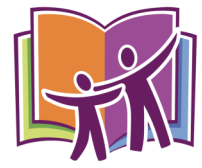


# Understanding Our Own Biases and Assumptions

Trainers: [L Tuiletufuga](#) and [Tiana Vargas](#)

Course Code: BH0289



CHILDREN, YOUTH AND FAMILY  
SYSTEM OF CARE  
TRAINING ACADEMY

## Course Description

This training will explore the depths of our assumptions and biases. Training participants will examine and identify the origins and effects of social and structural racism, poverty, misogyny, ableism, and transgender and queer antagonism. Through interactive large group discussions and small breakout sessions, participants will gain insight about their multiple identities and how they influence their work with people receiving services. Finally, participants will practice skills and strategies to recognize bias and unlearn harmful behaviors.

See Page 2 for Training Outline

## Audience

Counselors, peer support partners, therapists, case managers, caregivers, educators, social workers, and other individuals working with children, youth and families.

May 12, 2021

8:30 am to 12:30 pm

Location: Live Virtual Training

This training will be conducted via [Zoom](#)

## Learning Objectives

Upon completion of this training, participants will be able to:

- Recognize some of their own biases and assumptions
- Discuss the origins and implications of racism, poverty, misogyny, ableism, and transgender and queer antagonism
- Explain how their own identities and experiences influence how they show up at work, and in their relationships
- Develop skills and strategies for unlearning harmful biases
- Use their experiences to engage in conversations regarding biases and assumptions

[Click Here](#) to log into the LMS and Register

**Registration:** If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here](#). Email [RIHS@sdsu.edu](mailto:RIHS@sdsu.edu) if you have any questions. This training is FREE of charge to BHS County employees and contractors.

**Continuing Education:** This course meets the qualifications for 4 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists and the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 1S-98-398-0822, CAAD-DE Provider # CP40 906 CH 0323 for 4 contact hours/CEHs. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).



We create experiences that transform the heart, mind and practice.



# Understanding Our Own Biases and Assumptions

L Tuiletufuga and Tiana Vargas

*Educational Goal: To improve behavioral health service delivery by developing skills to recognize and better understand our own biases and assumptions.*

*Learning Objectives: Upon completion of this training, participants will be able to:*

- *Recognize some of their own biases and assumptions*
- *Discuss the origins and implications of racism, poverty, misogyny, ableism, and transgender and queer antagonism*
- *Develop skills and strategies for unlearning harmful biases*
- *Explain how their own identities and experiences influence how they show up at work, and in their relationships*
- *Use their experiences to engage in conversations regarding biases and assumptions*

<i>Time</i>	<i>Activity</i>
8:15 am – 8:30 am	Enter Zoom waiting room; video and mic check*
8:30 am – 8:45 am	Welcome, Grounding, Introductions
8:30 am – 8:45 am	Five Minute Friend: Breakout Groups
8:45 am – 10:00 am	Biases and Assumptions Positionality Mapping Intersectionality, Privilege, and Oppression Colonization and White Supremacy Race and Ethnicity
10:00 am - 10:15 am	Break
10:15 am – 12:00 pm	Class and Poverty Disability Gender Sexuality
12:00 – 12:30 pm	Connecting the dots: Application of learning as a service provider and in your personal life

\*Please note: in order to receive completion and credit/ CE's, you must have your video camera on for the duration of the training.



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mind and practice