

SEMINARS & ANNOUNCEMENTS

OCTOBER-NOVEMBER, 2020

Special Announcements

~Browse WISR's [Inaugural WISR Newsletter: Summer 2020](#)

~Until further notice, due to COVID-19, all WISR seminars and events are online only

~*All of the following events count as hours of collaboration for WISR students in their coursework.*

~Monthly Announcements are posted:

<https://www.wizr.edu/upcoming-seminars-and-events/>

~PDF versions & recent Mailchimp emails:

<https://www.wizr.edu/hot-news/archives-seminars-and-news/>

CALENDAR

Interdisciplinary Seminars

~Tuesdays, 10/6, 13, 20, 27 and into November, 4-5pm, Workshop In Support Of Student Academic Work In Progress <https://us02web.zoom.us/j/81278170306>

~Sat 10/17, 10am-12pm, Human Development, Action-and-Inquiry and the Dreyfus Model of Expert Knowledge *MFT and Interdisciplinary Seminar* <https://us02web.zoom.us/j/88454883760>

~Sat 10/24, 10am-12pm, Computing Basics, Google For Education, And More...*What Students and Faculty Need to Know for These Times!* <https://us02web.zoom.us/j/84343272330>

MFT Seminars (w/CEUs* see details below)

~Sat 10/3, 10am-12pm, Practicum Process Group <https://us02web.zoom.us/j/85388008924>

~Sat 10/10, 10am-1pm, Therapist Self-Care: B.R.E.A.T.H.E., Part 2
<https://us02web.zoom.us/j/84482034608>

~Sat 10/17, 10am-12pm, Human Development, Action-and-Inquiry and the Dreyfus Model of Expert Knowledge *MFT and Interdisciplinary Seminar* <https://us02web.zoom.us/j/88454883760>

~Sat 11/7, 10am-12pm, Practicum Process Group <https://us02web.zoom.us/j/85388008924>

~Sat 11/14, 10am-1pm, Psychopharmacology, Part 1 <https://us02web.zoom.us/j/81408552008>

~Sat 11/21, 10am-1pm, Conflict, Control, And Out Of Control In Couples And Couple Therapy, Part 2 add zoom

~Sat 12/12, 10am-1pm, Psychopharmacology, Part 2 <https://us02web.zoom.us/j/81408552008>

Additional ANNOUNCEMENTS (more detail below)

~To facilitate the quality of an interactive seminar experience for everyone, participants are strongly encouraged to stay engaged and keep their video on at all times.

~Those with wizr.edu email addresses can find seminar/event info on their Google Calendars.

~Covid 19 Resources

~WISR's Statement And Actions On Racial Justice

~Important Information and Disclosures about WISR Seminars and Events

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

Prospective students and Community Learners are invited to attend these seminars.

~If you have difficulty logging in to Zoom seminars, go to <https://support.zoom.us/hc/en-us/articles/201362003> for 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.

WORKSHOP IN SUPPORT OF STUDENT ACADEMIC WORK IN PROGRESS



**Tuesdays, October 6, 13, 20, 27 and into November
4-5pm**

John Bilorusky, PhD, WISR President and Core Faculty. (Other faculty are invited to participate as well.) This workshop will be aimed at several things: 1) Students will be asked to share and discuss their learning projects and course work that is in progress. To this end, students can let others know about their interest and current personalized WISR learning projects and/or planned projects—get feedback from others, brainstorm and share ideas.

2) Students will have an opportunity to discuss and ask about anything else about their studies at WISR that will be helpful for them to do in this small group discussion setting.

Video/phone conferencing Zoom link <https://us02web.zoom.us/j/81278170306>; Phone# 669-900-6833 with ID# 812 7817 0306. To RSVP or for help with technical difficulties call 510-655-2830 or email johnb@wizr.edu and provide a phone# in case of technical difficulties.

HUMAN DEVELOPMENT, ACTION-AND-INQUIRY AND THE DREYFUS MODEL OF EXPERT KNOWLEDGE

MFT and Interdisciplinary Seminar

Saturday, October 17

10am-12pm

John Bilorusky, PhD, PhD, WISR President and Core Faculty. This seminar will explore the uses of several seemingly different, but very much interrelated theories. 1) Theories of human development, especially Jane Loevinger's theory of Ego Development and Kohlberg's theory of Moral Development. 2) Vygotsky's ideas about the role of social learning in human development, including his notion of the "Zone of Proximal Development." 3) The Dreyfus Model of Expert Knowledge and Skill Development, which is also used by WISR faculty in guiding and assessing WISR student learning toward degree program outcomes. 4) Ideas developed at WISR about adult learning and transformative action-and-inquiry, referred to at WISR as "learning the WISR way" and "action-research." The content of this seminar is relevant to the content of all WISR degree programs.



Video/phone conferencing Zoom link <https://us02web.zoom.us/j/88454883760>; Phone# 669-900-6833 with ID# 884 5488 3760. To RSVP or for help with technical difficulties call 510-655-2830 or email johnb@wizr.edu and provide a phone# in case of technical difficulties.

COMPUTING BASICS, GOOGLE FOR EDUCATION, AND ZOOM...

What Students and Faculty Need to Know for These Times!



Saturday, October 24th

10am to 12:00pm

Mark Wilson, WISR's Learning Experience Designer/Technologist will present a short overview of computing basics for learners; then explore the Google Suite Apps including storing, sharing, and editing files. Please keep a log of computing challenges you have encountered to share and discuss. **Video/phone conferencing Zoom link**

<https://us02web.zoom.us/j/84343272330>; ID 843 4327 2330; phone# 669-900-6833. For help with technical difficulties call 510 655 2830 or email mark.wilson@wizr.edu or 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.

PRACTICUM PROCESS GROUP, Monthly Series of Seminars

Saturday, October 3rd, Nov. 7th.... First Saturdays of each month unless otherwise notified

10am-12pm

Rosa Reinikainen, MFT, WISR Adjunct Faculty is the facilitator of 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.

Video/phone conferencing Zoom link <https://us02web.zoom.us/j/85388008924>;

Phone# 669-900-6833 with ID# 853 8800 8924. Please RSVP rosa.reinikainen@wizr.edu or call 510-655-2830 and provide a phone# in case of technical difficulties.



Prospective students and Community Learners are invited to attend these seminars.

THERAPIST SELF-CARE: B.R.E.A.T.H.E., Part 2



Saturday, October 10th

10am – 1pm

Karen Wall, EdD, LMFT, RN-BC, WISR Faculty.

Caregiving staff, while trying to provide safe and compassionate care, often become the target of anger, hostility, and even verbal and emotional abuse from family members, and even clients. They begin to lose the meaning in their work, start to burnout, and "just make it through the day to get their pay." This training is for counselors, especially in the early part of their career, to lay a foundation of self-care which is important to being effective therapists.

Video/phone conferencing Zoom link <https://us02web.zoom.us/j/84482034608>; Phone# 669-900-6833 with ID# 844 8203 4608. Please RSVP karen.wall@wizr.edu or call 510-655-2830 and provide a phone# in case of technical difficulties.

HUMAN DEVELOPMENT, ACTION-AND-INQUIRY AND THE DREYFUS MODEL OF EXPERT KNOWLEDGE

MFT and Interdisciplinary Seminar

Saturday, October 17

10am-12pm

John Bilorusky, PhD, WISR Faculty.

See full description above in Interdisciplinary section

Video/phone conferencing Zoom link

<https://us02web.zoom.us/j/88454883760>;

Phone# 669-900-6833 with ID# 884 5488 3760. To RSVP or for help with technical difficulties call 510-655-2830 or email johnb@wizr.edu and provide a phone# in case of technical difficulties.



PSYCHOPHARMACOLOGY, Parts 1 & 2

Saturday, November 14th, Part 1; Saturday, December 12th, Part 2

10am – 1pm; *Karen Wall, EdD, LMFT, RN-BC, WISR Faculty, Facilitator*



As mental health practitioners, our work is to provide services with the goal of helping our client to reduce emotional pain, and to promote psychological growth and healing. Psychiatric medications are increasingly being prescribed by providers who are not psychiatrists; therefore, it is important for non-medical mental health providers, such as therapists, to be familiar with these medications in order to be able to monitor client responses for efficacy and side effects of the medications, and compliance in our clients who are taking these medications. Regardless of the therapist's degree of involvement or interest in medication management, the large body of evidence demonstrating the connection between certain mental disorders and neurochemical imbalances has made it important for therapists to be

able to address medication-related topics that are directly related to diagnoses and referrals.

**Video/phone conferencing Zoom link for Nov & Dec <https://us02web.zoom.us/j/81408552008>
Phone# 669-900-6833 with ID# 814 0855 2008. Please RSVP karen.wall@wizr.edu or call 510-655-2830 and provide a phone# in case of technical difficulties.**

CONFLICT, CONTROL, AND OUT OF CONTROL IN COUPLES AND COUPLE THERAPY, Part 2

Saturday, November 21st, 10am-1pm

Ronald Mah, MA, LMFT, PhD, Faculty.

The book [Conflict, Control, and Out of Control in Couples and Couple Therapy](#) by Dr. Mah addresses the continuum of assertion, aggression, and abuse between partners. The therapist is guided how to promote appropriate assertiveness and aggression while avoiding crossing the boundary of abuse. Conflict is intrinsic to most couples, but relative control vs. getting out of control varies greatly resulting in relationship health or dysfunction. The therapist is directed how to guide partners how to deal w/ anger and frustration -- learning how to fight fairly and productively to prevent emotional abuse.



The book discusses conceptual vs. practical distinctions between normal couple therapy and domestic violence therapy. Therapist boundaries and choices to engage or not in domestic violence therapy become functionally problematic when intimate partner violence is unanticipated but uncovered in sessions. The therapist will learn how to assess for, manage, and treat partners when emotional reactivity becomes emotional abuse -- a focus of normal couple therapy; when verbal abuse predicts physical abuse; and when domestic violence is revealed.

Video/phone conferencing Zoom link <https://us02web.zoom.us/j/85807084547> ; phone #669-900-6833 with meeting ID# 858 0708 4547. 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#.

MORE ANNOUNCEMENTS

Covid 19 Resources for Therapists

WISR Alum Diane Poole Heller offers a masterclass, Nurturing Resilience During a Traumatic Crisis

masterclass: Therapists can earn 30 CE credits.

<https://www.therapymastermindcircle.com/nurturing-resilience-during-a-traumatic-crisis-replay/>

Links to free content: various interviews around COVID 19 and how best to respond:

~Deb Dana: Responding to Stress and Dysregulation in our Nervous System

<https://www.youtube.com/watch?v=EGQl64Mo8fM>

~MingTong Gu: How to Practice Self Care:

<https://www.youtube.com/watch?v=bYJKKIpQM8Q>

~Pat Love: Societal and Trauma Fallout from COVID 19

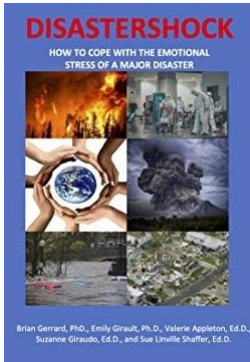
<https://www.youtube.com/watch?v=fONDEhZtAEk>

~Francesca Maxime: Exploring Diversity and Marginalized Populations during COVID

19 <https://www.youtube.com/watch?v=Nw9ctng-ryg>

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* 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 <https://www.disastershock.com/> . If you are willing to volunteer some time to assist us with helping our global family, please contact Brian (brian.gerrard@wiser.edu).



WISR'S STATEMENT AND ACTIONS ON RACIAL JUSTICE

The Current Voices and Actions in Support of Racial Justice Must Not Be a Moment, but Must Be a Continuing Movement Toward Racial Justice. We believe in Dr. King's famous statement that "We shall overcome because the arc of the moral universe is long, but it bends toward justice."

It is the responsibility of all of us to make Dr. King's statement true, and not to be bystanders at this important time. The current and long overdue attention must be sustained beyond a brief moment of outrage in time, especially, given that the United States' founding history was significantly based on the slavery of African Americans and the genocide of Native Americans.

Since WISR's founding, its mission and educational programs have been committed in practice, not just in words, to multiculturalism, inclusive diversity and social justice.

Members of the WISR learning community remain committed to these principles, although each member may demonstrate their commitments in different ways, through their own individual voices as well as through their collaborative actions at WISR and beyond.

To support further the expression of these voices and WISR's actions, we have this webpage <https://www.wiser.edu/wisrs-statement-and-actions-on-racial-justice/> to publicize our present and past actions. Members of the WISR community are encouraged to share information about their current efforts on behalf of racial justice, or to suggest possible ways to take constructive action.

IMPORTANT INFORMATION AND DISCLOSURES ABOUT WISR SEMINARS AND EVENTS <https://www.wizr.edu/academics/sample-page/seminars-and-campus-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.



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

All WISR seminars and events are recorded, and photos and video clips, and sometimes entire videos, of WISR seminars may be posted on WISR's website, on WISR's Facebook Page, or on WISR's You Tube Channel. We publicly share some videos and clips to promote WISR's educational content to the wider public. In addition, the entire video of each seminar is, with some exceptions, 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. In addition, if you want us to edit out your image and entire participation from one, or even all videos, or photos, of WISR seminars we will honor such requests.

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.

Prospective students and Community Learners are invited to attend these seminars.