

***From Hubris to Humility - Cultivating a Courageous Heart:
The Intentional Path to Becoming an Embodied Antiracist
Practitioner, Executive, Teacher, or Organization***



FRANCESCA MAXIMÉ, LMSW, SEP, RLT, IFOT, CMT-P, FOT
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Embodied Antiracism WORKSHOP PROPOSALS: Summer, 2020

Francesca Marguerite Maximé, LMSW, SEP, RLT, IFOT, CMT-P, FOT

www.maximeclarity.com

- Licensed Master Social Worker
- Somatic Experiencing Trauma Healing Practitioner
- Certified Relational Life Therapy Couples Therapist
- Certified Indigenous Focusing Oriented Therapy Practitioner for Complex Trauma
- Certified Focusing Oriented Therapy Practitioner
- IMTA-accredited (International Mindfulness Teachers Association) Certified Mindfulness Meditation Teacher, mentored by clinical psychologist Dr. Jack Kornfield

Embodied Antiracism Workshop Description:

Workshop(s) will be facilitated by Francesca Maximé, LMSW, SEP, RLT, IFOT, CMT-P, FOT, using the Somatic Experiencing principles of embodied experience and meeting people where they are. As participants lean into their self-awareness and experience, the workshop facilitator will guide and support folks in unpacking, learning, and integrating a deeper level of knowledge around what they're doing in the world. Participants will also explore how they're teaching, practicing, and organizing their lives and relational interactions, as well as how to integrate and embody antiracist practices throughout. Organizations also can hold and carry trauma, and as such, face the same challenges in resolving it. Successful organizations aren't afraid to lean into the introspection required to examine these issues within their own history and in the context

of the outer world. They can benefit from the same introspection and intentional learning as individuals do. The course facilitator will bring a coherent, experiential, embodied presence, and allow participants to integrate what they know and what they don't know, holding space with a mindful, curious, and grounded lens.

Approach:

Experiential

Rather than having a strict script, the facilitator draws on extensive knowledge, background, history, clinical work, and experience in SE, to help guide people and facilitate embodied and experiential learning. Experiential learning uses the right brain and unlocks subcortical synaptic neural firings that form the limbic learnings that form the ways in which people come to learn how to adapt and comport themselves in the world. To unlock these emotional learnings and to begin to allow new, current, different learning experiences to emerge is the "bottom-up" embodied approach that makes all experiential learnings and trauma modalities transformative, impactful, and long-lasting. One of many resources that support experiential learning is the literature and research that Bruce Ecker has done on memory reconsolidation in his book co-authored with Laurel Hulley and Robin Ticic, "Unlocking the Emotional Brain: Eliminating Symptoms at their Roots Using Memory Reconsolidation."

Coherence

This workshop will help program participants lean into embodied antiracism practices, presence and balance by inviting people through to a more coherent state where the living and thinking about antiracism practices intellectually, become one with an integrated felt sense of knowing and creating a sustainable antiracist relational presence and practice in session, organizationally, and in community.

Core Principles & Components

Workshops are based on the following core principles and components:

Principles

- Safety: ensuring a safe container for all participants, including the awareness and exploration of what it means to be in multiracial training.
- Integrity of the learning experience; coherence.
- Using embodied experience as a mechanism to more deeply uncover unknown biases.

Components

In the process of holding space together, we will cover basic historical knowledge, underlying premises of what it means to be living in a "different"/non-white color skin/body, historical context, economic disparities constructed and perpetuated in a racialized society, and more. Workshops will offer people some exercises where they can begin to reflect on their positionality as compared to groups historically marginalized by race, in service to acquiring a felt sense of reciprocal empathy: of really trying to understand how you do or don't fit in, i.e. in a racialized society, how you look makes it safe or unsafe for you to be in a certain space.

Method

The facilitator will gently invite participants to lean into these learnings and encourage and guide participants on how to meet these with mindful curiosity and embodiment: without shame, a fresh outlook, and inclusive of a way of holding that grounded space for themselves without freezing.

Recommended reading prior to course:

- Jacqueline Battalora, *Birth of a White Nation: The Invention of White People and its Relevance Today*
- Layla Saad, *Me and White Supremacy*
- Francesca Maximé, *Inviting and Elegant Ferocity: Grounding in Basic Goodness to become an Embodied Antiracist from the Inside Out*
<https://www.maximeclarity.com/blog/becominganembodiedantiracist>

FEES* (open to negotiation)

Daylong workshop: \$5,000

4 hour online Zoom workshop: 12-5 pm with 1 hour lunch break and 2 short breaks.

Weekend workshop: \$13,000

3 days Fri-Sat-Sun (12 hours total, 4 hours/per day)

Conducting the workshop over three days allows participants to metabolize, integrate, and reflect with the embodied learnings and bring greater coherence to the personal and collective workshop, participant container, and experience.

Small Group Ongoing Sessions: \$25,000

4 hours per day once a month or biweekly, depending on organization/group's needs, plus 1-hr live call/month. Tailored to the organization's needs:

1. Small group work, experiential, working with real-life/real-time issues within the organization and/or executive leadership challenges.
2. Teaching around contextualizing ongoing current events, integrating the lived "outside" reality into how it applies to the organization's antiracism mission (crafting mission statements and press releases after traumatic events, responding to membership requests for help, etc.)

Hourly: Additional teaching available \$950/hr

**10-15-20% of fees goes to supporting people who need sliding scale rates for one on one, couples and group work. The benefit of that is to support the marginalized and BIPOC and LGBTQIAP+ TGNC communities I work with in Brooklyn NY, around the country and worldwide.*

My fees also go to support my **pro bono activities which include:*

- Podcast ReRooted, centered around social justice, neuroscience, trauma & mindfulness

- Online/web antiracism tv show, [Inside Out](#)
- [Social media](#) & [writing/blogs/articles](#) teachings
- Free guest appearances (other people's [podcasts](#), [Panels](#), [etc.](#))

Endorsements

“Francesca does beautiful work. She connects healing that is both deep and personal together with healing the collective, eyes wide open to the structural suffering of our world. Her extensive training and accomplishments help open minds and hearts to new possibilities. Francesca has been dedicating herself to compassion and awakening, and it shows!

- Dr. Jack Kornfield, author of *A Path with Heart*”

“I’ve known Francesca for many years. Her commitment to the welfare of others is profound and unshakeable. With deep personal integrity and clinical experience and skill, she has helped and will help many many people. Plus she is funny, super smart, full of moxie, enthusiastic, and a joy to be with.” - Rick Hanson, Ph.D., author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*”

Testimonials: “Unique”

“Having gone through different webinars and trainings, Francesca’s approach is easy to embrace as a white person.... And unique... She speaks from the heart, holding people accountable while creating a safe(r) space for uncomfortable learnings. The term white fragility bothers me... not b/c people don’t have shame around privilege, but because that concept evokes a concept of vulnerability and weakness for me. No, we don’t need to be coddled around this... we need the mirror put up to ourselves, as Francesca does, which invites us in to really say: this is how you come across and you may not know it, and then we now have the ability to be with that realization without checking out. Your workshop helps me show up and stay with these discomforts.” - SM

“You and your webinar are a surprising breath of fresh air. You are very skilled at setting the tone and bringing people on board. In the beginning I was disappointed by how elementary it was, but realized that your introduction was useful and necessary for engaging folks who are newly coming to these issues. Things really came alive for me during the Q & A. Thank you for your helpful response to my Q about how we balance the empathy of the therapeutic stance with making a useful response to racist or white privilege attitudes of our clients. I’ve always tending to shift to educational and confrontational mode, rather than maintaining my usual empathy and curiosity.” - RC

“Thank you for your profound generosity in presenting and sharing these resources. I am a SE community member, being a retired secretary single white fairly privileged with layers of cultural dysfunctionality so I can play the fragility card easily 😊 I will avail myself of some of your resources taking care not to overwhelm myself!” - GM

“I’ve had the pleasure of partnering with Francesca many times over the last few years. I value her unfettered commitment to social justice and anti-racism that not only opposes harmful

forms of systemic oppression and white supremacy, but also invites white settler clinicians like myself to lean in and learn how to recognize my harmful biases, discover how to embody change in myself, and truly learn how to be a better anti-racist practitioner for my clients. She's gifted in all the work she does as a clinician, as a podcaster, an educator and a mentor. What makes Francesca truly special is she's a kind, loving person whom I'm proud to call my colleague and my friend." -CS

About Francesca

Francesca Maximé, LMSW is a Haitian-Dominican Italian-American licensed psychotherapist, Somatic Experiencing Practitioner, Indigenous Focusing Oriented Therapy Practitioner, Focusing Oriented Therapy Practitioner, IMTA-accredited Certified Mindfulness Meditation Teacher, certified Relational Life Therapy Couples therapist, award-winning poet/author, and former television news anchor/journalist.

Through her [Maximé Clarity](#) offerings, she offers services to help address trauma, process grief, reduce stress, and more, including working with organizations and communities on addressing structural, organization and social/cultural trauma.

She is the 2019 recipient of the International Society of Traumatic Stress Studies Outstanding Student Advocacy & Service Award, as well as the 2019 first prize winner of the Allen Ginsberg Poetry Awards, featured on PBS. She hosts the #ReRooted trauma, neuroscience and social justice [podcast](#) on Ram Dass's Be Here Now Network and the now-retired #WiseGirl video podcast, available on iTunes and YouTube and other podcasting outlets. She has been mentored in mindfulness meditation practices by clinical psychologist and Insight Meditation Society co-founder and Spirit Rock Meditation Center founder Jack Kornfield, Ph.D. and has also been a mindfulness student of clinical psychologist and Insight Meditation Community of Washington, D.C. founder Tara Brach, Ph.D. Francesca has sat in silent retreat cumulatively for several months.

Francesca received her undergraduate degree from Harvard University in English Literature and her Master's in Social Work from Fordham University. Francesca has also been completed Brainspotting I training, and uses a variety of somatic, neuroscience-based, psychodynamic, relational, and attachment-based approaches to working with adults, couples and groups. Client issues addressed in session often include PTSD/trauma, relational/relationship issues, stress, anxiety, and grief. Francesca also often integrates Coherence Therapy, Internal Family Systems/parts work, and sand tray/creative art & writing into how she works with clients. Francesca sees a range of people from varying gender identities, sexual orientations, and racial/ethnic identities: all are welcome. www.maximeclarity.com.