

The Unity Series: Collectively Unlearning Oppression
4-part Webinar Series
Featuring Broderick Sawyer, PhD

February 3, 2022, 7:00-8:30pm/ET

1. Creating a Compassionate Society

- a. What is wrong in the world today: The psychology of individualism
 - i. Generational harm of individualistic thinking
 - ii. The psychology of oppression and intersectionality: Race, gender, sexual orientation, and class.
 - iii. How do we heal: Confronting emotional avoidance
- b. Helping ourselves: The psychology of compassion
 - i. Embodied understanding of my compassionate intentions
 - ii. Emotional Intelligence: Dealing with our stuff as it comes
 - iii. Living in a connected reality: Practices in compassion and emotional awareness
- c. Bringing it together: How compassionate practice will resolve individualism

February 10, 2022, 7:00-8:30pm/ET

2. Identifying and weaponizing your privilege: A heart-centered practice

- a. Identifying my privilege: What kinds of oppression can I commit?
 - i. Racism and colorblindness
 - ii. Gender and patriarchy
 - iii. Homophobia and LGBTQ+ affirmation
 - iv. Class oppression and generosity
- b. Emotional awareness: Developing “compassionate attunement”
 - i. Making oppressive behavior your enemy
 - ii. Emotional intelligence and processing: Addressing the privilege of avoidance
 - iii. Practices in transcendental compassion
- c. How to be an Accomplice
 - i. Education
 - ii. Real Listening
 - iii. Emotional Intelligence
 - iv. Action: Never NOT speaking up

February 17, 2022, 7:00-8:30pm/ET

3. Self-compassion and emotional intelligence: The antidote to oppressive stress

- a. Building Emotional Armor
 - i. The self-image harm of oppressive messages (racism, sexism, etc.)
 - ii. Validating your own experience
 - iii. The power of oppressive gaslighting
- b. Self-Compassion
 - i. Mindfulness
 - ii. Kindness
 - iii. Common humanity
- c. Developing confidence
 - i. Living a valued life
 - ii. Carrying your truth with you
 - iii. Seeing “through” oppressive gaslighting
- d. Building Community
 - i. Authentic mirroring of experience
 - ii. Addressing the exhaustion of code-switching

February 24, 2022, 7:00-8:30pm/ET

4. Real Unity is Interdependence: A collective morality

- a. Addressing oppression with the truth of oneness
 - i. Individualism
 - ii. Interconnection: Dr. Martin King’s vision of humanity
 - iii. The difference between love from the mind versus heart
- b. Protecting Each Other
 - i. My pain is yours
 - ii. One family
- c. Truth-Telling as Medicine
 - i. Reality as it is, not how you wish
 - ii. Emotional discomfort of acknowledging truth
- d. Staying vigilant: The ongoing threat of avoidance, bystanding, and numbing
 - i. Society teaches avoidance
 - ii. Preventing your heart from closing
 - iii. The future of education: Mental wellbeing