

# DISMANTLING WHITE SUPREMACY IN COUNSELING



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INVESTOR IN PEOPLE

*“To Kobe, Jenna, Kaylee, and Shelley”*



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## PREFACE

The concept of Whiteness has always been tied to notions of superiority. Therein lies the risk of talking about it, much less writing a book about it, speaking of it in our professions, with clients, research, and community work. Each time we do, we breathe life into a concept that has only served to divide and arrange human beings for the benefit of one group over all others.

I was at a conference this past year where the topic of White privilege was discussed. I was asked, as a White guy, to offer my perspective on this in a mixed-race group with some people I knew, but most I did not. My fear tells me I was not sure of my answer. I know it was the best one I had at that moment, but I am not satisfied with it. I recall saying something like “I am increasingly aware of how I am seen as a White person by others and need to look at myself in the mirror and own it”.

I need to take responsibility and action to confront White supremacy. This book is a step in that direction, and not a conclusion. What I know and do will shift as I learn more about myself and confront uncomfortable truths about my race and personal identity.