

Advocate | Therapist | Writer | Speaker

Workshops



When We See Ws.

Affirming Black Girls' Worth + Identities

I was inspired by the implications in the title of the award-winning Netflix series When They See Us to create a workshop for Black adolescent girls to explore factors contributing to their sense of selfesteem and self worth. I have concluded that there is an overwhelming need for intentional preventative measures to counter the internalized perceptions of Black girls. As development continues throughout adolescence, there is an inevitable collision between how we see ourselves vs. how others see us. Without intervention, Black girls end up self-defining due to outside biases and expectations.

In this 90 minute workshop, I combine research, history and my professional knowledge and experience to execute a strength-based workshop centered around affirming Black teen girls.

Goals:

Through education, this workshop will allow participants to:

- Examine research and history of prevalent biases about Black girls
- Examine the mental health effects of such biases

Through collaborative audience interaction (i.e. live polling and cooperation), this workshop will allow participants to:

- Engage in open and honest dialogue centered around their experiences in the world
- Identify the biases that exist about Black girls "When They See Us" activity
- Challenge the biases that exist about Black girls
- Positively affirm their identities as a coping strategy to dismantle the biases and stereotypes that exist and empower their truth- "When We See Us" activity



By conducting this workshop, participants will have an empowered sense of self, actualized belief in their capabilities and affirmation that they matter in a world that often-times minimizes their self-worth.

This 90 minute interactive workshop is geared towards high school aged students to discuss, educate and identify teen dating violence.

Goals:

Through education, this workshop will allow participants to:

- Define dating violence
- Examine relationship spectrums
- Learn and identify the different stages of abuse
- Discuss safety planning
- Engage in open and honest dialogue regarding abuse and teen dating violence

Through collaborative audience interaction (i.e. live polling and cooperation), this workshop will allow participants to:

- Assess their knowledge regarding truths and myths about teen dating violence
- Walk through real-life scenarios -- provided by teens who have experienced dating violence -- to raise awareness on prevalence while practicing on-the-spot problem solving to use in their daily lives- "In Their Shoes" activity
- Empower their school community and promote healthy and safe dating practices through a writing exercise in which students will identify examples of power and control tactics/toxic behaviors to be displayed in High School publications and on school premises— "Red Flags" activity



Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year. Normalizing conversations and knowledge regarding teen dating violence will shift the paradigm in achieving successful and sustainable lives for adolescents.

I will combine research, evidenced-based interventions and my professional knowledge and expertise to execute an interactive workshop centered around teen dating violence.



By conducting this workshop, participants will develop further understanding of teen dating violence, gain knowledge regarding assessment measures and intervention strategies and receive safety planning resources to assist in intervention.

The Okay to Not be Okay: Black Girls +

In June 2019, Health Day News reported that suicide rates among Black females aged 13 to 19 rose 182% between 2001 and 2017.

Mental Health

The statistics are breathtaking and disturbing. While the causes of suicide rates are multifactorial, what we do know is that Black girls need mental health resources and support to manage the complexities of their daily lives. Normalizing conversations and knowledge regarding mental health will shift the paradigm in achieving successful and sustainable lives for Black girls.

This 90 minute psychoeducational workshop can be adapted for multiple audiences including Black girls aged 13–18, professionals and parents.

Goals:

Through education, this workshop will allow participants to:

- Examine supporting research and statistics
- Recognize the importance of mental health resources for Black girls
- Identify strategies to offer support and resources for Black girls
- Understand implications and contributing factors leading to stressors faced by Black girls



By conducting this workshop, participants will learn and identify the cultural considerations and treatment of Black girls, gain knowledge of symptomatology of common mental health diagnoses and identify treatment resources.

This workshop will explore implicit biases, microaggressions and unconscious stereotypes in order to highlight the impact that such practices have on the social worker and client relationship. It is of special interest as social workers to challenge Western cultural practices of racism, oppression and injustice influencing the profession as to not cause further damage by way of retraumatization and revictimization of vulnerable and marginalized clients and client systems being serviced.

Goals:

Through education, this workshop will allow participants to:

- Identify and examine overt and covert practices (i.e. learned behaviors, beliefs and language) of racism and racial biases within their varying roles as social workers
- Identify how historical practices of racism impacts the client and social worker respectively by better understanding implications of critical race theory
- Learn mindful practices to minimize racial biases within social worker and client relationship, thereby increasing anti-racist practices, equity and desirable outcomes for clients and communities being served



Unpacking Racial Implicit Bias in Social Work Practice

Everyone has racial biases either conscious or unconscious, whether individuals act on them explicitly or not. It is critical as social workers to uphold ethical duties by collectively acknowledging and challenging implicit biases within micro, mezzo and macro social work and intentionally exercising mindful practices promoting equality and social justice.



By conducting this workshop, participants will have increased awareness of racially biased practices, recognize their positions within the power and privilege dynamic and learn additional mindful practices that will enhance their capacity for empathy, quality of care and level of understanding regarding how people of color react and adapt to the systems around them.



on the web www.aaliyahnurideen.com

send message contact@aaliyahnurideen.com

social media

@aaliyahnurideen

Instagram + Twitter + TikTok

LinkedIn

www.linkedin.com/in/aaliyahnurideen

