



"Multicultural is WISer"

Western Institute for Social Research 2930 Shattuck Avenue, Suite 300, Berkeley, CA 94705 (510) 655-2830 [www.wisr.edu](http://www.wisr.edu)

**SEMINARS & ANNOUNCEMENTS APRIL, 2014**



To participate by conference call, contact [mail@wisr.edu](mailto:mail@wisr.edu) or call 510/655-2830 in advance for the dial in number and access code.\*

**ANNOUNCEMENT:** *WISR is looking for volunteers to help plan community events and do outreach to community groups and residents. Contact [johnb@wisr.edu](mailto:johnb@wisr.edu) or [marilyn@wisr.edu](mailto:marilyn@wisr.edu) if you can help.*

**INTERDISCIPLINARY SEMINAR(S)**

**EARTH DAY at WISR  
Sharing Concerns and Exploring Solutions**

**Friday, April 25<sup>th</sup>, 5:30 – 8:30pm**



**Marilyn Jackson, PhD, WISR Faculty, Facilitator.** We will share our concerns and what we are currently doing, discuss solutions and possible actions.

**~5:30pm Music, Song and Poetry Sharing for the Earth**

**Potluck (RSVP [Marilyn@wisr.edu](mailto:marilyn@wisr.edu))**

**~6:30pm Introductions**

**~7:00pm Panelists will include:**

**Brian C. Harris, President of Zero Net Energy Working Group,** will discuss the opportunity for dramatically reducing fossil fuel use through new energy efficient building practices. He will reveal how the present popularity of solar power is impacting energy use decisions at the government, utility, developer and architect/building contractor levels. He will discuss how transformation of thinking on these topics could support a new relationship between human beings, natural resources and the environment.

**Shyaam Shabaka, WISR PhD Student, Board member and President Emeritus of**

**Food First and founder and director of EcoVillage Farm** in Richmond <http://ecovillagefarm.org/>, will offer a critical analysis of the current food and environmental movement.

**Signe Mattson, of the Gill Tract Farm Coalition,** will talk about the struggles with the University of California over the Gill Tract land at the corner of Buchanan (at the base of Marin) and San Pablo Avenue in Albany. The Coalition is working to develop this area as a center for agro-ecological study and food production for local food security while the University is pursuing money making developments. For more information go to <http://occupythefarm.org/>

**FILM NIGHT Friday, May 2<sup>nd</sup>, 6:30-9pm  
AMERICAN WINTER**

From Emmy award-winning filmmakers Joe and Harry Gantz, *American Winter* follows the personal stories of eight families struggling in the wake of the worst economic crisis since the Great Depression. Seen through the eyes of families caught in a daily struggle to survive, *American Winter* powerfully reveals the emotional stories behind America's alarming trend towards a disappearing middle class and a shrinking social safety net a time of unprecedented need. **\*Snacks are welcome. This event is part of WISR's ongoing class on Film and Social Change. The class is open to the public for non-credit, and for free, and WISR students can pursue the class for academic credit as part of their regular tuition.**

**Friday evening, May 9<sup>th</sup> will be WISR's 39<sup>th</sup> Anniversary Celebration and Open House for Prospective Students**



**A Premier Academic Institute for Social Change Since 1975**

Prospective students and Community Learners are invited to attend these seminars. Contact WISR if you need a ride from the BART or want to carpool. Please avoid wearing perfume or cologne to WISR gatherings as requested by those with asthma & allergies.



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**--Stay tuned for more details!**

**MARRIAGE FAMILY THERAPY (MFT) SEMINARS** are for students pursuing an MFT license. Other interested persons are welcome but you are requested to RSVP the faculty member (see email contact info below) in advance. They are held at WISR from 10am to 2pm with a short break so **bring a lunch**. (These required seminars for our MA program lead to the State of California's MFT and LPCC licenses and are now available by **telephone conference call**\*).

### **THEORIES OF MARRIAGE AND FAMILY THERAPY:**

#### **Gestalt, Cognitive Behavioral, and Solution Focused Approaches**

**Saturday, April 5, 2014 10am-2pm**  
**Shawna Sodersten, JD, MA, LMFT, WISR Faculty.** This seminar will examine the practice of Marriage & Family Therapy or other psychotherapy from Gestalt, cognitive behavioral, and solution focused perspectives, as practiced by MFTs and LPCCs. Individual psychotherapy focusing on relationships, couple therapy, and family therapy within the MFT purview can be approached from a variety of theoretical orientations. *If you plan to participate by phone conference, please email Shawna: [shawnasodersten@gmail.com](mailto:shawnasodersten@gmail.com) the week before the seminar for the conference call number and login and to notify her to set up the conference phone technology.* **Upcoming seminar(s) with Shawna Sodersten will be May 17, continuing focus on theoretical perspectives, and covering Family Systems, Strategic/Communications, and Structural Therapy approaches.**

#### **CRISIS AND TRAUMA COUNSELING Part II of IV**

**Saturday, April 19, 10am-2pm**  
**Carole Morton, MA, LMFT, Faculty.** The topic of trauma and crisis will be covered in

four parts. Carole Morton will focus on clinical issues in Part I & II, and Ronald Mah will focus on legal and ethical considerations in Parts III & IV on **May 24\* and June 28**. In this seminar we will examine types of trauma and crisis resulting from such varied causes as natural disasters, social upheaval and unrest, car accidents, interpersonal violence, secondary trauma (e.g., observation of trauma), loss of home or loved ones, among others. We will discuss theories and methods of immediate, mid-term and long-term interventions; crisis theory, multidisciplinary responses to crises and therapeutic responses to trauma; assessment strategies for clients in crisis and principles for intervention for individuals with mental or emotional disorders during times of crisis, emergency or disaster. Specifically, we will discuss the study of somatic, physiological, and neurological dynamics, as well as cognitive, emotional and behavioral considerations—and the interrelations of all these; also the role of multidisciplinary assessment and treatment, and strategies for helping trauma survivors to identify and access their own individual and community sources of strength and resilience in order to cope with adversity, trauma, threats, tragedy, or other stresses. We will consider the impact of trauma and crises on entire families, communities and societies, and the role of larger scale interventions as well as examine complications from multiple traumas and/or traumas experienced by people with pre-existing emotional challenges and conditions. We will talk about resilience, including the personal and community qualities that enable persons to cope with adversity, trauma, tragedy, threats, or other stresses.

**If you plan to participate by phone conference, please email**

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[carolejmorton@integrativepsychotherapist.net](mailto:carolejmorton@integrativepsychotherapist.net)

the week before the seminar for the conference call number and login\* and to remind her to set up the conference phone technology.



**May 2014 MFT/LPCC Seminars:**  
*(\*please note changes from last month)*  
**Shawna Sodersten: May 17\*, 2014**  
**Ronald Mah: May 24\*, 2014**

**June 2014 MFT/LPCC Seminars:**  
**Shawna Sodersten: June 21, 2014**  
**Ronald Mah: June 28, 2014**

**CONTINUING EDUCATION UNITS  
(CEU) CLASS FOR MFTs, LPCCs, and  
LCSWs: INTERNALIZED**

**OPPRESSION AND SELF-ESTEEM**

**Saturday, April 26<sup>th</sup>, 9:00am - 4:00pm  
and Sunday, April 27<sup>th</sup> 10:00am - 5:00pm**

**John Grossberg, PhD, MFT, Facilitator**

This will be an experiential two day workshop designed to support psychotherapists and counselors in their work with clients who present with low self-esteem. The workshop draws on the life experiences, education and training of the workshop's participants to illustrate how societal forms of oppression impact all of us.

Dr. Grossberg will provide each participant the opportunity in a safe and respectful environment to experiment with specific techniques and interventions for use with individuals, couples, and groups. These interventions are designed to complement the work of therapists of diverse theoretical orientations. The facilitator will also provide a theoretical model for understanding the dynamics of internalized oppression based on

his cross-cultural training as an anthropologist and his many years of work as a psychotherapist in private practice.

Because of its cultural focus, the workshop offers participants the opportunity to increase cross-cultural awareness and competence, and, as such, may prove particularly valuable for psychotherapists working in agency and school settings with diverse client populations.

*John Grossberg practices psychotherapy in San Francisco's Noe Valley neighborhood. He began his study of mental health as an anthropologist. With the support of a Fulbright and a National Science Foundation supplemental grant, he conducted original dissertation research in Japan on how elderly Japanese Buddhists formulate their attitudes towards death and continues to have a strong interest in adult human development and grief & loss issues. John's awareness of oppression began as a young child when he first learned about the Holocaust and witnessed the Civil Rights' Movement.*

*John's interests in internalized oppression and self-esteem were reinforced during fourteen years teaching adolescents in San Francisco independent schools. John conducted groundbreaking workshops on dismantling heterosexism in California's independent schools and was one of the first volunteer emotional support counselors in San Francisco in the early 1980's for individuals newly diagnosed with "Gay-related immune deficiency (GRID)" at the dawn of the AIDS pandemic. John draws on this eclectic background and over twenty years of experience as a workshop facilitator.*

**For more information about the course**

**go to: <http://www.wisr.edu/wp-content/uploads/2014/03/Description-of-Workshop-1.doc>**

**To sign up for the course, the application and payment methods may be found at: <http://www.wisr.edu/wp->**

[content/uploads/2014/03/CEU-COURSE-REGISTRATION-FORM-1.doc](http://content/uploads/2014/03/CEU-COURSE-REGISTRATION-FORM-1.doc)

## PRACTICAL ISSUES IN FORMING AND MAINTAINING GROUPS

(Offering 6 CEUs)

Friday, June 13<sup>th</sup>

*(more details to follow)*

Led by **Jamie Moran, M.F.T.**

This workshop will offer practical and salient ideas and concepts reflecting on group formation, preparation and leadership.



## FACULTY ASSISTANCE, AND OTHER EVENTS

### WRITING ASSISTANCE

From November through May 15<sup>th</sup>, WISR core faculty member **Torry Dickinson, PhD** is offering individual writing assistance to all WISR students (BA, MA, and Ph.D./EdD). Contact

Torry, [dickins@ksu.edu](mailto:dickins@ksu.edu)

or contact WISR for a phone number. Students are encouraged to email Torry something that they

are working on (1 to 30 pages), or a short summary of what they want to write about.

*Torry is an interdisciplinary teacher, researcher, writer, and social-change practitioner who has a Ph.D. in sociology. She's also professor in Women's Studies at Kansas State University, teaches Nonviolence & International Studies at Kansas State. Contact WISR for her short bibliography of relating to post-colonial writings, feminism, environmentalism and social change.*



### CREATIVE WRITING: HONING YOUR CRAFT

Monday evenings, 7:30-9:30pm, beginning February 24<sup>th</sup> through April 28<sup>th</sup>. (It will not be held on April 14<sup>th</sup>)

*Elaine Beale* will teach this eight-week creative writing workshop at WISR. The workshop is for students who are working on longer pieces or who want to get serious about their commitment to their writing. It will include opportunities for thoughtful feedback on participants' pieces, discussions about literary craft, and homework exercises to hone your writing skills. Elaine is an award-winning writer whose most recent novel, *Another Life Altogether*, was published by Spiegel & Grau. She has taught for many

creative writing

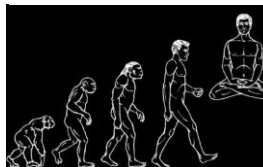
years throughout the Bay Area and has an MFA in Creative Writing from the University of British Columbia. The class runs for 8 weeks. Cost is \$360. For more information, email Elaine at [elaineqbeale@gmail.com](mailto:elaineqbeale@gmail.com).

*WISR students must pay the \$360 fee to the instructor, Elaine Beale, if interested in this class, and they can discuss with WISR faculty how to use this class in creative writing as a WISR project or in conjunction with other WISR projects.*

### THE ENLIGHTENED SAVAGE

Sunday, May 18<sup>th</sup>, 9am-5pm

WISR Alumnus **Anthony Hernandez** will



present an all day program based on his book, the Enlightened Savage. This will be

a daylong exploration into how survival instincts programmed into our brains prevent us from achieving the kind of success and abundance we seek... and how to use those instincts to our advantage. The content in this program is unlike anything you have seen in the past and offers a fresh perspective into human development and potential. *This event will be FREE to attend*



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Please RSVP via email to [anthonyh@ashlandhome.net](mailto:anthonyh@ashlandhome.net).

<http://www.theenlightenedsavage.com/>

**PREVENTION AT THE INTERSECTIONS™**

*--for Violence Prevention Practitioners, community advocates and educators. Led by WISR Faculty Member, Dr. Crystallee Crain.*

[www.preventionagenda.org](http://www.preventionagenda.org)



Prevention at the Intersections

**In collaboration with community college and universities nationwide, the Prevention at the Intersections™ program is being offered in urban centers that are afflicted with poverty, struggling schools, high rates of incarceration and other indicators of blight that perpetuate violence and crime.** Our team prevents violence through the professionalization and deepening of service in the violence prevention field. We believe that strengthening the core of service professions will allow justice workers on all fronts to prevent violence and create peace. We are able to do this through educational opportunities, mentorship and training of public and human service professionals. The curriculum has been developed over four years through a community driven process and research. In Oakland, California we work with Violence Prevention practitioners, community advocates and educators committed to developing a program that increases human service professionals' effectiveness in their work and broadens the social frame in which they do their work. The Prevention at the Intersections™ curriculum deepens human service practitioners' ability to prevent violence on all fronts.

The curriculum designed for this program is divided into five sections that can be delivered in a variety of modules.

1. Historical & Contemporary Roots of Community & Institutional Violence
2. Introduction to Community Development and the Field of Violence Prevention
3. Intervention Strategies and Building Healthy Communities
4. Intersectionality Policy Based Analysis: Understanding the impact of violence
5. Career and Leadership Development in Violence Prevention

**Program Details**

- Flexible Schedule for Practitioners (Cohort Program and Day Long Series)
- 50 hours of instruction and training available
- Rigorous and accessible curriculum & professional Mentor Match
- Access to a national network of Violence Prevention practitioners
- California State University - CE credit available (5.0 hours)

**Saturday, May 3, 2014 930-5:00 pm**

**Saturday, May 10, 2014 930-5:00 pm**

**Saturday, May 17th, 2014** Individual meetings with Professional Mentor/Instructor (Career & Professional Development Meetings with Participants)

**Saturday, June 7, 2014, 9:30-5:00 pm**

**Saturday, June 14, 2014, 9:30-5:00 pm**

**Cost: Without CEU units \$350 / With CEU units \$750**

**To apply, send letter of interest and resume to [resistviolencetogether@gmail.com](mailto:resistviolencetogether@gmail.com) by**

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**Monday, April 21, 2014 at 5 p.m.**

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## PUBLIC RELATIONS FOR ISSUE-BASED NON-PROFITS

Learn Public Relations (PR) skills and methods while improving the quality of life and future for the entire human family. In this action-oriented PR training program, students will take on one of the most pressing issues of our time: energy efficiency. Upon graduating from this program, students will be able to powerfully influence the media, organizations and individuals about any social issue.

We will apply PR techniques and principles to forward the goals of the Zero Net Energy Working Group (ZNEWG), a 501 (C)(3) non-profit dedicated to fulfilling the California Energy Commission's recommendation, in its "Integrated Energy Policy Report," that, from 2020, all new residential buildings meet zero net energy performance standards, and, from 2030, all commercial and all other new buildings meet the zero net energy standards. Briefly, the ZNE standard states that all new buildings, averaged over a year, take no more energy from the power grid than they put back into the power grid from on-site or local power sources, presently anticipated as solar, solar thermal and wind.

We will measure our success weekly by the number of people who are exposed to "zero energy building" success stories and discussions of the issues. We will research, prepare, write, distribute and promote zero energy building information to strategically selected media, key social and business networks, and organizations.

The program takes place once a week for 6 hours for 30 weeks in 2014 and 2015. The 30 weeks are organized into three 10 week segments.



Each class will take place on Wednesdays at the Western Institute for Social Research ([www.wisr.edu](http://www.wisr.edu)), 2930 Shattuck Avenue #300, Berkeley. The hours each Wednesday will vary depending upon class content, strategic concerns, student schedules and other factors. The exact schedule of the class dates, hours, locations, research trips, interviews and meetings for the first ten classes will be confirmed at the first class.

Topics to be covered and practiced include: PR and mass communication theories and principles, strategic planning, research, message formulation, writing and distribution, influencing the media and key stakeholders, social media strategies, press conferences and more.

**Class Dates: May 21, 28; June 4, 11, 18, 25; July 9, 16, 30; August 6 (Part I Graduation)** September through November 2014 & January through April 2015: dates to be decided. **The cost for the first 10 sessions is only \$350** -- to cover basic expenses and not discourage committed individuals. If you are ready to develop PR skills, learn how to implement strategic PR programs and contribute to shaping the future; **please contact Brian C. Harris at 415-596-6755 or at [brian@brianharris.com](mailto:brian@brianharris.com) for an intake interview.**

**[For a downloadable flyer click here.](#)**

*The program instructor, Brian C. Harris is committed to social action through authentic and powerful communication. For thirty years he has implemented public relations, marketing and sales, event organization and management programs that have influenced future developments in the areas of health, education, art and elder care. Since 2002 he has done this in the areas of building, home improvement and energy efficiency.*