshop; after that, we are individual professionals (our brief bios are below). We've come to see this workshop as "a living, breathing" creation, and we've worked together to 'allow' the

workshop this space so that it could fully develop. We believe that this process will continue post-workshop. We want to invite you into this “living, breathing” experience with us so that we can build resources together to face the challenging and healing work of anti-racism.

Individual Facilitator Bios

Olivia De Jesús, M.M.Ed., RYT (she/they)

Olivia identifies as multiracial and uses Somatic Experiencing to help folks work through racial trauma towards resiliency and wellbeing, work she herself does in an ongoing way. She finds work around race and identity to be some of the most life-giving a human can do for oneself and the world. www.oliviamdejesus.com

Mar-y-Sol Salinas-McCoy, M.Ed. (she/her)

With a passion for equity and social justice, Mar-y-Sol’s professional experience has focused on supporting systemically excluded, under-served, and under-represented communities in a variety of settings. Her work as a coach/consultant is grounded in transpersonal psychology and utilizes a variety of integral, transpersonal, creative, and embodiment methods to support clients on their journey. www.essentialwisdomcoaching.com

Lisa Chatillon, Ph.D. (she/her)

Lisa is a clinical psychologist with over 35 years experience working with individuals in relational, insight-oriented therapy. As a white, heterosexual, cis-gendered woman, she comes to anti-racism training with a "beginner's mind", willing to look deeply within to identify her own embodied racism and to strengthen her capacity for anti-racist action.

Debra C. Morrow, Ph.D. (she/her)

Debra is a psychologist in private practice who treats individuals and couples using psychodynamic and relational approaches. As a daughter of a Holocaust survivor, Debra is deeply concerned about systemic and legalized racism, as well as the psychological roots and consequences of othering.

Jill Thurber, Ph.D. (she/her)

Jill is a licensed clinical psychologist who specializes in working with children and adolescents. She has a full-time private practice where she provides individual therapy, parent training and psychosocial evaluations. Dr. Thurber's relationship with several BIPOC friends drove her to pursue the somatic processing of systemic racism. www.integrativepsychologysa.com

Julie Elizabeth Waters, Psy.D. (she/her)

Julie is a depth-oriented psychologist with a focus on Individual and couple’s therapy; she has practiced in San Antonio for 22 years. Her passion for social justice was galvanized by the Me

Too Movement and the Black Lives Matter movement, leading to a strong internal voice stating ‘the time is now’; she started a focus group of therapists which led to our process group and this workshop. www.integrativepsychologyusa.com

Marty Wolins, M.A., SEP, LMT (she/her)

As a somatic trauma practitioner, Marty uses attachment-focused touch for adults with developmental trauma, and, while being accountable to mentors of color, she works with white people to build capacity for equity and belonging. Identifying as white, colonizer lineage, cis-gender, and queer, Marty is passionate about aligning spirituality, being deeply human, and right use of power. www.martywolins.com

CE/Professional Development Hours

6.5 contact hours available for LMFTs, LPCs, Social Workers, Psychologists, and Texas Physicians. Psychologists may apply these hours toward the cultural diversity requirement.

Price to Attend

Price includes workshop admission and boxed lunch. Free parking on premises.

\$150 for SASPS members

\$175 for nonmembers (does not include SASPS membership)

\$185 for nonmembers (includes annual SASPS membership)

Spots are limited to 11 BIPOC and 11 White attendees. 2 spots are available for students, interns, and postdocs (24 spots total).

\$75 for SASPS student members

(student nonmembers will need to join SASPS for \$20 before registration)

Schedule

8:30-9:00 Check-in, refreshments

9:00-12:00 Large group, 90-minute affinity groups

12:00-1:00 Lunch break

1:00-5:00 Large group, 90-minute affinity groups, closing

Covid Protocols

SASPS requires that all attendees show proof of vaccination at the door.

SAC will check temperatures of each attendee at the door.

Masks may be required depending on the situation at the time of the workshop.

Registration Process

To register, please contact XXXXX at XXXXX

Links:

Michael, A., & Conger, M. C. (2009). Becoming an anti-racist White ally: How a White affinity group can help. *Perspectives on Urban Education*, 6(1), 56-60.
https://urbanedjournal.gse.upenn.edu/sites/default/files/pdf_archive/56-60--Michael_and_Conger.pdf

Suchet, M. S. (2007). Unraveling whiteness. *Psychoanalytic Dialogues*, 17(6): 867-886. https://www.nwaps.org/sites/default/files/Journal.Unrav_.Whiteness.pdf

White, K. P. (2020). Surviving hating and being hated: Some personal thoughts about racism from a psychoanalytic perspective. *Contemporary Psychoanalysis*, 38: 401-422.
https://web.english.upenn.edu/~cavitch/pdf-library/White_Surviving_Hate.pdf

Winograd, B. (2014). Black Psychoanalysts Speak. PEP Video Grants, 1(1):1
<https://youtu.be/N8-VIi7tb44>

APA's October 2021 trio of resolutions and their context, on the "addressing racism/frequently asked questions" page.
<https://www.apa.org/about/apa/addressing-racism/frequently-asked-questions>

APA's October 2021 "Apology to People of Color for APA's Role in Promoting, Perpetuating, and Failing to Challenge Racism, Racial Discrimination, and Human Hierarchy in U.S." <https://www.apa.org/about/policy/racism-apology>

March 8, 2021 call for reckoning from the Society for Psychoanalysis and Psychoanalytic Psychology (Div. 39) President
<http://www.div39members.wildapricot.org/president>