



MINDFUL OF RACE INSTITUTE™

University of Rochester Medical Center
DICE Department of Psychiatry – Healing the Healer Series

Talk and Q&A with Ruth King
Six Hindrances to Racial Harmony
July 12, 2023 – 12:00-1:00 pm EST - Zoom

To understand the dynamics of racial dominance and subordination, we must look at racial group habits of harm, not solely individual acts or single incidents. Individuals can have preferences, biases, and prejudices, but they alone do not have the influence to dominate another race. What makes the influence to dominate another race possible is racial group prejudice plus power. Understanding the dynamics of racial dominance and subordination helps us discern habits of harm and own our role in it as individuals and as members of racial groups.

This list of six is not meant to be exhaustive as there is nothing simple or clear-cut about racial dynamics. The point of this talk is to shed light on common habits of harm so that we can interrupt our mental programming. In this talk, we are not engaging racial injustice or eliminating racial distress, rather this talk supports us in understanding the dance of dominance and subordination and recognizing our relationship to it.

Join us and discover six common patterns that hinder racial harmony and explore your capacity to influence change from the inside out.

Learning Objectives:

1. Discover dynamics that support racial dominance and subordination.
2. Identify six common racial habits of harm and their impact.
3. Distinguish between individual racial habits and racial group habits.

About Ruth King

Ruth King is the Founder of Mindful of Race Institute, and is a celebrated author, educator, and meditation teacher.

Formally an organizational development consultant to Intel and Levi Strauss corporations, King teaches the Mindful of Race Training Program to leaders, teams, and organizations, weaving mindfulness-based principles with an exploration of our racial conditioning, its impact, and our collective potential.

King teaches mindfulness meditation retreats worldwide and develops meditation practitioners at Spirit Rock Meditation Center, Insight Meditation Society, and the Mindfulness Meditation Teacher Certification Program. She has a Masters Degree in Clinical Psychology from John F. Kennedy University, CA, and is the author of several publications including her most recent, *Mindful of Race: Transforming Racism From The Inside Out*. Visit: <https://ruthking.net>