



# Contemplating 400+ Years of Inequality: A Communal Practice\*

Facilitated by Cori Fecho, PSEA UniServ Rep.

Guest Speakers: Dr. Angel Acosta and Dr. Yolanda Sealey-Ruiz  
(see page 2 for information on our speakers)

February 17, 2021 ♦ Via Zoom  
4:30-6:00 p.m.

This is a special workshop and offering with a focus on processing our collective past for our present healing. We will use mindful listening and contemplative practices to discuss and think through racial and structural inequality. Drs. Acosta and Sealey-Ruiz will discuss how to use a digital timeline as a contemplative learning tool to support participants with deepening their understanding of entrenched racial and socio-economic inequality in the United States. With the aim of commemorating the year 1619—marking the arrival of enslaved Africans to U.S. shores—the 400 Years of Inequality National Organizing Committee has created a timeline for all of us to dive into our past. The community will explore how to combine contemplative-based practices with the exploration of the timeline in order to re-imagine how we can both transcend implicit bias and develop a more compassionate society.



Participants will receive:

- Resources for integrating the timeline into their professional and educational settings
- Insights on integrating contemplative practices with critical and social justice-oriented dialogue
- The safe and brave space process the compounding nature of structural trauma

**\*Paraprofessionals**, if taking this workshop for the hours, it is recommended that you obtain pre-approval from your employer to ensure the hours will be accepted.

**Members with teaching certificate**, if you provide your PPID #, you will receive 1½ Act 48 hours for this workshop.



**Pre-registration is required.**  
**RSVP no later than February 12, 2021**  
(online at [www.psea.org/er](http://www.psea.org/er) or email to [e-rgn@psea.org](mailto:e-rgn@psea.org))

Several days before your session, you will receive a confirmation email containing Zoom information for the workshop.



# About Our Speakers



**Dr. Angel Acosta**

<https://www.drangelacosta.com/>

For the last decade, Dr. Angel Acosta has worked to bridge the fields of leadership, social justice, and mindfulness. He completed his doctorate in curriculum and teaching at Teachers College, Columbia University. Angel has supported educational leaders and their students by facilitating leadership trainings, creating pathways to higher education, and designing dynamic learning experiences. His dissertation explored healing-centered education as a promising framework for educational leadership development. He continues to consult for organizations like the NYC Department of Education, UNICEF, Columbia University and others. Over the last couple of years, he has designed the Contemplating 400 Years of Inequality Experience—a contemplative journey to understand structural inequality. He's a proud member of the 400 Years of Inequality Project, based at the New School. He is also the Creative Director at the NYC Healing Collective, a community initiative amplifying people and insights at the intersection of healing, wellness and societal transformation.



**Dr. Yolanda Sealey-Ruiz**

<https://www.yolandasealeyruiz.com/>

Dr. Yolanda Sealey-Ruiz is an award-winning associate professor at Teachers College, Columbia University. Her research focuses on racial literacy in teacher education, Black girl literacies, and Black and Latinx male high school students. A sought-after speaker on issues of race, culturally responsive pedagogy, and diversity, Sealey-Ruiz works with K-12 and higher education school communities to increase their racial literacy knowledge and move toward more equitable school experiences for their Black and Latinx students. Sealey-Ruiz appeared in Spike Lee's "2 Fists Up: We Gon' Be Alright", a documentary about the Black Lives Matter movement and the campus protests at Mizzou.