

Our Humanity in a Racialized Society: Professional and Personal Development Group

Developing a healthy concept of ourselves and engaging in meaningful relationships are severely damaged in a racialized society. Finding our humanity requires understanding and un-doing the racialization process.



Kathleen Isaac PhD, CGP is a licensed clinical psychologist who directs a mental health program at a medical school in NYC and runs a small virtual private practice. She offers trauma-focused and culturally-informed psychotherapy, racial literacy consultation, clinical supervision and education.

Christine Schmidt LCSW, CGP is a psychotherapist in private practice in Brooklyn, New York, a mediator, and an educational consultant. She has published about the psychological dynamics of racism with a particular focus on the impact of whiteness.

This 6-session blended didactic and experiential group will explore racial socialization processes for people of diverse racial identities. We will examine how systems of racial oppression impact our relationships with one another and with ourselves. We welcome people from diverse backgrounds who are committed to self-reflection and engagement with others. The facilitators will support the group to strengthen personal and professional self-confidence to confront racism.

Our Humanity in a Racialized Society will meet six Fridays **Oct 3, 10,17, 24, 31; Nov 7 of 2025**

Where: on Zoom

When: Eastern Standard Time: **12-1:30pm**
Central Standard Time: **11am-12:30pm**
Pacific Standard Time: **9-10:30am**

Fee: \$570 (\$95/session) white-identified participants

\$300 (\$50/session) black-identified and other people of color

Our differentiated fees reflect our commitment to address historical racial inequity for services. Scholarships are available.

For Further information: www.racialliteracygroups.com

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