



"Multicultural is WISer"

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

SEMINARS & ANNOUNCEMENTS OCTOBER 2014

**Announcing:
WISR's 6th Annual
Conference**

**My Story, Your
Story, WISR's 39-
Year Story of
Personalized Education and Social
Change Continues**



**Thursday, October 30, 3- 8:30 pm
Friday, October 31, 9-8:30 pm
Saturday, November 1, 9-7:30 pm**

~We will feature the work of some of WISR's Students on each day of the conference.

~on Friday, a panel on Education and Social Change Panel (Educating for a Change Think Tank and monthly Film Series on Issues for Social Change);

~on Saturday: a panel on how the Narrative is used for personal transformation, healing, and social change (how story telling is used in counseling, medicine, action-inquiry, and other disciplines) by WISR Faculty members;

~also on Saturday: a presentation by WISR's President and discussion of WISR's exciting plans to move toward accreditation.

~Please register by Friday, October 24th if possible, although last minute registration accepted—contact WISR President, John Bilorusky, PhD: johnb@wisr.edu to register~

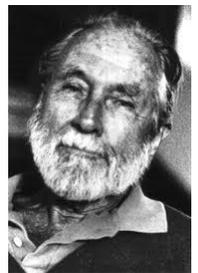
Check our website for scheduling updates:
<http://www.wisr.edu/wisrs-6th-annual-conference-october-30-2014-to-november-1-2014/>

To participate by conference call in WISR seminars and events, contact mail@wisr.edu or call 510/655-2830 in advance for the dial in number and access code.* **Look for this flyer online: <http://www.wisr.edu/hot-news/> and find us on Facebook.**

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.

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**MYLES HORTON, RADICAL HILBILLY  
FILM AND SOCIAL CHANGE THINK  
TANK**

**Friday, October 10th 6:00-8:30pm**  
*Led by Vera Labat, MPH, Marilyn Jackson, PhD, WISR Faculty with Faye Antaky, Community Learner.* Continuing our discussion on social democracy, we will watch a film about the Myles Horton, co-founder of the Highlander Center, a catalyst for grassroots organizing and movement building in Appalachia and the US South for decades called: **The Adventures of a Radical Hillbilly: Bill Moyers interviews Myles Horton about his life, Highlander, and his philosophy of education (1991).**



You can watch it in advance here: <http://vimeo.com/30650519>. Please RSVP [marilyn@wisr.edu](mailto:marilyn@wisr.edu) by October 9<sup>th</sup> if you want to call in by conference call at 7:15pm to discuss.

*WISR Students are asked to attend to talk about their WISR program during the second hour as part of a new process being instituted at WISR.*

Feel free to bring finger food snacks to share.

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A Premier Academic Institute for Social Change Since 1975

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.

## LEARNING FOR A CHANGE THINK TANK

Friday, October 17<sup>th</sup>, 5:30-6:30pm

*Marilyn Jackson, PhD, WISR Faculty,*

*Facilitator.* This newly formed think tank

welcomes new members from

WISR and the wider community to

will discuss educational practices

that promote beneficial social

change such as the Highlander

Center, Quaker schools and Paulo Freire. Other

interests include music for social change,

mediation and cooperative process. **RSVP**

to [marilyn@wisr.edu](mailto:marilyn@wisr.edu) in advance if you are

interested in joining or if you want to call in by

conference phone. Feel free to bring potluck

food and snacks to share. If for some reason

you can't connect by phone, call WISR at 510-

655-2830.

655-2830.

## BECOME AN INSPIRED AND PRODUCTIVE WRITER: A MONTHLY LEARNING WORKSHOP FOR WISR STUDENTS

Saturday, October 18, 10am-12pm

*Elaine Beale, MFA, WISR Faculty:*

**Coaching, Support and Discussion.** Are you

having trouble sitting down and writing? Do

you feel stuck or uninspired? Do you find

yourself avoiding the blank page? Or when you

write does a vicious inner critic constantly get in

your way?

This workshop, which will be offered as

a monthly learning session at WISR, is designed

to help you overcome whatever blocks or

difficulties interfere with your writing. It will

include discussion of the obstacles to writing

you're experiencing, engage participants in

exercises designed to inspire creativity and

productivity, and help deepen your

understanding of what's getting in your way. It

will also provide practical tools and strategies to

get the writing to flow.



*Elaine Beale is an award-winning writer who has more than 15 years of experience teaching writing. She has an MFA in Creative Writing from the University of British Columbia, has published two novels and numerous nonfiction articles and stories.*

**MARRIAGE FAMILY THERAPY (MFT) SEMINARS** are for students pursuing an MFT license. Other interested persons are welcome but you are requested to RSVP the faculty member (see

email contact

info below) in

advance. They

are held at WISR

from 10am to

2pm with a short

break so **bring a lunch.** (These required seminars

for our MA program that leads to the State of

California's MFT and LPCC licenses and are now

available by **telephone conference call**). If you plan

to call in, email the faculty the week before to get the

conference call log in and password.



**MFT/LPCC (and all WISR) students) are highly encouraged to attend the WISR Annual Conference, October 30-November 1.**

## THEORIES AND METHODS OF MARRIAGE AND FAMILY THERAPY AND PROFESSIONAL COUNSELING AND CONTEMPORARY FAMILY DYNAMICS AND ISSUES-CHILD AND ADOLESCENT FOCUS, PART III OF III

Saturday, October 4, 10am-2pm

*Ronald Mah, MA, LMFT, PhD, WISR*

*Faculty.* This series of seminars will include

methods of marriage, family and child

counseling with a major focus on child,

adolescent, and family therapy. Included will

be major theories and how these theories can be

applied therapeutically for healthy development

and relationships. Also we will discuss

recovery-oriented practice and environments;

susceptibility to adolescent alcohol and drug

use, abuse, and addiction including multicultural issues. Also, we will discuss how psychic and emotional "desperation" of youth creates both a sociocultural context for the child and teen to seek sanctuary outside of the family, that creates also a restrictive set of options.

**If you plan to participate by phone conference, please email [Ronald@RonaldMah.com](mailto:Ronald@RonaldMah.com) the week before the seminar for the conference call number and login and to notify him to set up the conference phone technology. *Upcoming seminar(s) led by Ronald Mah will be on November 15.***

**CONTEMPORARY FAMILY DYNAMICS AND ISSUES: CHILD ABUSE ASSESSMENT, TREATMENT AND REPORTING PART II OF II**

**Saturday, November \_\_, 10am-2pm**  
*Shawna Sodersten, JD, MA, LMFT, WISR Faculty.*

**CONTINUING EDUCATION UNITS (CEU) CLASS FOR MFTs, LPCCs, and LCSWs.**

**Mindfulness in Psychotherapy**  
**PETER CARPENTIERI, LMFT**

Practical Applications for Client and Therapist.  
**Sunday, Oct. 5, 10am-4pm**

**5 CEU'S will be offered. The cost for the workshop is \$125 For a pdf flyer, see this website:**

**<https://petercmft.files.wordpress.com/2014/09/oct5-mindfulness-wkshp.pdf>**

**To register: <http://www.wisr.edu/wp-content/uploads/2014/08/CEU-registration-form.pdf>** The class will cover:

- Background on Mindfulness as a practice and what it actually means
- Periods of actual practice for participants to have a first-hand experience
- Clinical applications of Mindfulness for various situations and symptoms

- Mindfulness and its relationship to other therapeutic approaches

- Dangers and cautions in using Mindfulness as a therapeutic approach

*Peter received his Masters in Transpersonal Counseling Psychology from JFK University and is a certified Holistic Health Counselor/Educator and Licensed Marriage and Family Therapist. He has been a Mindfulness practitioner for over 40 years and*



*a practicing Zen student since the mid 1980's. Peter brings his Mindfulness training to his psychotherapy practice and offers it to his clients as part of the therapy process. He offers Mindfulness workshops and trainings to clinicians as a way of bringing this valuable practice to other therapists and their clients. You can learn more about Peter at [petercmft.wordpress.com](http://petercmft.wordpress.com).*

## MORE ANNOUNCEMENTS

### CREATIVE WRITING: HONING YOUR CRAFT

**Wednesday evenings, 7:30-9:30pm , 10/1, 10/8, 10/15, 10/22, 11/12, 11/19, 12/3.**

*Elaine Beale, MFA, will teach this eight-week creative writing workshop at WISR. The workshop is for students who are working on longer pieces or who want to get serious about their commitment to their writing. It will include*

*opportunities for thoughtful feedback on participants' pieces, discussions about literary craft, and homework exercises to hone your writing skills.*

*Elaine is an award-winning writer whose most recent novel, **Another Life Altogether**, was published by Spiegel & Grau. She has taught for many years throughout the Bay Area and has an MFA in Creative Writing*

*creative writing*



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*from the University of British Columbia.* The class runs for 8 weeks. Cost is \$360. For more information, email Elaine at [elaineqbeale@gmail.com](mailto:elaineqbeale@gmail.com). *WISR students must pay the \$360 fee to the instructor, Elaine Beale, if interested in this class, and they can discuss with WISR faculty how to use this class in creative writing as a WISR project or in conjunction with other WISR projects.*

### **PUBLIC RELATIONS FOR ISSUE-BASED NON-PROFITS**

Learn Public Relations (PR) skills and methods while improving the quality of life and future for the entire human family. In this action-oriented PR training program, students will take on one of the most pressing issues of our time: energy efficiency. Upon graduating from this program, students will be able to powerfully influence the media, organizations and individuals about any social issue.

We will apply PR techniques and principles to forward the goals of the Zero Net Energy Working Group (ZNEWG), a 501 (C)(3) non-profit dedicated to fulfilling the California Energy Commission's recommendation, in its "Integrated Energy Policy Report," that, from 2020, all new residential buildings meet zero net energy performance standards, and, from 2030, all commercial and all other new buildings meet the zero net energy standards. Briefly, the ZNE standard states that all new buildings, averaged over a year, take no more energy from the power grid than they put back into the power grid from on-site or local power sources, presently anticipated as solar, solar thermal and wind.

We will measure our success weekly by the number of people who are exposed to "zero energy building" success stories and discussions of the issues. We will research, prepare, write, distribute and promote zero energy building

information to strategically selected media, key social and business networks, and organizations.

The program takes place once a week for 6 hours for 30 weeks in 2014 and 2015. The 30 weeks are organized into three 10 week segments.

**Each class will take place on Wednesdays** and the hours will vary depending upon class content, strategic concerns, student schedules and other factors. The exact schedule of the class dates, hours, locations, research trips, interviews and meetings for the first ten classes will be confirmed at the first class.

Topics to be covered and practiced include: strategic planning, research, message formulation, writing and distribution, influencing the media and key stakeholders, social media strategies, press conferences and more.

**Class Dates:** September through November 2014 & January through April 2015: dates to be decided. **The cost for the first 10 sessions is only \$350** -- to cover basic expenses and not discourage committed individuals. If you are ready to develop PR skills, learn how to implement strategic PR programs and contribute to shaping the future; **please contact Brian C. Harris at 415-596-6755 or at [brian@brianharris.com](mailto:brian@brianharris.com) for an intake interview.**



**[For a downloadable flyer click here.](#)**

*The program instructor, Brian C. Harris is committed to social action through authentic and powerful communication. For thirty years he has implemented public relations, marketing and sales, event organization and management programs that have influenced future developments in the areas of health, education, art and elder care. Since 2002 he has done this in the areas of building, home improvement and energy efficiency.*

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