

Racial Identity Development Workshop MassArt Counseling and Wellness Center

Understanding racial/ethnic identity development is critical for faculty and staff to ally and support current college based civil rights activism. Becoming familiar with racial/ethnic identity theories and appreciating how this may be relevant to our students can help facilitate more meaningful conversations on our campus. Additionally, this learning gives context in order to empower staff and faculty with methods of solidarity and support for students. Kimberly Ashby and Jessica Ray-Mendoza from the Counseling and Wellness Center will present various racial/ethnic identity development models, share scenarios, and discuss communication suggestions for effective dialogue among campus community members.

Jessica Ray-Mendoza is the Diversity Outreach Coordinator at the Counseling and Wellness Center. She received her MA degree from The Seattle School of Theology and Psychology. Prior to coming to MassArt, Jessica spent eight years as a therapist within the Latinx community, first in Seattle, WA and Roxbury, MA. Prior to her role as mental health counselor, Jessica was involved in youth development for five years in the suburbs of Washington, D.C. Jessica also spends her time teaching racial justice at Boston University in both the school of social work and the mental health program.

Kimberly Ashby is the Diversity and Activism Liaison to the Mass Art Counseling and Wellness Center and a doctoral student in counseling psychology at Boston College where she is a researcher for Dr. Janet E. Helms' Institute for the Study and Promotion of Race and Culture (ISPRC).. Kimberly's clinical experience includes working with diverse students as a college counselor at Massachusetts College of Art and Design, Salem State University, and Wellesley College. Her current research interests include Black female college students' perspectives on and experiences with mental illness, mental health treatment, and self-care, as well as the invisibility of Black women and girls. Kimberly participates in various forms of anti-racist activism and acts as the Visuals Co-coordinator of Eradicate Boston College Racism (EBCR), a student activist collective that combats institutional racism at Boston College.

References

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