

Kenya Crawford

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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