How carrying bias is human, and how to overcome it. Helping leaders improve inclusion by addressing unconscious bias. | Rehman Abdulrehman, PhD | 1.5 APA CE’s

Abstract: Unconscious bias is held by diverse groups of people; about themselves and those around them. Culture, media, societal knowledge & perspectives influence these biases, but can also carry stigma if discussed, and so are often not addressed (including by leaders). This presentation explores the development of unconscious bias, the impact on organizations, it’s culture, and how leaders can enhance inclusion by addressing their own unconscious bias. CBT and cross-cultural models are used. Discussion is encouraged.

R. Abdulrehman, PhD, C.PSCH. BIO

Dr. Abdulrehman is a consulting and clinical psychologist focused on issues of mental health, diversity and inclusion, and leadership. Dr. Abdulrehman has worked with a broad range of organizations & individuals, ranging from local and foreign government and health organizations, to law societies, fashion houses and national media. He was a former president for the Manitoba Psychological Society, and the former chair for the Committee on International Relations for Psychology for the APA. He’s an assistant professor at the University of Manitoba, a visiting professor at the State University of Zanzibar, and is a recent TEDx speaker.