

## **INTERNALIZED OPPRESSION: WHAT IS IT AND HOW DOES IT AFFECT ME?**

**The Multicultural Committee of Women in Circle/MKP Chicago is sponsoring a workshop for women**

June 14, 2008 from 8:30am - 4:30pm

Location: Kuempel Center

1900 W. Fulton

Chicago Illinois

Cost: \$100

Presenter: Susan McConnell, M.A., C.H.T., leads trainings, workshops and retreats for mental and physical health professionals. Susan's commitment and passion is in recovering the wholeness of body, mind and spirit. She draws from the Internal Family Systems Model of psychotherapy, Hakomi therapy, bodywork practices, her Zen practice, group leadership training, and three decades of professional work in the women's community. Susan is a Senior Trainer and Director of Staff Development with the Center for Self Leadership.

This workshop will provide a safe, supportive environment for self exploration and interpersonal sharing and will:

- Describe the concept of internalized oppression in general and as it affects women
- Allow each participant to explore her feelings, beliefs, and behaviors as a woman
- Discuss these internalized beliefs within the context of cultural oppression
- Discuss how these internalized beliefs limit each participant today
- Identify resources for continued healing of these cultural wounds

Sign up for this workshop by contacting Leslie Recht at [LRecht@defrees.com](mailto:LRecht@defrees.com) or (312)405-5215.

Partial scholarships are available.