Combatting Microaggressions: How Can I Help?

INTRODUCTION

Many people believe in, support, and want to promote fairness, equity, and inclusion, but they often don’t know how. What does it mean to be an ally with regards to microaggressions?

In this course – which is broken into six 5-minute blocks – speaker Noma Anderson explores practical strategies to eliminate interpersonal and institutional microaggressions and to champion fairness, equity, and inclusion for nondominant groups within our professions and the broader society.

LEARNING OUTCOMES

You will be able to:

- Employ intervention strategies that support and validate individuals who experience microaggressions
- Describe how advocating for fairness, equity, and inclusion supports vibrant and productive communities in various professional settings

CONTENTS

Support and Intervention Strategies................................................................. 5 min.
Review Examples............................................................................................... 5 min.
Plan.................................................................................................................... 5 min.
Practice............................................................................................................... 5 min.
Reflect............................................................................................................... 5 min.
Learning Assessment......................................................................................... 5 min.

PROGRAM HISTORY and IMPORTANT INFORMATION

Recording date: December 2020
End date: January 1, 2026

To earn continuing education credit, you must complete the learning assessment on or before January 1, 2026.

This course is offered for 0.05 ASHA CEUs (Intermediate level, Related area).