

White Awareness: Relational Mindfulness & Race Equity Program FAQs

General Questions

- 1. What is mindfulness, and what is relational mindfulness?** Mindfulness is the *awareness* that emerges through paying attention, on purpose, in the present moment, without judgement to things as they are. Relational mindfulness is a practice that engages these qualities in dialogue and interactions with others. The White Awareness program offers guidelines to support relational mindfulness practices.
- 2. How does mindfulness help develop awareness of what it means to be white?** Relational mindfulness supports meeting challenging feelings and thoughts that can arise when engaging in racial equity work. With support and clear knowing, we can choose to act in ways that minimize racial harm.
- 3. What will I be learning?** In the White Awareness program, we will be learning and engaging relational mindfulness practices as we investigate the construction, impact, and current manifestations of racism in the United States. As white-identified individuals, we will explore ways in which racist, cultural conditioning impacts everyone, and in particular our perceptions and behaviors.
- 4. Besides attending class, is there anything else I'll be doing?** Yes. There will be approximately sixty minutes of home study along with engaging in practice between classes. All resources are provided. The actions you will be taking are education, reflection, and integration of the information with the support of a dedicated community.

Class Structure and Experience Questions

- 1. If I have no experience with mindfulness practice or race equity work, will I benefit?** Curiosity, care, and commitment are needed to engage in this work. Prior experience with mindfulness practice suggested though not necessary.
- 2. What happens during the sessions?** The White Awareness program consists of nine weekly two-hour group sessions conducted online via Zoom. Different themes are introduced each week. The program is a cumulative, group learning experience. This engaged learning combines: didactic material, readings, inquiry in breakout rooms, large group discussions, relational as well as guided individual mindfulness practices. Weekly resources will be provided in preparation for the session topics.

Information, Registration, and Attendance Questions

- 1. Can I drop in or just come to a couple of classes?** No. There are no drop-in options due to the cumulative, in-depth, and confidential nature of the program. Additionally, cultivating a supportive community is a key component of the course.
- 2. Will you take my name and hold a spot in the program?** No. Your spot is reserved once the registration process is complete which means: application received, facilitator meeting conducted, and payment accepted. Due to the high-level of interest, beginning the registration process early is suggested.
- 3. What if something comes up and I miss a class?** While missing classes is not preferred, life happens. With being committed to completing home study, missing one or two classes is workable. If anticipating more than two classes missed, you are invited to consider a future White Awareness program. Group learning is cumulative, and all are integral to the learning community. *Sessions will not be recorded.*
- 4. Does everyone meet with a facilitator prior to the program?** Yes. Due to the nature of the program, facilitator meetings take place *before* registration is confirmed. A facilitator meets with each potential participant to clarify program questions, best timing of program, and decide together if the program meets your needs.

Program Fee and Payment Questions

1. If I need to miss one or two classes, will the fee be prorated? No. The program fee is not prorated. You will benefit from whatever portion of program you attend, especially with sincere dedication to home study.

2. How does the sliding scale/payment system work? We base the sliding scale on ‘The Green Bottle Scale’ (see below), with no one being turned away based on finances.

Financially secure: US\$ 375. I am comfortably able to meet my basic needs*.

Financially stretched: US\$ 275. I may stress meeting basic needs and regularly achieve them.

Financially stressed: US\$ 150. I frequently stress meeting basic needs, not always achieving them.

*Basic needs include food, shelter, medical care, clothing, and transportation.

3. How do I pay the tuition? Tuition payments made through Judy Bernstein via:

Venmo: [jbernsteinpsyd](#)

PayPal: jbernsteinpsyd@gmail.com

Cashier check: Write note at bottom: “White Awareness Program” Make out and send to: “Judith Bernstein,” 511 Valley Street, #201, Maplewood, NJ 07040.



FINANCIAL PRIVILEGE

PERSONAL FINANCIAL EXPERIENCE

*BASIC NEEDS include food, housing and transportation.

**EXPENDABLE INCOME might mean you are able to buy coffee or tea at a shop, go to the movies or a concert, buy new clothes, books and similar items each month, etc.

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