

Understanding Power, Privilege and Diversity

17 – 18 March 2018, Melbourne



The crossroads that we face in our relationships and community life, those moments which can make or break a connection, are often centered on issues of power, privilege and diversity. An awareness of our own power and privilege, as well an understanding of the underlying dynamics of rank and oppression can make a difference to the outcome.

If you are struggling to understand and cope with your impact on those you love and care deeply about then this workshop promises you a new level of awareness.

The aim of this program is to train people to examine and understand the concepts of what creates and divides communities. The program involves understanding personal and social identity and the dynamics of belonging within a community. The capacity for an individual to belong depends on their access to the many sources of power and the personal and social privileges evolving from their identity and belonging.

A working definition of power outlined in the workshop is the conscious or unconscious, social or personal ability arising from culture, community support, personal psychology and/or spiritual power. Therefore the privileges are the benefits, both known and unknown, that go along with a particular aspect of power. Shared personal and social identification with dominant perceptions of human value ascribes social value to individuals through the development of social views – “isms” develop increasing marginalization of individuals and groups due to their diverse nature from shared dominant social values.

The issues and isms held by people could be considered the external projection of power and privilege in life, or the fear of losing power, or the lack of power in life. This can lead adopted attitudes, judgments and isms that generate a station in life that insulates and protects, leading to a lack of understanding for people in a different situation. The focus of the workshop is to develop skills and understanding at involving a diversity of voices, feelings and opinions of all people as valued, irrespective of race, gender, sexual orientation, physical ability, appearance, education, financial status, religion. The aim of the workshop is to develop a “diversity conscious mindset” is when we appreciate and acknowledge the creativity, flexibility and strength that human diversity gives us, whether on an The weekend will be a combination of presented theory, personal reflection and group work. How these three areas mingle and intertwine, are in part, unique to each group and also mirrors the dynamics present within

ourselves and our world. Participants of the weekend will gain awareness and understanding to assist them in navigating through the confusion and craziness that power and privilege can create, and come out at the other side with a better sense of themselves and the world around them.

Why would I do the training?

Here are some reasons that other men and women have done this.

- *"I wanted to see people for who they really are, not for how I thought they should be"*
- *"I saw people as the same, and that was just not true. I wanted to try and shift my capacity to see the differences and be compassionate and empathetic to challenges this could bring"*
- *"I wanted to learn how to be a safe person, for people without the opportunities I had, to be around."*

What others have said about this course:

- *Understanding how I am marginalized, discriminated against, treated as less than, and how that affects my sense of self, my beliefs & perceptions about others and how I do the same.*
- *I learnt how I subconsciously and automatically segregate the world based on differences, and I assign power to a particular group that is most like me - right or wrong, ethical, moral, economic, racial, religious, sexual.*
- *I learnt how my sense of entitlement is linked to my power and privilege inherited from my race and education, and not all others have that. I deny the privilege I receive so that I can believe that "we are all on a level playing field".*

Facilitator

Alan Richardson

Alan is a Psychologist in private practice in Brisbane. He is also an educator in several universities and counselling training institutes. He has Masters Degrees in Education and Counselling as well as his university training in psychology. Alan is a trainer for International, Australian & New Zealand faculties for Process Oriented Psychology. He runs a counselling training clinic in Brisbane teaching psychotherapy skills, exploring human issues and dynamics. Alan's has been running these workshops across the last 10 years for MKP in Australia.



Venue

Multicultural Hub,
506 Elizabeth
Street, Melbourne
3000

Date

17 - 18 of March 2018

Time

9-5pm Saturday
9-4pm Sunday

Cost

Earlybird before 25th Jan 2018:

\$200 per person

\$300 for two persons coming together*

Standard cost after 25th Jan:

\$250 per person

\$350 for two persons coming together*

* To support inclusion beyond MKP, MKP men to be eligible for the 'two person' rate must come with a partner, friend or colleague from outside MKP

Registration and payment:

www.mkpvic.com.au/uppd Questions: uppd@mkpvic.com.au