

**“WORKING WITH INNER RACISM, SEXISM,
HOMOPHOBIA AND OTHER FORMS OF
UNCONSCIOUS BIAS:
AN INTERNAL FAMILY SYSTEMS APPROACH”**

Presenters:

**Percy Ballard, MD
Kate Lingren, LICSW
David Hoffman, Esq.**

February 1, 2020

9:00 a.m. - 5:00 p.m.

Common House, New View Cohousing
25 Half Moon Hill, Acton, MA 01720

Fee \$125

(early bird \$100 if received by December 15th)

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Percy Ballard at pb@percyballardmd.com

Meet the Faculty



Percy Ballard, MD is a psychiatrist who graduated from Harvard Medical School and completed general psychiatry residency training at Harvard Medical School/Cambridge Health Alliance. He completed Internal Family Systems (IFS) Level 1, 2 and 3 trainings during his residency. He has been practicing IFS psychotherapy and medication management for 9 years in the greater Boston area, including 4 years at an LGBT community healthcare center (Fenway Health). He currently practices at Psych Garden, a mental health clinic in Belmont. He has presented at numerous workshops and conferences on the topics of IFS psychotherapy, implicit bias, race, culture and legacy burdens, including several workshops with the founding developer of the model Richard Schwartz, PhD. Apart from therapy, he is an avid meditator in the Indo-Tibetan Buddhist traditions, a competitive martial artist of several East Asian systems, and a shameless dancer when the opportunity arises. www.percyballardmd.com



Kate Lingren is a Licensed Independent Clinical Social Worker in private practice with over 30 years of experience. She is a Certified IFS (Internal Family Systems) therapist and on the faculty of Intimacy From the Inside Out (using IFS in couples work) as a Lead Trainer. She is also on the faculty of Boston College School of Social Work, where she teaches a class on IFS. Most recently she has been on a quest to discover, welcome and heal her parts that hold both explicit and implicit biases in an effort to more fully embody her true Self. Kate lives and practices in the Boston area and in Martha's Vineyard.



David Hoffman, Esq. is a mediator, arbitrator, Collaborative Law attorney, and founding member of Boston Law Collaborative, LLC. David teaches courses on Mediation and Collaborative Law at Harvard Law School, where he is the John H. Watson, Jr. Lecturer on Law. He also developed a new course on Diversity and Dispute Resolution, which he has taught at Harvard since 2017. David also trains mediators in 5-day executive education programs for the Harvard Negotiation Institute, part of the Program on Negotiation at Harvard Law School, and offers training on implicit bias with his BLCI colleagues Audrey Lee and Matt Thompson.

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