



"Multicultural is WISer"

Western Institute for Social Research 2930 Shattuck Avenue, Suite 300, Berkeley, CA 94705 (510) 655-2830 mail@wizr.edu, www.wizr.edu

MONTHLY NEWSLETTER OF THE WESTERN INSTITUTE FOR SOCIAL RESEARCH (WISR)

NOVEMBER-DECEMBER, 2019 into FEBRUARY 2020

[More Announcements \(Click here for more info below\):](#)

Invitation to Help Catalogue WISR's Library!

WISR's Statement of Affirmation of Diversity Values

CALENDAR (*Those with wizr.edu email addresses can find seminar/event info on their Google Calendars.*)

Interdisciplinary Seminars & Events

11/11 Yack & Hack: WISR's Future As An Online Learning Institution

11/19 Storytelling, Inquiry And Change

12/9 Yack & Hack: WISR's Future As An Online Learning Institution

MFT Seminars (w/CEUs* see details below)

11/2 Psychological Testing and Therapeutic Appraisal and Assessment

11/9 Practicum Process Group

12/7 Psychopathology and Diagnostic Principles I

12/14 Practicum Process Group

1/11/20 Psychopathology and Diagnostic Principles II

1/18/20 Practicum Process Group

2/1/20 Psychopathology and Diagnostic Principles III

~Look for our page and group on Facebook, also WISRBerkeley on Twitter.

If you have difficulty logging in to Zoom seminars, go to

<https://support.zoom.us/hc/en-us/articles/201362003-Zoom-Technical-Support> and click on the blue "Help" button. *International phone numbers are also available.*



DISCLOSURE ABOUT RECORDING EVENTS AT WISR, AND WISR's USE OF THE PHOTOS AND VIDEOS OF WISR's PUBLIC EVENTS

as part of WISR's development of content for our online learning courses, and for purposes of providing photos and content for our website: Although photos and information about the sessions will be shared publicly, the videos of sessions will only be made available to the WISR learning community, through our private Google Education Drive. By participating in this public, WISR-sponsored event, you acknowledge that you are giving your consent to our using any photos of you on our public website and/or other promotional materials, and the video recording of the sessions for our learning community only through WISR's Google Education Drive for our online courses. **However, if there is a particular portion of a seminar that will make you feel uncomfortable and or that puts your privacy in jeopardy, as an exception to the rule, we will delete a requested portion of a session, if you notify us in writing or by email within 24 hours of the end of that seminar.** In addition, recording of brief portions from the Annual Conference sessions, and other public seminars and events held by WISR, may be posted publicly to a larger audience on our website. By participating in these public events, you agree to our sharing photos, video and audio of those events.

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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INTERDISCIPLINARY SEMINAR(S) are a way for WISR students to learn about core subjects of social change, writing, multiculturalism, adult/higher education, community leadership and social action-research. Community members are welcome to participate as well. Students are strongly requested to participate in at least one seminar each month, unless they have an unavoidable conflict. Students also have the option of creating seminars on topics of interest, of forming their own peer discussion groups, and developing regular collaborations with other WISR students.



YACK & HACK: WISR'S FUTURE AS AN ONLINE LEARNING INSTITUTION: *WHAT IS THE INTERNET?* (Online/Webinar)

Monday, November 11th, December 9th...
6-8pm with Mark Wilson, WISR's Learning Experience Designer\ Technologist. Meets the 2nd Monday of each month, 6-8pm.



Mark Wilson will demonstrate the structure of the internet, how we connect to each other, and applications we can use to find, create and distribute digital works.

To join from a distance use **Zoom Meeting ID 774 808 774** <https://zoom.us/j/774808774> or by phone **669 900 6833**. For help with technical difficulties call **510 655 2830** or email mark.wilson@wisr.edu or john.bilorusky@wisr.edu.

STORYTELLING, INQUIRY AND CHANGE

Tuesday, November 19th, 6-8pm
John Bilorusky, PhD, WISR Faculty, Facilitator.

How do we tell stories that engage and inform others? How can we elicit stories that are illuminating and empowering--for both the person telling the story, and the one listening to, or witnessing the story being told? In this seminar, we will discuss how inquiry, writing, critical reflection, collaboration, and storytelling are very powerful when they are pursued mindfully, with an understanding of their interrelationships and how they can contribute to one another. Finally, we will consider how we can become aware of biases in language and writing that negatively impact people who are marginalized or discriminated against.



To join from a distance use **Zoom Meeting ID 441 436 913** <https://zoom.us/j/441436913> or by phone **669 900 6833**. To RSVP or for help with technical difficulties call **510 655 2830** or email john.bilorusky@wisr.edu and provide a phone# in case of technical difficulties.



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MARRIAGE FAMILY THERAPY (MFT) SEMINARS are for WISR students pursuing an MFT and/or LPCC license. Other interested persons are welcome to attend (on site or by video conference) and receive CEU credit for MFTs and LPCCs, but you must RSVP the faculty member (see email contact info below) in advance. *WISR students not in the MFT program may get CEU credit for no additional charge, others pay \$40. *These seminars are typically held at WISR from 10am to 12 or 1pm (as listed) with a short break; often students bring a snack. MFT students must participate in a total of 48 such seminars in order to graduate. These required seminars for our MS program lead to the State of California MFT and LPCC licenses and are now available by telephone conference call and video webinar.*

PSYCHOLOGICAL TESTING AND THERAPEUTIC APPRAISAL AND ASSESSMENT

Saturday, November 2nd, 10am-1pm

Ronald Mah, MA, LMFT, PhD, WISR Faculty.

This will be a study of theories and applications of commonly used psychological tests for family and individual assessments. We will cover cognitive and personality testing as well as look at specific tests related to assessing for depression, anxiety and other DSM IV Axis 1 and 2 disorders; also, the study of statistical significance in psychological testing, and the uses and limitations of such tests. The seminar will also go over basic concepts of standardized and non-standardized testing and other assessment techniques, norm-referenced and criterion-referenced assessment, social and cultural factors related to assessment and evaluation of individuals and groups.



Dr. Mah will also go over ethical strategies for selecting, administering, and interpreting assessment instruments and techniques in counseling. In addition, the seminar will address the study of assessment and appraisal of client needs, including but not limited to the client's strengths and available resources, and also their family, social/contextual and personal challenges. Furthermore, students receive guidance in studying assessment and appraisal "across the curriculum"—that is, for example, by studying how "assessment and appraisal" is practiced and used in such areas as alcoholism and substance abuse, cross-cultural counseling, and human development.

To join from a distance use **Zoom Meeting ID 300-974-036** <https://zoom.us/j/300974036> or by phone **669 900 6833**. To RSVP or for help with technical difficulties call **510 655 2830** or email ronald.mah@wizr.edu or john.bilorusky@wizr.edu and provide a phone# in case of technical difficulties.

PSYCHOPATHOLOGY AND DIAGNOSTIC PRINCIPLES I, II & III

Saturday, December 7th, January 11 and February 1st, 10am-1pm

Ronald Mah, MA, LMFT, PhD, WISR Faculty.

These workshops will examine the study of the diagnosis, assessment, prognosis and treatment of mental disorders. Included will be a study of the characteristics and dynamics associated with various pathologies, ranging from neurotic styles found among "normal," functioning adults to severe disorders. There will be an examination of different systems of diagnosis, including the current edition of the

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DSM, and the strategies of treatment associated with these various diagnoses. Various approaches to diagnoses as related to varied mental health practices will lead to the concept and practice of differential diagnosis, the impact of co-occurring substance abuse disorders or medical psychological disorders, established diagnostic criteria for mental or emotional disorders, the role of diagnosis in recovery-oriented care, and the treatment modalities and placement criteria within the continuum of care. Diagnosis, including conceptualizations of issues will be linked to conceptualizations and therapeutic approaches and strategies.

To join from a distance on **December 7th** use **Zoom Meeting ID 999-976-819** <https://zoom.us/j/999976819> or by phone **669 900 6833**. To RSVP or for help with technical difficulties call **510 655 2830** or email ronald.mah@wizr.edu or john.bilorusky@wizr.edu and provide a phone# in case of technical difficulties.

For **PART II** on **January 11, 2020**, use the following **Zoom ID** and link: **129-544-872**, <https://zoom.us/j/129544872>. **PART III** will be on **February 1st**.

PRACTICUM PROCESS GROUP: First of a Monthly Series of Seminars

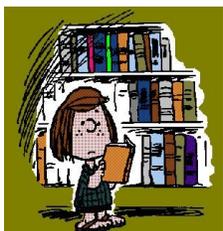
Saturday, November 9th, December 14th, January 18th, 10am-12pm

Rosa Reinikainen, MFT, WISR Adjunct Faculty will lead this group for those MFT and LPCC students and alumni who are who are pre-practicum, those who are in practicum, and those who have already done their practicum. We will be discussing issues around therapy practices, including treatment plans, assessments, modalities etc. This is a place for students, interns and associates to discuss their experiences, hopes and ideas and to discuss the world of therapy in a group setting. This is a monthly seminar where we can discuss any thoughts, ideas or concerns you might have surrounding practicum and therapy practices. Everyone is welcome regardless of where you are at in your learning.



To join from a distance on **November 9th** and **December 14th** use **Zoom Meeting ID: 378 737 730**; <https://zoom.us/j/378737730> or by phone **669 900 6833**. To RSVP or for help with technical difficulties call **510 655 2830** or email rosa.reinikainen@wizr.edu and provide a phone# in case of technical difficulties. **On January 18, 2020**, use the following **Zoom ID** and link: **425-465-068**, <https://zoom.us/j/425465068> . **In November this seminar will be onsite and online; after that, it will be online only.**

MORE ANNOUNCEMENTS



Help Catalogue WISR's Library! We are in the midst of cataloging the books in WISR's library and need 6 or more people people to volunteer about 4 hours per week for at least several months. Training is provided. *Requirements for volunteers include: 1) Be able to read and follow detailed instructions; 2) Have good computer, typing, and internet use skills and 3) Are able to meet with the Librarian on weekends.* Please contact cynthia.roberson@wizr.edu or mail@wizr.edu for more information.

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WISR STATEMENT OF NON-DISCRIMINATION AND AFFIRMATION OF DIVERSITY VALUES

Western Institute for Social Research admits students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, religion, national or ethnic origin, gender, sexual orientation, or disability in the admissions or in the administration of its educational policies, scholarships and loan programs and all other school administered programs. WISR actively encourages interested members of ethnic and racial minority groups, women, and other underserved persons to discover whether its programs and methods fit their special, personal and community interests and goals.

In addition, WISR seeks actively to build a multiracial, multicultural learning and teaching community, in which the central values are built on the worth and distinctiveness of each person's background, going beyond our differences to celebrate qualities and needs that we all share as humans. In building and nurturing such a community, WISR affirms the importance of free and open dialogue, and to that end, students, faculty, staff, alumni and Board are all expected to 1) refrain from making comments that would infringe on the safety, dignity and respect for any group, and 2) welcome assistance in learning how to improve their interactions with groups with whom they are less experienced or comfortable.

WISR CORE VALUES INCLUDE

- Developing a multicultural, inclusive perspective. This means developing and using multicultural perspectives to inform one's purposes, and one's views of social issues and challenges and opportunities in one's chosen fields or arenas of endeavor—profession, workplace, community.
- Developing a sense of empathy, compassion and community toward, and with others.
- Appreciating and understanding the broad spectrum of perspectives and consciousness, and how those arise out of people's culture, gender, economic background, religious and sexual orientation.
- A culture of learning that respects and promotes the dignity of every person.
- The belief that no individual or group may rightfully prosper at the expense of others.
- The use of language that conveys respect for persons whose gender identity, culture, religion, sexual orientation, economic background, or political interests may differ from our own.