

Maureen Walker, PhD, Licensed Psychologist

An Inspiring, Engaging, and Interactive Speaker

Maureen Walker has been a powerful speaker and educator for over 30 years. She connects with her audience so they leave with a greater understanding of topics ranging from bridging cultural differences to integrating spirituality with social justice.

KEY AUDIENCES

Geared towards audiences including educators, civic leaders, managers/supervisors, mental health care professionals, spiritual counselors, and social justice advocates.

Topics include:

- Navigating the Complexities of Race: Racial Healing and Reconciliation
- Getting Real About Empathy
- Power Works: A Model for Sustainable Effectiveness
- The 3 R's of Loving Against the Odds
- The Spirit in Action: Achieving Social Justice
- Love and Power in the Therapy Hour



Speaker. Educator. Therapist.

MAUREEN WALKER IS A DYNAMIC SPEAKER AND EDUCATOR!

She inspires, informs, challenges, and engages. Her presentations move you to continue reflecting on her words long after the session and to wish for additional opportunities to learn from her. She is a deep thinker and has enriched and expanded my thinking about racial identity and experience, interracial and intercultural connection and healing, power in relationships and the broader culture, and how to be a better person in the midst of deep cultural divides. Maureen is amazing and she will change your world!

Harriet L. Schwartz, PhD, Lead Scholar for Education as Relational Practice, JBMTI Chair, MA in Student Affairs and Associate Professor of Psychology and Counseling, Carlow University

www.maureenwalker.com



MAUREEN WALKER
— PhD —

Book Maureen as Your Speaker! | 508-205-0841 | maureen@maureenwalker.com

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Past Speaking Experience

- Releasing the Power of Relational Intelligence at Work (Mercy Hospital, Amherst, MA)
- Bridging the Empathy Gap: Reflections on Longing, Alienation, and Healing Connection (Advance Practice Institute: Summer 2013, Jean Baker Miller Training Institute/ Wellesley Centers for Women)
- Call to Cultural Humility (Association of Clinical Pastoral Educators)
- Diversity Works: Making Gains through Relational Intelligence (or Enhancing Relational Potential in Organizations)
- Recovering Connections: Creating New Possibilities in the Treatment Relationship (Wayside House, Inc., Minneapolis, MN)
- Revolutionary Hope: Healing the Wounds of Injustice in the World (Ruth Cooperstock Memorial Lecture Center of Addiction and Mental Health, Department of Public Health Sciences, University of Toronto)
- The Spirituality of Authentic Power: Transforming How We Lead and Love (Sacred Threads, Inc., Newton, MA)
- Making the Workplace Work for Everyone (Varied Locations)
- Achieving Success through Relational Intelligence (Varied Locations)
- Who Do You Think You Are: Reconstructing Narratives of Race and Human Possibility (Evergreen Health Services, Inc., Buffalo, NY)
- Creating a Culture of Hope

Navigating the Complexities of Race: Racial Healing and Reconciliation

When it comes to cross-racial relationships, sometimes “just getting along” seems far easier than making an authentic connection.

Race is a continuously shifting relational dynamic which triggers complicated, sometimes conflictual, thoughts and feelings. However, to share the complexity of our inner world is to risk getting it wrong, saying something that contributes to disconnection. Not surprisingly, cross-racial interactions are often shaped by timidity and anxiety, rather than an intention of becoming more fully known.

During this talk, you will learn three core skills for creating meaningful connections that will help increase your confidence so you can do more than “just get along”:

- Empathy – Being present, respect and recognition – self-awareness and respecting your own complexity and the complexity of others – the preferred story we have vs. the one we want to hide
- Authenticity – Being thoughtful, purposeful and honest in your communication
- Mutuality – Leaving space to both influence and be influenced by others and letting the other person know that they have had an impact on them and they matter – being open to using our differences to help us grow

WHO BENEFITS

General population – Especially appropriate for educators, civic leaders, managers, supervisors, mental health care professionals, and spiritual counselors

ANTICIPATED OUTCOMES

Enhanced confidence and practical strategies for addressing emotionally charged issues of race and culture

“Maureen has been instrumental in deepening my understanding of the connection between relational dynamics and the ways those relationships are embedded in cultural shaping. Her interactive presentations gave us the language and tools to work with issues of racial difference in new and healing ways.”

Michelle DeCoste, Director of Clinical Pastoral Education, Havenwood Heritage Heights



MAUREEN WALKER
PHD

Getting Real About Empathy

Empathy can be a “feel good” word, but it is not always a “feel good” experience. In fact, when we think it’s only about being nice or politically correct, we are likely to feel stymied when confronted with a chasm of difference that seems too wide and too deep to bridge.

During this talk, you will learn strategies for overcoming both internal and external barriers to empathy that thwart our best efforts to connect with people who are different from ourselves. Specifically, we will cover “The ARC of Empathy”:

- Awareness – Paying attention to “what is” and being a mindful listener
- Respect – Inviting and welcoming “difference” – it’s not about making sure someone is like you, but it is about putting yourself in someone else’s shoes and seeing it from their perspective
- Compassion – Witnessing without judgement and recognizing ultimate inter-connectedness – it’s not about liking someone, it’s about the baseline recognition of shared humanity

WHO BENEFITS

Educators, civic leaders, managers/supervisors, mental health care professionals, and spiritual counselors

ANTICIPATED OUTCOMES

Ability to respect and engage personal complexity as well as the multi-dimensionality in the lives of others

“Maureen Walker’s ability to present complex psychological theory and its application to the most profound societal challenges has encouraged me to rethink assumptions I made about relationships and power: specifically the power of privilege and cultural advantage. She has helped many white women and our sisters of color have authentic conversations about race in ways that foster connections and understanding across differences.”

Molly Hinchman, PhD, Licensed Psychologist



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Power Works: A Model for Sustainable Effectiveness

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PHD

WHO BENEFITS

Thought leaders in civic action, industry managers/ supervisors, professional services personnel

ANTICIPATED OUTCOMES

Skills to bridge divides created by structural/ cultural power; skills for effective conflict management

I have had the pleasure of studying and consulting with Dr. Maureen Walker for 25 years. She brings accessibility and empathy to complex interactions by placing them in context. I have applied Dr. Walker's approaches to help multiple systems (law enforcement, mental health and substance abuse, education, boards of developmental disabilities, child welfare, and other social service and community agencies, faith-based groups and volunteers).

Mary Vicario, Founder and Director,
Finding Hope Consulting, LLC

The 3 R's of Loving Against the Odds

In today's world, it is nearly unthinkable that inter-cultural relationships would be condemned or criminalized. We have come a long way, but maybe not as far as we think. We still live in a culture mired in deeply racialized hostility; and our intimate relationships are not immune to the feelings and effects of that antagonism.

During this presentation, you will learn how to cultivate and nurture inter-cultural relationships in a world that is marked by cultural divides. The three R's of loving enable friends, partners, and family members to embrace love courageously and move toward deeper intimacy.

Key learning concepts will include:

- Re-cognizing – literally re-thinking pre-formed ideas or stories of reality...moving toward uncertainty and being less "positional"
- Respect – full engagement; capacity to hold contradictions
- Repair – restoring connections to our feelings, thoughts and openness to the feeling/thoughts of others. Cultivating cultural humility, which might include embracing our own guilt and anxiety



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— PHD —

WHO BENEFITS

Families members and partners in multi-cultural relationships; mental health professionals and spiritual advisors

ANTICIPATED OUTCOMES

Learn how to recognize, respect, and repair the internalized wounds of a culture of disconnection and to resist the influence of external threats to connection and intimacy

"Maureen Walker helps her clients build relational resilience for sustaining intimacy in the context of cultural divisiveness. After the illusions and excitement of new-found romance fades, the scars and challenges of the social "isms" remain. By addressing both internalized wounds and the external challenges to authentic connection, she helps groups and individuals "face forward" with courage and commitment to real love in the real world."

Patrice Shenk, Esq.
Member, Connecticut Bar Association

The Spirit in Action: Achieving Social Justice

It is an all too familiar story, people of good will join together in common cause to make the world a better place. Yet somewhere along the way, conflicts arise, egos clash, energy dissipates, and once precious relationships fracture.

Heroism gets in the way disrupting the coveted outcome, and power makes itself known in dysfunctional ways. A spirituality of activism is grounded in deep awareness of the ultimate interconnection of all things as both a process principle and goal. Power is inhabited as a shared energy which ignites hope and creative imagination.

During this presentation, we will focus on how to move through conflict and focus on relational strategies to help social justice advocates keep their “eyes on the prize” and the spirit in action.

Participants will explore the three keys to spirit-filled action:

- Inhabiting power generously
- Embracing interconnected vulnerabilities
- Transforming narratives of fear into narratives of faith and optionality

The ultimate aim of this presentation is to create pathways for movement from powerless to possibilities – possibilities that transcend the limits of ego-bound imagination.

This is the opposite of “bootstrapping”. Again, interconnected vulnerability refers to embracing our need for belonging; no one can make it alone just as no one can really pull him/herself up by their own bootstraps.

WHO BENEFITS

*Social justice advocates,
civic leaders, citizen groups*

ANTICIPATED OUTCOMES

Relational model of social activism; skills for ameliorate tensions that arise among impassioned voices for handling conflict productively and for discovering and cultivating common ground.

“Brilliance, creativity, depth of knowledge, and wisdom are just a few of the words that come to mind when thinking about Maureen Walker. She has a way of getting you to think about your life from challenging perspectives. Her deep compassion for people and spirituality shines through every word.”

Marie LaBollita, SC, Sacred Threads for Women, President and Co-Founder



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