

Apply now

Healing White grief: an anti-racist allyship program

Starts October 30th

You've heard of White guilt. You probably empathize with what Dr. Corinne Galgay calls, "White shame."

But, what about White grief?

Typically, when we reference grief work about anti-Blackness, people think about the grief experienced by those oppressed by White Supremacy.

It is equally important for White Americans to consider how their unexplored grief amplifies the suffering of Black people.

Ultimately, the institutional suffering inflicted upon Black communities cannot be addressed until White Americans can come to terms with their own relationship to grief and suffering.

In this 6-week professional development training, students learn how to engage their relationship to grief so they can actionably minimize the grief and suffering experienced by Black communities.

You will....

- Learn the necessity of understanding how White grief is the foundation of systemic oppression
- Develop the skills to honor your grief in anti-racist work without centering it
- Escape the trap of negative self-beliefs that keep you stuck in guilt and shame
- Separate yourself from your social identity while compassionately taking responsibility for the privileges that come with it
- Eliminate helplessness from not choosing social privilege, but still receiving benefits
- Reconcile your deepest desire for equity with the reality of what it means to sacrifice social privilege
- Liberate yourself from the urge "fix" racism so that you can show up meaningfully and consistently for Black people suffering from systemic trauma
- Embrace and process your fear of "messing up" while avoiding paralysis
- Reclaim your humanity from the brokenness of White Supremacy

At the end of the day, anti-racist work without White grief work is a job half-done.

Are you ready to take your anti-racist commitment to the next level?

*A certificate is available upon program completion.

*May be eligible for professional development reimbursement from your employer

[Apply now](#)

MY BACKGROUND

I am Breeshia Wade, author of the 2021 publication, [Grieving While Black: An Antiracist Take on Oppression and Sorrow](#), which was rated one of the best 9 books on grief.

My work is informed by my experience as a lay-ordained Zen Buddhist chaplain employed by hospices and hospitals.

My combined experiences allow me to serve as a teacher and consultant who uses grief as an anti-racist tool.



EDUCATION & TRAINING

- I earned my B.A. in Comparative Studies in Race and Ethnicity from Stanford University
- I earned an M.A. in Religious Studies and Philosophy from the University of Chicago
- I completed a 2-year accredited Buddhist Chaplaincy training program at Upaya Zen Center
- I completed a (required) one-year chaplaincy residency at Rush University Medical System in Chicago, IL to become eligible for board-certification as a chaplain
- Featured in USA Today: Review, Shondaland, Cosmopolitan, HuffPost, Fast Company, and more

MY PHILOSOPHY

I believe in Elemental Grief™, a model of grief that expands beyond concrete, tangible loss and includes fear of impermanence--or future loss.

I believe that when advocating for diversity, equity, and inclusion, the unexplored fear of loss faced by those who are losing the benefits of privilege (e.g. white, male, gender privilege) must be addressed to alleviate the grief of those who experience systemic oppression.

WHAT I OFFER

- Speaking Engagements
- Certificate Programs
- Custom Workshops
- Consulting
- Executive Coaching
- E-Courses for Individuals