

WORKSHEET – Starting your own white anti-racist discussion group or book club

You do not have to be an “expert” to form a discussion group. Many people have started off feeling insecure about starting one. You have a robust list of reading material in this chapter you can begin with. Those who choose to join you will already be on board to learn about combatting racism.

- Find a group of three to ten white people who are interested in exploring racism and learning how to be anti-racist. Ideally it would be good to have other therapists in your group.
- Decide on a regular time and place to meet. Stress the importance of commitment to the group.
- Create ground rules on group member behavior. Will you be the leader? Will you each take turns facilitating? Ask members not to interrupt each other but to take turns. Make sure each person gets a chance to share. Ensure confidentiality. Add any other guidelines you and the group decide upon.
- Make a reading and discussion plan. Decide on readings for each meeting ahead of time so people have ample time to absorb the information.
- Evaluate group process frequently.
- Have some fun.