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Exposing Racism Part II: Individual Racism

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Exposing Racism Part II: Individual Racism

Abstract

A discussion of conscious or unconscious attitudes and acts based on the belief in white superiority. Panelists include Gettysburg College alumni Tikvah Nadia Womach '08 and Jessica Baltazar '08.

Jessica is a mother of three. She graduated from Gettysburg in 2007 and from Columbia University School of Social Work in 2013. Jessica is currently a Clinician for a non-profit organization where providing therapy to unaccompanied minors. She has been working in this specific area for six years and passionate about aiding children.

Tikvah (Nadia) Womack is a Licensed Clinical Professional Counselor (LCPC) and an Expressive Arts Therapist. She received her Masters of Arts from Lesley University (Cambridge, MA) in Clinical Mental Health Counseling with a Specialization in Expressive Arts Therapy. She has concentrated on cultural competence, trauma, and experience include a wide variety of mental health settings. Tikvah currently works at Jewish Community Services in Baltimore, MD. Outside of work, Tikvah enjoys spending time with her family, engaging with her community, and dancing.

Keywords

individual racism, Black Lives Matter, Gettysburg College, antiracism

Disciplines

African American Studies | Race, Ethnicity and Post-Colonial Studies

Comments

A guide of additional resources compiled by the presenters is available to download.

Individual Racism Resource Sheet

Racial Equity Tools- <https://www.racialequitytools.org/fundamentals/core-concepts/racism>

Alberta Civil Liberties Research Centre- <http://www.aclrc.com/forms-of-racism>

American Psychological Association-<https://www.apa.org/monitor/2019/02/legacy-trauma>

Rutgers University. (2019, March 21). African-Americans more likely to be misdiagnosed with schizophrenia, study finds: The study suggests a bias in misdiagnosing blacks with major depression and schizophrenia. *ScienceDaily*. Retrieved July 3, 2020 from www.sciencedaily.com/releases/2019/03/190321130300.htm

American Psychiatric Association-Mental Health Disparities for African-Americans
<https://www.psychiatry.org/psychiatrists/cultural-competency/education/mental-health-facts>

How microaggressions are like mosquito bites-
<https://www.youtube.com/watch?v=hDd3bzA7450>