Teaching Anti-Oppression:
Constructing Experiential Exercises to Teach About Oppression
Deborah Mosby, MS, LADC, CPP, MAC
Professor, Human Services, Alcohol and Drug Counseling
Metropolitan State University, St. Paul, MN

Theodore Tessier, MA, LMFT, LADC, MAC
Mental Health Professional, NUWAY Treatment Center
Community Faculty, Metropolitan State University
Teaching anti-oppressive practice in an experiential approach to equip counselors to work in the field with diverse populations

• The importance of language
• Terms of anti-oppressive practice
• Terms used in describing clients and diagnosis
Why is it so important to teach anti-racism across disciplines?
How do we prepare prevention and addiction recovery counselors to teach white students about privilege and empower students of color/culture in the process?
Experiential Exercises
References


