

## Time-Ordered Agenda for

'The Race Against Racism': Strategies to Combat Racism, Address Micro-aggressions and Promote Healing in the Therapeutic setting.

**Instructor: Aditi Mehra, DHS, OTR/L**

<b>Time (minutes)</b>	<b>SLP-Specific Content to be Covered</b>	<b>Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)</b>
0–5	Introduction	Lecture
5–15	Current Status	Lecture
15–30	Health disparities	Lecture
30–50	Racial microaggression	Lecture
50–60	Racial microaggression in therapeutic practice	Case Studies
60–80	Cultural competency vs. cultural humility	Case studies
80–95	Telehealth and CC	Lecture
95–115	Mindfulness and Microaggressions	Lecture
115–120	Summary, Q&A	Lecture
<b>120</b>	<b>TOTAL RUN TIME</b>	