



"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)

JANUARY-FEBRUARY, 2020

CALENDAR: All seminars and events are onsite and online, *except where it indicates they are online only and not onsite. (Those with wizr.edu email addresses can find seminar/event info on their Google Calendars.)

Interdisciplinary Seminars & Events

***Mon. 1/13, 6-8pm** Yack & Hack: WISR's Future As An Online Learning Institution, **online only**

Sat. 1/25, 10am-12:30pm Computer Basics for Learning Online: What Students and Faculty Need to Know!

***Mon. 2/10, 6-8pm** Yack & Hack: WISR's Future As An Online Learning Institution: **online only**

Sat. 2/29, 10:00am-12:30pm Professional Wellbeing, *A Turning Of The Soul!*

MFT Seminars (w/CEUs* see details below)

Sat. 1/11, 10am-1pm Psychopathology and Diagnostic Principles II

***Sat. 1/18, 10am-12pm** Practicum Process Group: **online only**

Sat. 2/1, 10am-1pm Psychopathology and Diagnostic Principles III

***Sat. 2/8, 10am-12pm** Practicum Process Group: **online only**

~**Look for our page 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.*



Announcements (more detail below)

Invitation to Catalog WISR's Library

Important Information and Disclosures about WISR Seminars and Events

WISR Tshirts on sale--\$15 each or 2 for \$28.00. Contact us, mail@wizr.edu to see what sizes and colors are available.

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) (see next page) 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 only; not on site) Meets the 2nd Monday of each month

6-8pm, Mondays, January 13th, February 10th

Mark Wilson, WISR's Learning Experience Designer\Technologist.

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@wizr.edu or john.bilorusky@wizr.edu.



COMPUTER BASICS FOR LEARNING ONLINE: What Students and Faculty Need to Know!

Saturday, January 25th, 10am to 12:30pm

Mark Wilson, WISR's Learning Experience Designer\Technologist, will walk through what happens when you press the start button on your computer and the applications WISR students need to know to support learning online, especially Google Education Suite and Zoom.

To join from a distance use Zoom Meeting ID 829 664 736, <https://zoom.us/j/829664736> or by phone 669 900 6833. For help with technical difficulties call 510 655 2830 or email mark.wilson@wizr.edu or john.bilorusky@wizr.edu.



PROFESSIONAL WELLBEING, A TURNING OF THE SOUL!

Saturday, February 29th, 10:00am-12:30pm

John Borst, WISR alumnus (Ph.D. dissertation title, *The Metaphors We Teach By*) invites you to attend a very unique professional development workshop to dialogue with colleagues about your teaching experience, to imagine and create an action plan to transform (or ponder) your teaching practice, and ready your soul for heightened growth, awareness, and professional wellbeing. Persons not employed as a teacher per se may apply workshop learnings to similar or different professional contexts, and/or benefit by understanding how one can support teachers in transforming their profession for the wellbeing of both students and society.

To join from a distance use Zoom Meeting ID 953-832-228, <https://zoom.us/j/953832228> or by phone 669 900 6833. For help with technical difficulties call 510 655 2830 or email john.bilorusky@wizr.edu.



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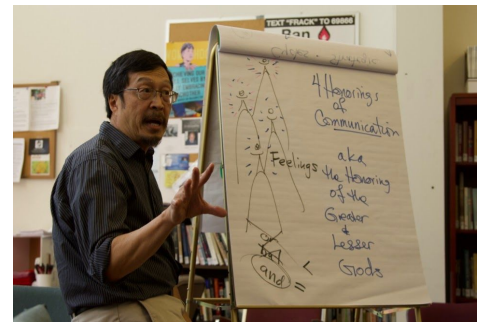
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MARRIAGE FAMILY THERAPY (MFT) SEMINARS are for WISR students pursuing an MFT and/or LPCC license. Other interested persons are welcome to attend (on site or by video conference) and receive CEU credit for MFTs and LPCCs, but you must RSVP the faculty 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.*

PSYCHOPATHOLOGY AND DIAGNOSTIC PRINCIPLES II & III

Saturday, January 11, 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 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 **January 11th** use **Zoom Meeting ID 129-544-872**, <https://zoom.us/j/129544872> 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 III** on **February 1st** use Meeting ID **747-316-828**, <https://zoom.us/j/747316828>.



PRACTICUM PROCESS GROUP: Monthly Series of Seminars (Online/Webinar only; not on site)

Saturdays, January 18th, February 8th
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

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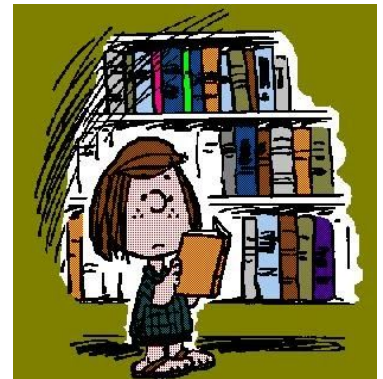
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and associates to discuss their experiences, hopes and ideas and to discuss the world of therapy in a group setting. This is a monthly seminar where we can discuss any thoughts, ideas or concerns you might have surrounding practicum and therapy practices. Everyone is welcome regardless of where you are at in your learning.

To join from a distance on **January 18th** use **Zoom Meeting ID: 425-465-068**; <https://zoom.us/j/425465068> 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 **February 8th**, use the following **Zoom ID and link: 118-790-969**, <https://zoom.us/j/118790969>.

ANNOUNCEMENTS

Invitation to Catalog WISR's Library: We are in the midst of cataloging the books in WISR's library and need 6 or more 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.



IMPORTANT INFORMATION AND DISCLOSURES ABOUT WISR SEMINARS AND EVENTS

- For those who are new to WISR, here are some important things to know about WISR seminars and events.
- All WISR seminars and events are accessible online through the use of Zoom, and they are also concurrently held on site at WISR's facility in Berkeley, CA, which is on unceded, traditional Ohlone territory.
- At WISR, we intend to create a learning environment that is safe, and supportive of mutually respectful dialogue and collaboration, and curiosity and openness in learning. [see WISR's Statement of Non-Discrimination and Affirmation of Diversity Values: <https://www.wizr.edu/wizr-statement-of-affirmation-of-diversity-values/> --and a portion a portion of which is found under "WISR Core Values Include" below]
- At WISR, we welcome people from all walks of life and of many, varied values and political beliefs, who share WISR's commitment to our affirmation of diversity values.
- At the beginning of each seminar, we give each participant a minute to introduce themselves, and if they wish, to share a bit about themselves. Those wishing to inform others of the personal pronoun they wish to have used for themselves, are encouraged to do so, when introducing themselves.

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- All WISR seminars and events are recorded, and photos and brief video clips of WISR seminars may be posted on WISR's website. In addition, the entire video of each seminar is accessible to WISR students, faculty and staff through WISR's online courses. By participating in a WISR seminar or other event, you are giving WISR permission to use photos or videos of your participation in these seminars and events. However, if you have strong concerns about a particular portion of the seminar in which you made comments, you may, within 24 hours, request that we remove that portion of your comments. (For more details, go to: <https://www.wizr.edu/academics/sample-page/seminars-and-campus-events/>)



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.