



"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)

MARCH into APRIL & MAY, 2020

CALENDAR

***All seminars and events will be online only until further notice. It is possible that the April 25th seminar and the ones in events in the month of May will be held on site as well—depending on public health advisories which will take precedent.** For updates, email mail@wizr.edu.



~Those with [wizr.edu](mailto:mail@wizr.edu) email addresses can find seminar/event info on their Google Calendars.

~**Fri.-Sat. 6/12-13 Mini Conference & Graduation:** If Social Distancing is still advised, it will be held only online and graduation will be postponed. Updates will continue monthly or more often when appropriate.

Interdisciplinary Seminars & Events: Online only unless otherwise notified

Sat. 3/28, 10:30am-12:30pm Mutual Support And Discussion Of Social Issues

Growing Out Of The Coronavirus Pandemic

Mon. 4/13, 6-8pm Yack & Hack: WISR's Future As An Online Learning Institution

Sat. 4/25, 10am-12:30pm Panel: The Green New Deal & Environmental Justice,

Where Do We Go From Here

Sat. 5/2, 10am-12pm Human Dignity and Humiliation Dialogue?

Mon. 5/11, 6-8pm Yack & Hack: WISR's Future As An Online Learning Institution

Sat. 5/30, 10am-12:30pm Professional Wellbeing, A Turning Of The Soul!

(Continued from Feb. 29)

MFT Seminars (w/CEUs* see details below): Online only unless otherwise notified

Sat. 4/11, 10am-12pm Practicum Process Group

Sat. 4/18, 10am-1pm Psychopathology and Diagnostic Principles on Personality Disorders

Sat. 5/2, 10am-12pm Human Dignity and Humiliation Dialogue

Sat. 5/9, 10am-12pm Practicum Process Group

Sat. 5/23, 10am-1pm Psychopathology and Diagnostic Principles VI

Announcements (more detail below)

~Invitation to Catalog WISR's Library

~Important Information and Disclosures about WISR Seminars and Events

~Look for our page on Facebook, also [wizrberkeley](#) on Twitter and [wiserberkeley](#) on Instagram.

~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.

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

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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seminars on topics of interest, of forming their own peer discussion groups, and developing regular collaborations with other WISR students.

MUTUAL SUPPORT AND DISCUSSION OF SOCIAL ISSUES GROWING OUT OF THE CORONAVIRUS PANDEMIC

Saturday, March 28

10:30am-12:30pm

John Bilorusky, WISR Faculty, Facilitator.

This will be a special seminar to give us the opportunity to come together online to support one another emotionally, share ideas, information, strategies, and facilitate problem-solving in the midst of this crisis. Other topics that we can (and likely will) discuss are: 1) the social issues raised by this crisis and a consideration of the longer-term implications for needed social change and community improvements, 2) those students who are interested will be able to get feedback on work they are doing and supportive suggestions for how they can do any academic work they choose to do during the crisis, if they are able to do so and wish to do so. 3) anything else that will be helpful to the participants.



If there is interest, there will be one or more follow up sessions. To join from a distance use Zoom Meeting ID ID: 779 770 2474 <https://zoom.us/j/779770247> 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.



YACK & HACK: WISR'S FUTURE AS AN ONLINE LEARNING INSTITUTION: WHAT IS THE INTERNET?

Meets the 2nd Monday of each month

Mondays, April 13th, May 11th, 6-8pm

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.

THE GREEN NEW DEAL & ENVIRONMENTAL JUSTICE, WHERE DO WE GO FROM HERE?

Saturday, April 25th, 10am-12:30pm

Panelists:

Cara Judea Alhadeff, PhD

(www.carajudea.com/www.zazudreams.com), is a member of WISR's Academic Advisory Board and former Professor of Gender and Critical Pedagogy at UC Santa Cruz. She is a fine-art photographer/ video-artist, Iyengar yoga teacher, and author of dozens of books and articles on philosophy, art, gender, ethnic, and cultural studies. Dr. Alhadeff will discuss how activists can live their ethics in order to collectively organize for climate justice. Dr. Alhadeff states that At this juncture of geopolitical, ecological, social, and corporeal catastrophes, we must question and critically reframe supposed solutions such as 'sustainability,' the 'Green New Deal,' and the Renewable Revolution ('renewable' energy alternatives to fossil-fuel addicted economies). These relational paradigm shifts must include historical, cross-cultural, and intergenerational perspectives.

Sudia Paloma McCaleb, EdD is WISR Faculty member and Director of WISR's EdD Program, formerly of New College of CA is also Director of the Center for Critical Environmental and Global Literacy (www.ccegl.org) which builds collaborative relationships between Bay Area educators (and beyond) and indigenous communities in Oaxaca, Mexico and Sonsonate, El Salvador. Dr. Paloma McCaleb will present on "The Green New Deal" (GND), a conceptual framework for future legislation in Congress that will address the climate crisis while ensuring that social justice is held paramount during the course of the transition.

Kyle Bilorusky, BA candidate in "Society and Environment" at UC Berkeley. Kyle has recently assisted Sudia Paloma McCaleb in introducing the Green New Deal at the ethnically diverse Oakland Oakland Tech High School. Previously, Kyle did internships in the office of Congresswoman Barbara Lee, at the South Berkeley Community Garden of Pastor Michael Smith of the Center for Food Faith and Justice, and with California Public Interest Research Group, and was mentored by Margaret Gordon, head of the West Oakland Environmental Indicators Project. Kyle Bilorusky will present insights from his honors thesis on increasing attention to Environmental Justice in secondary school high school curricula.

To join from a distance use Zoom Meeting ID 204-739-752, <https://zoom.us/j/204739752> or by phone 669 900 6833. For help with technical difficulties call 510 655 2830 or email john.bilorusky@wizr.edu.



HUMAN DIGNITY AND HUMILIATION DIALOGUE

Saturday, May 2nd, 10am-12pm

Rosa Reinikainen, MFT, WISR Adjunct Faculty.

We are so fortunate at WISR to be linked in with the global network of Human Dignity and Humiliation Studies. Evelyn Lindner and Linda Hartling have dedicated their lives to the important study of these dynamics. Understanding the dynamics of humiliation is critical to healing from these cycles and restoring our innate dignity. We live in a highly interconnected world. Humiliation cycles happen in a social, political, environmental, relational and interpersonal level, as well as an internal level. It is important to look at our participation in these systems. There is escalating social instability, political unrest, violent conflict, economic injustice, and climate change and now a pandemic, which is already increasing and exacerbating existing inequality. In looking at these dynamics we can create the impetus to design innovative, sustainable, and *mutually dignifying solutions* to these problems. We will discuss how we can create systems that ensure equal dignity for all.



This seminar is a discussion about Human Dignity and Humiliation. It is a ‘come-as-you-are’ discussion, meaning you do not need to have a deep understanding of these ideas. We have all had experiences that are relevant to the discussion. These dialogues can help create change. Come discuss human dignity and humiliation with me. **To join from a distance use the Zoom ID 259-655-949, <https://zoom.us/j/259655949> or by phone, call 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.**

PROFESSIONAL WELLBEING, A TURNING OF THE SOUL!

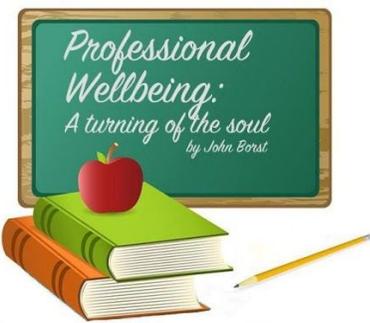
Saturday, May 30th (Continued from Feb. 29)

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 239-196-828, <https://zoom.us/j/239196828> or by phone 669 900 6833. For help with technical difficulties call 510 655 2830 or email john.bilorusky@wizr.edu.**

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.

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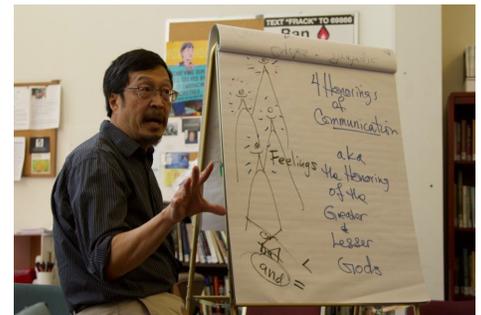
PSYCHOPATHOLOGY AND DIAGNOSTIC PRINCIPLES V & VI

Saturday, April 18th, May 23rd, 10am-1pm

Ronald Mah, MA, LMFT, PhD

Seminar V will be Personality Disorders & VI will be Somatic Disorders, Feeding & Eating Disorders, Elimination/Sleep-Wake Disorders and Sexual Dysfunction and Gender Dysphoria; and Neurocognitive Disorders.

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 April 18th, use Zoom Meeting ID 546-760-637, <https://zoom.us/j/546760637>, on May 23rd, use ID 192-461-465, <https://zoom.us/j/192461465> or by phone either date, call 669-900-6833 with meeting ID. 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#.

PRACTICUM PROCESS GROUP

Monthly Series of Seminars

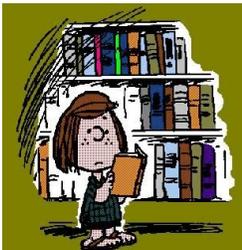
Saturdays, April 11th 10am-12pm

Rosa Reinikainen, MFT, WISR Adjunct Faculty will lead this group for those MFT and LPCC students and alumni 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 March 21st, use the Zoom ID 511 514 811, <https://zoom.us/j/511514811> or by phone, call 669-900-6833. On April 11th, use the Zoom ID 866-778-489 and link <https://zoom.us/j/866778489> .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.

ANNOUNCEMENTS



Fri.-Sat. 6/12-13 Mini Conference And Graduation: If Social Distancing is still advised it will be held only online and graduation will be postponed. Updates will continue monthly or more often when appropriate.

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.



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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.
- 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.