Workshop Agenda & Resources

Is It Imposter Syndrome or Is It Racism?

Prepared for
Community Foundation
of Tompkins County
Women’s Fund

Prepared by Kenya Crawford, LLC
KENYACRAWFORD.COM
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Workshop Agenda

Introductions/Openings

- Land Acknowledgement
- Accessibility Check-In
- Introductions
- Scholar Acknowledgement
- Agenda Overview

Opening Activity

What is Imposter Syndrome?

The Prevalence of Racism

- Workplace Racial Trauma
- Intersections of Racism & Sexism
- White Supremacy in the Workplace

Tips to Manage Imposter Syndrome

- Resources
- Therapy Resources
- Mental Health Resources

Wrap up & Questions
Kenya Crawford Bio

Kenya Crawford (she/they/name), M.A., Ed.M, LMHC, is a licensed psychotherapist and racial equity consultant that creates healing and liberating spaces to dismantle oppressive systems. Kenya provides individual & relationship counseling, coaching, and anti-racism consultation to transform systems holistically. They approach this work from an intersectional, affirmative, inclusive, and anti-oppressive lens.

As a racial equity consultant, Kenya aims to dismantle harmful structures and patterns in the workplace holistically through their Anti-Racism program, workshops, trainings, and coaching services. Kenya has both international and domestic experience supporting companies in their anti-racism journey.

As a clinician and clinical supervisor, they specialize in working with QTBIPOC folks navigating trauma, depression, anxiety, and relationships. Kenya skillfully approaches counseling and supervision as a Black queer woman from a personable, anti-racist, and anti-oppressive lens aimed toward creating a collaborative and authentic space to foster radical holistic healing for clients.

Kenya’s work has been featured in Huffington Post, Essence, Mindbody Green, and Popsugar, to name a few.
Resources & Readings

Books

Black Feminism

- So You Want To Talk About Racism: Ijeoma Oluo
- White Tears/Brown Scars: How White Feminism Betrays Women of Color: Ruby Hamad
- Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing Joy Degruy
- Eloquent Rage: Brittany Cooper
- Black Feminist Thought: Patricia Hill Collins
- Hood Feminism: Notes From the Women That the Movement Forgot Mikki Kendall
- This Bridge Called My Back Cherrie Moraga & Gloria Anzaldua (WOC Feminism)

Racial Healing

- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies Resmaa Menakem
- Radical Dharma: Talking Race, Love, and Liberation Rev. angel Kyodo Williams, Lama Rod Owens
- Love and Rage: The Path of Liberation through Anger Lama Rod Owens
- The Unapologetic Guide To Black Mental Health Rheeda Walker
- The Racial Healing Handbook: Anneliese A. Singh

*Remember to support Black & POC Bookstores*

Here's a list of a few:

- Uncle Boobies
- Harriett's Bookshop
- Cafe Con Libros
- Sisters Uptown Bookstore
- Zawadi Books
**Therapy Resources**

On The Mend  
www.onthemendhealing.com

Therapy for Black Girls  
www.therapyforblackgirls.com

Cultural Therapy  
www.culturaltherapy.health

Melanin and Mental Health  
www.melaninandmentalhealth.com

Psychology Today  
www.psychologytoday.com/us

Therapy Den  
www.therapyden.com

NQTTCN  
www.nqttcn.com
GET IN CONTACT

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