



"Multicultural is WISeR"

Western Institute for Social Research

2930 Shattuck Avenue, Suite 300, Berkeley, CA 94705 (510) 655-2830 [mail@wizr.edu](mailto:mail@wizr.edu), [www.wizr.edu](http://www.wizr.edu)

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

MAY-JUNE, 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 precedence.** For updates, email [mail@wizr.edu](mailto: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 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 5/16, 10:30am-12:30pm Coronavirus Seminar—immediate Tasks And The Bigger Picture**

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

(Continued from Feb. 29)

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

**Fri-Sat 6/12-13 Tentative Dates for Mini Conference or Interdisciplinary Seminar TBA**

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

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

**Sat 5/9, 10am-12pm Tele-therapy, Tele-education and working online in the time of COVID 19:**

*A WISR exploration in ethics, etiquette, self and other-care as we work online*

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

**Sat. 6/6, 10am-12pm Practicum Process Group**

**Fri-Sat 6/12-13 Tentative Dates for Mini Conference or Interdisciplinary Seminar TBA**

**Sat 6/20, 10am-1pm Psychopathology and Diagnostic Principles VII**

**ANNOUNCEMENTS (more detail below)**

**Valuable Resource on Dealing with Stress During a Major Disaster, Co-authored by WISR Faculty Member, and Chief Academic Officer, Brian Gerrard, PhD: *Disastershock: How to Cope with the Stress of a Major Disaster***

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

### **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](mailto:rosa.reinikainen@wizr.edu) and provide a phone# in case of technical difficulties.**

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

Meets the 2nd Monday of each month

**Mondays, May 11th, June 8th, 6-8pm**

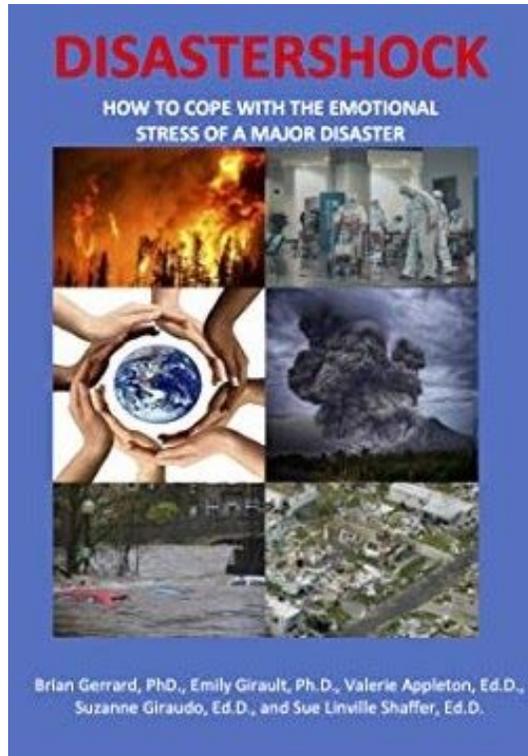
*Mark Wilson, WISR's Learning Experience Designer\ Technologist.*

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](mailto:mark.wilson@wizr.edu) or [john.bilorusky@wizr.edu](mailto:john.bilorusky@wizr.edu).**





## **CORONAVIRUS SEMINAR—IMMEDIATE TASKS AND THE BIGGER PICTURE**

**Saturday, May 16, 10:30am-12:30pm**

**John Bilorusky, WISR Faculty, Facilitator.** This will be a followup 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.

**To join from a distance use [Zoom Meeting ID: 196-243-617](https://us02web.zoom.us/j/196243617) <https://us02web.zoom.us/j/196243617> or by phone 669 900 6833. For help with technical difficulties call John Bilorusky at 510 601 8164 or email [johnb@wizr.edu](mailto:johnb@wizr.edu).**

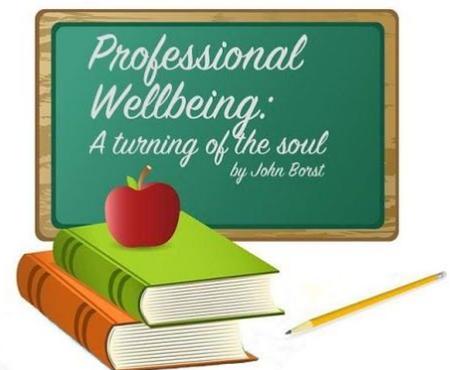
## **PROFESSIONAL WELLBEING, A TURNING OF THE SOUL!**

**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), <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](mailto:john.bilorusky@wizr.edu).**





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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.

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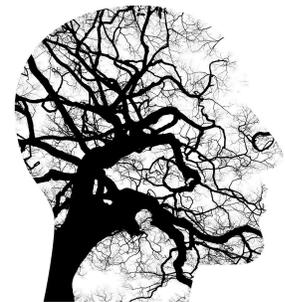
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### **TELE-THERAPY, TELE-EDUCATION & WORKING ONLINE IN THE TIME OF COVID 19: A WISR Exploration In Ethics, Etiquette, Self And Other-Care As We Work Online**

**Saturday, May 9th, 10am-12pm**

**Rosa Reinikainen, MFT, WISR Adjunct Faculty and Student Services Coordinator.**

In this seminar we will explore uses of online platforms, HIPPA compliance, privacy and security, law and ethics related to working online, online etiquette, connecting to clients in online formats, tips and tools and a deeper discussion of what it means to be working online and how we can do our best to meet client and learning needs. In addition, we will discuss ways to practice self other care as we work online. This seminar will be especially helpful for the therapist, but also will have material and discussion about being online as an institution.





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While we will cover a good amount on the ins and outs of video therapy and education, this is a WISR seminar, so it will be WISR-y and full of discussion and inquiry. Bring your questions and thoughts and come discuss therapy, education and technology with me.

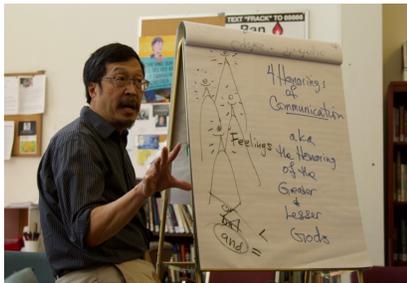
To join from a distance use the Zoom ID 843-6824-7475 and link <https://us02web.zoom.us/j/84368247475>. To RSVP or for help with technical difficulties call 510-655-2830 or email [rosa.reinikainen@wizr.edu](mailto:rosa.reinikainen@wizr.edu) and provide a phone# in case of technical difficulties.

## PSYCHOPATHOLOGY AND DIAGNOSTIC PRINCIPLES VI & VII

Saturday, May 23rd, June 20, 10am-1pm

Ronald Mah, MA, LMFT, PhD

**Seminar VI will be Personality Disorders w/ added emphasis on Borderline Personality Disorder and Narcissistic Personality Disorder. VII 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.

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To join from a distance on May 23rd use Zoom Meeting ID 192-461-465, <https://zoom.us/j/192461465> or by phone either date, call 669-900-6833 with meeting ID. June 20th, use ID: 833-9398-6269, <https://us02web.zoom.us/j/83393986269>. To RSVP or for help with technical difficulties call 510 655 2830 or email [ronald.mah@wizr.edu](mailto:ronald.mah@wizr.edu) or [john.bilorusky@wizr.edu](mailto:john.bilorusky@wizr.edu) and provide a phone#.

## PRACTICUM PROCESS GROUP

Monthly Series of Seminars

Saturday, June 6th, 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

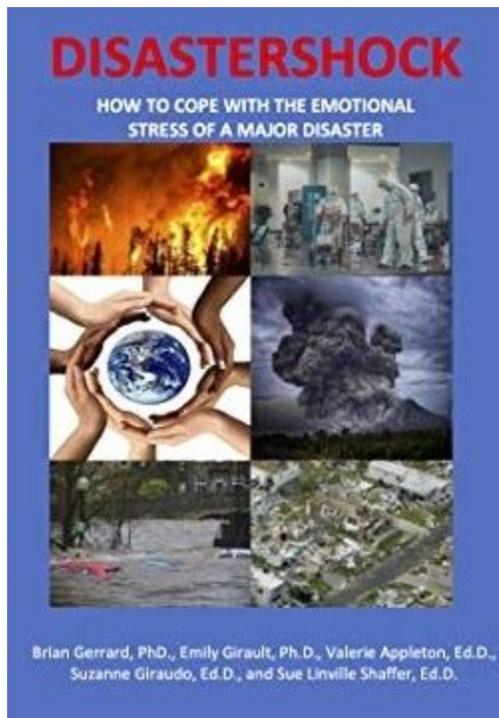


ideas and to discuss the world of therapy in a group setting. This is a monthly seminar where we can discuss any thoughts, ideas or concerns you might have surrounding practicum and therapy practices. Everyone is welcome regardless of where you are at in your learning.

To join from a distance use the Zoom ID 840-1629-4880, <https://us02web.zoom.us/j/84016294880> 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](mailto: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.



**Valuable Resource on Dealing with Stress During a Major Disaster, Co-authored by WISR Faculty Member, and Chief Academic Officer, Brian Gerrard, PhD:** *Disastershock: How to Cope with the Stress of a Major Disaster* provides explicit instructions on how to lower stress using 20 different practical techniques. The majority of these are cognitive-behavioral and evidence-based techniques known to reduce stress and reduce the effects of trauma. The manual is in 3 sections. Part 1 provides adults with techniques to lower stress. Part 2 is written for parents, teachers, and anyone working with children and contains techniques for helping children to lower their stress. Part 3 contains additional books, videos, and internet resources. Since 1989 *Disastershock* (now in its 4<sup>th</sup> edition and available as an ebook on Amazon and Apple iBook) has been distributed free to countries around the world where there have been disasters. **A 40 person *Disastershock* Team from 10 countries is currently translating *Disastershock* into 15 languages for global distribution.** Free copies of *Disastershock* may be downloaded from [disastercopingresources.com](http://disastercopingresources.com). If you are

willing to volunteer some time to assist us with helping our global family, please contact Brian ([brian.gerrard@wizr.edu](mailto:brian.gerrard@wizr.edu)).

**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](mailto:cynthia.roberson@wizr.edu) or [mail@wizr.edu](mailto: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.