

MARCH 2022

The Saybrook Spirit

THE OFFICIAL ALUMNI NEWSLETTER
OF SAYBROOK UNIVERSITY



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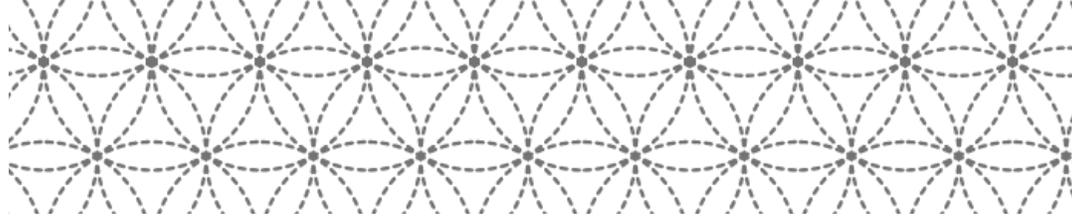


We are stronger together

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alumni-saybrook@saybrook.edu

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INTERNATIONAL WOMEN'S DAY

"The Difference You Make: A Conversation with a Holocaust Survivor"

**Tuesday, March 8, 2022
3:00 pm EST**

Through International Education, we bring ourselves and our students closer to understanding the common humanity we share with others around the world. Learn more about the difference you make as you listen to Irene Butter's riveting journey.

Irene Butter spent a part of her childhood in Nazi-controlled concentration camps, where she survived horrible conditions and tragedies. She tells her story on behalf of the six million other Jews who have been permanently silenced. Irene's account celebrates the exercising of empathy for others in even the most inhumane conditions, a relevant message in an age where similar hatreds and discrimination rise once again. Irene has shared the stage with peacemakers such as the Dalai Lama, Desmond Tutu, and Elie Wiesel. She is a well-known peace activist, Holocaust survivor, and Professor Emerita of Public Health at the University of Michigan.

**Join us for an empowering virtual interview with
Dr. Irene Butter, Author of "Shores Beyond Shores:
From Holocaust to Hope, My True Story"
The book is available where all fine books are sold.**

[Click here to register by March 7, 2022](https://globalleadershipleague.org/event-4680047)

or Visit The Global Leadership League at
<https://globalleadershipleague.org/event-4680047>

Contact: wliemiginfo@gmail.com

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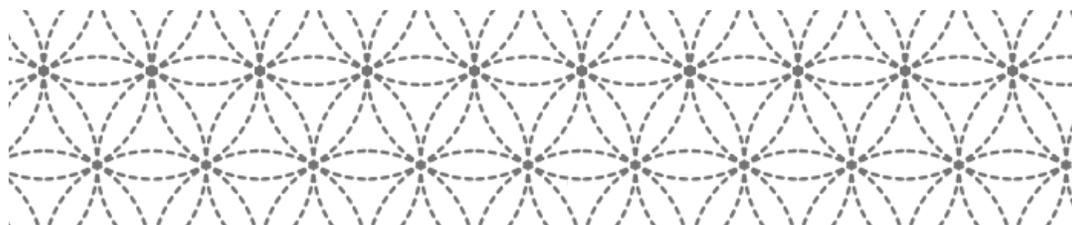


MEMBER INTEREST GROUP

Women & Leadership



**GLOBAL
LEADERSHIP
LEAGUE**



from HOLOCAUST to HOPE
SHORES beyond SHORES
A Bergen-Belsen Survivor's True Story



IRENE HASENBERG BUTTER
with JOHN D. BIDWELL and KRIS HOLLOWAY

Co-Chairs Corner



Dr. Tori Bowers

Self-Transcendence and Wellbeing

Tori Bowers, Ph.D.
Alumni Association Co-Chair

Self-transcendence is vital to humanity's wellbeing (Wong & Bowers, 2018). Self-transcendence is a process of overcoming suffering and trials through spiritual paths including spiritual growth, meaning-making, self-awareness, gratitude, human connectedness, service to others, nature, and connection to the sacred (Wong et. al., 2021). Lasting happiness can be achieved when we are able to find joy during the good or difficult times. Authentic happiness is a process of cultivating courage, strength, and purpose despite hardships. True happiness becomes an inner light that can endure and overcome the darkness.

A mindful society would give people an opportunity to exercise more compassion and generosity (Wong & Bowers, 2018). This would lead to greater wellbeing for individuals and communities. Mindfulness as an opportunity to learn new ideas, practices, and learnings from different parts of the world (Kaklauskas et. al., 2021). Applying mindfulness to individuals or collective society would enhance people's ability to value diversity, multiculturalism, and social justice. It is important to advocate for social justice in education, communities, and society.

Humanistic theory needs to be the foundation for social justice, diversity, equity, and inclusion. (Cain et. al., 2016). Humanistic practices support the most optimal conditions for wellbeing. Teaching humanistic principles contributes to growth, emotional expression, and positive change. Authentic connections can be made when people view themselves and others as whole beings. People have a fundamental need for deep interpersonal connections and support from others. When people have fulfilling relationships, they in turn have greater well-being. Authenticity and genuineness in the world help people to be more understanding and empathetic towards others.



Co-Chairs Corner

Self-transcendence is a key aspect to a more peaceful and just society (Wong et. al., 2021). Through self-transcendence, people learn to be openminded, aware, and accepting of others. When people gain an understanding of beliefs and perspectives different from their own, they are able to view other people with less judgment and more compassion. When people learn about spirituality and traditions from cultures around the world, they gain valuable insights and a greater ability to understand and accept differences. More than ever, the world needs to value diversity, justice, equity, and inclusion. The world is calling for all of us to be understanding, loving, and compassionate.

About

Victoria L. Bowers graduated from Saybrook University with her Ph.D. in clinical psychology in 2018. Dr. Bowers is currently a Registered Psychological Assistant in Central Valley, California. She is working towards her license to become a clinical psychologist. Dr. Bowers is a loving wife to her husband Marhault and has three beautiful teenage daughters, Marisah, Emma, and Amy. Her family means the world to her. Victoria continually strives for personal, spiritual, and professional growth. She is the most happy in the service of others.

References:

Cain, D. J., Keenan, K., Rubin, S. (2016). Humanistic psychotherapies: handbook of research and practice (2nd edition).: American Psychological Association.

Kaklauskas, F. J., Nimmanheminda, S., Hoffman, L., Jack, M., & Perlstein, J. (Eds.). (2021). Brilliant Sanity (Volume 1, Revised & Expanded Edition): Buddhist Approaches to Psychotherapy. University Professors Press.

Wong, P.T.P., Bowers, V.L. (2018). Mature Happiness and Global Wellbeing in Difficult Times.

Scientific Concepts behind Happiness, Kindness, and Empathy in Contemporary Society. IGI Global Publications.

Wong, P.T.P., Arsla, G., Bowers, V.L., Peacock, E.J., Kjell, O.N.E., Itzan, I., Lomas, T. (2021). Self-transcendence as a buffer against COVID-19 suffering: The development and validation of the self-transcendence measure-B. Frontiers in Psychology.

Womens History Month

DID YOU KNOW?



01

THE PAY RATE HAS INCREASED

Over the past four decades the pay rate for women has increased from 60.7% from 1960 to 83% in 2020.



02

MORE WOMAN ARE GETTING DEGREES

In 2021, of adults age 25 and older who had completed a bachelor's degree or more, 53.1% were women and 46.9% were men.



03

BIDEN NOMINATES FIRST BLACK FEMALE SUPREME COURT JUSTICE

Federal Judge Ketanji Brown Jackson is the first Black woman to be nominated to one of the high offices in America. A First in 223 years.



04

WHO REALLY DID NOT GIVE UP HER SPOT ON THE BUS

On March 2, 1955, the day Claudette Colvin was arrested, she had been learning about Black history at her school. "My head was just too full of black history, you know, the oppression that we went through," she told NPR in 2009.



DID YOU KNOW?

DID YOU KNOW?

Alumni Spotlight



Congratulations to Chad Cryder, Ph.D.

When I first started at Saybrook in 2013, I was known as the “beer guy.” We would joke during Residential Conferences that while most others were already in the “helping field,” I was the one sending them clients who only knew how to cope in their lives through beer. While funny at the time, my time at Saybrook and post-graduation have made it clear how unfunny the statement really was. While I am amazed at how people cope in their lives, I work with them now to find a path that aligns with their valued selves.

Since 2018 when I graduated, I have gone on to hit the various milestones expected for someone wanting to become a licensed clinical psychologist. I earned my post-doctoral hours at the California Health Care Facility (CHCF) in Stockton, CA. As the newest prison in the California Department of Corrections and Rehabilitation, they focused on the physical and mental health wellness of about 3,000 incarcerated individuals. During my stint, I got licensed, and I got promoted to Senior Supervisor. Then, the pandemic hit, and my career has been shaped around this reality.

In 2020, I left CHCF and went to prison in Aberdeen Washington as the Chief of Mental Health as a contractor. During this time, I started my private practice because I saw the need for more mental health treatment in the community as the pandemic raged on. When my contract ended in Washington, I focused my energies on the private practice in Tracy California getting paneled with nine different insurance companies, hiring an office manager, and bringing on a post-doctoral intern who had recently graduated from Saybrook University to work in the office. I also became a trained Eye Movement Desensitization and Reprocessing (EMDR) practitioner and am working on certification.

A few months ago, my husband Jon, our Golden Retriever Kevin, and our Ragdoll cat Lilibet and I bought a house in Stockton California where I opened a second office to help serve the community. In the coming days, my mom will be moving in with us.

During all of this, I have been working in the Masters in Counseling program as an adjunct faculty member at Saybrook. I cannot seem to quit the University; it is in my blood and my soul.

Saybrook Swag

Check Out Saybrook Swag Shop on Zazzle!

At the Zazzle Saybrook Swag Shop, you will find shirts, sweaters, tote bags, yoga mats, and so much more! Show Saybrook pride and get your Saybrook Swag Today!



Saybrook Hooded Sweater



Saybrook Full Zip Hoodie



Saybrook Basic T-shirt



Saybrook Tote Bag



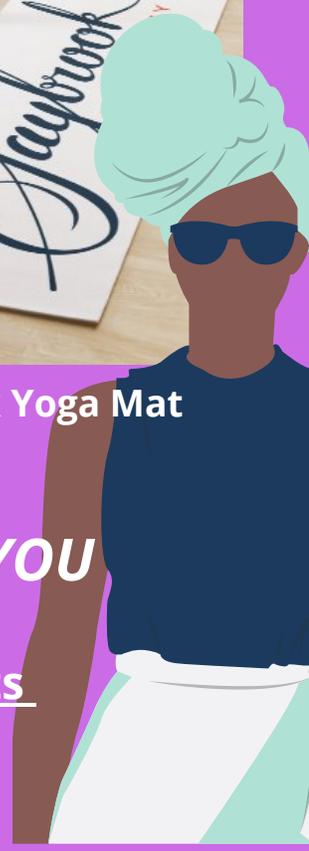
Saybrook "Flower of Life" Coffee Mug



Saybrook Yoga Mat

Get 15% Off: Discount Code ATREATFORYOU

[Go to: Zazzle.com/store/saybrook swag/products](https://www.zazzle.com/store/saybrook_swag/products)



Celebrating Social Workers



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50th
ANNIVERSARY

Social Worker Awareness Day

National Social Work Month, observed throughout March, uplifts the social workers of our country and celebrates their constant contributions to our society. These professionals use psychology and sociology to solve social issues and improve individual lives – and it's no easy feat! Social work can be emotionally draining, require long hours, and pay entirely too little, yet still, these superhumans strive every day to improve many people's quality of life and advocate on their behalf. Take some time out this month to recognize social workers and the great things they do.

A Social Workers Path

By María Isabel Camacho-Cázares, M.A.



I was born in México City, and I lived most of my years in this beautiful country. I believe that the place where a person is born leaves a lifelong mark on a person's being, and as such the City of México has left its mark on me. I once said I was born a social worker. I just love my career and my path. My family taught me that a system when not working can be changed, they were doing advocacy without being social workers.

When the time came to select my career, I wanted to study chemistry or law school, but in the end, after much detailed research, I found social work and I fell in love with its program. To obtain my license (LBSW) in my hometown I had to do a thesis. My thesis focused on social discrimination and the phenomenon of migration, however, I had to add a third chapter and that was domestic violence. I also had the opportunity to complete my MA in Professional Development, became a yoga teacher and meditation certified teacher. I have seen how all these studies have helped me become the professional that I am today.

My thesis is one of the reasons why I decided to move to Texas and one of the main reasons I am a student at Saybrook. I believe in the power of research and Saybrook research program is a symphony of love. I am fascinated by their research program and their social work and mind-body-medicine classes. I was looking for a Social Work Ph.D., but could not find one that I fully love. After I made my decision to join the Mind-Body Medicine program I received a call from Jeffery Corral, an Admissions Counselor at Saybrook. This new Ph.D. in Integrative Social Work was what I was looking for over a year. I had the opportunity to meet Dr. Donald Moss and Dr. Trent Nguyen and that was one of the happiest moments of my life. Saybrook has been my second home where anything is possible.

The Ph.D. in Integrative Social Work is the magnificent program where I will reach my goal of continuing with social research with a focus on domestic violence, homelessness, and the study of mindfulness to end abuse. Every life deserves a purpose and has the right to be safe and have healthy relationships. I believe the Ph.D. in Integrative Social Work is assisting me in gaining the knowledge to continue with my personal growth, but also to help others to see their purpose and to create that healthy connection with oneself, especially those in vulnerable populations.

Continued Next Page

A Social Workers Path

By María Isabel Camacho-Cázares, M.A.

I have the honor to be here working on the PhD. in Integrative Social Work under the direction of Dr. Trent Nguyen and Dr. Donald Moss to continue working to make my dreams come true with the support of my family and professors. I also know I am not the only one that dreams to break the cycles of domestic violence, homelessness, and social discrimination with the safe integration of mindfulness practices to end abuse.

Fortunately, I am not the only one who would like to see a modification in our world to seek justice, equity, and to enjoy and to embrace diversity. By joining forces in doing integrative social work, we can continue to strengthen the effort against these diseases of society, to make our voice be heard much louder. To all social workers this March congratulations in celebrating your work and the great profession of social work where change is possible!

Compassion Fatigue

Sadly, burnout is common in professions related to caring for others. These are some signs of social worker burnout that can contribute to compassion fatigue.

- **Discouragement or loss of enthusiasm in your work**
- **Heightened irritability with co-workers or clients**
- **Difficulty maintaining focus**
- **Decrease in energy or productivity**
- **Change in sleep patterns**
- **Medical issues without identifiable causes**
- **Engaging in unhealthy stress responses like overeating, drinking, or taking drugs**

Self-Care Tips for Dealing with Social Worker Burnout

- **Set Limits**
- **Eat, drink and sleep well**
- **Maintain Boundaries**
- **Make time for you**
- **Don't be a Sponge**
- **Engage in Physical Activity**
- **Take time off**
- **Talk to Sometime**

Except from FSU Online (2020, 21 Oct) Social Worker Burnout: 8 Self-Care Tips.
Retrieved: <https://onlinemsw.fsu.edu/blog/social-worker-burnout>



GLOBE
Talks



Education System

Bridging the Gap Between Equity & Digitalization Through Social Work

International Day of Social Work 2022!

Tuesday, March 15, 2022

10am - 11:30am PST / 12pm - 1:30pm CST / 6pm - 7:30 pm GMT



Join us in celebrating World Social Work Day with a collaboration between Pacific Oaks College and Stiftung Rehabilitation Heidelberg ("SRH") University in Germany. This talk will feature 5 experts presenting on a multitude of topics related to rebuilding equitably during a pandemic, provision of social care services for persons with disabilities during the pandemic and challenging the process of digitalization within social work, concluding with a panel Q&A session.

[Learn More and Register Here!](#)

Join us for Mindfulness Meditation Moments


Jan 21 - April 29, 2022
Mondays
Fridays


Facilitated by the
Mind-Body Medicine
Faculty and guest Alumni
of Saybrook University


9:15 am Pacific
11:15 am Central
12:15 pm Eastern

Zoom Link:

<https://tcsedsystem.zoom.us/j/96555778825?pwd=ZUI2Ykd2eE9pbm9XdU11OTRjSDMrQT09>
Meeting ID: 965 5577 8825
Password: 182085

To join by Audio Only and to find your local number:

<https://tcsedsystem.zoom.us/u/ac2sGhpBw2>

Facilitated by the Mind-Body Medicine Faculty and guest Alumni of Saybrook University

**If you miss the live meditation, we invite you to refer to recorded
podcasts as often as you like to practice on your own at :**

<https://saybrookinsights.buzzsprout.com/>

Saybrook Self-Care YouTube Channel:

https://www.youtube.com/channel/UCuPctVN1XlkyRE_W_bxvyWQ

*** There will be no audience interaction with the
facilitator. However, please reach out to us following
the event if you have questions by emailing
presidentsoffice@saybrook.edu*

*** We will be audio recording these sessions to provide
these free of charge to the general public at a later
date. By joining these sessions, you acknowledge you
understand that these sessions will be recorded.*


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Learn more
saybrook.edu

News You Can Use

Dried Goji Berries May Provide Protection Against Age-Related Vision Loss

Regularly eating a small serving of dried goji berries may help prevent or delay the development of age-related macular degeneration, or AMD, in healthy middle-aged people, according to a small, randomized trial conducted at the University of California, Davis.

<https://www.sciencedaily.com/releases/2022/01/220113151356.htm>

People with Fibromyalgia are Substituting CBD for Opioids to Manage Pain

The cannabis-derived substance provides fewer side effects, with less potential for abuse. As the ravages of the opioid epidemic lead many to avoid these powerful painkillers, a significant number of people with fibromyalgia are finding an effective replacement in CBD-containing products, finds a new study.

<https://www.sciencedaily.com/releases/2021/06/210624121715.htm>

Growing Rice with Aquatic Animals Boosts Production and Reduces Chemical Use

A study shows that growing carp, mitten crabs, or softshell turtles in rice paddies could help farmers produce food in a more sustainable way. Growing rice alongside aquatic animals can reduce the need for chemical fertilizers and pesticides, as well as increase farmers' yields, shows a new study.

<https://www.sciencedaily.com/releases/2022/02/220222135351.htm>

Researchers Call for Greater Clarity Over What Constitutes a Mental Health Problem

A systematic review has uncovered a plethora of models used to understand mental health problems with ramifications for how people are assessed and supported. A new review of the theoretical models used around the world to assess, diagnose, research, and treat mental health problems has highlighted the vast array of approaches that exist.

<https://www.sciencedaily.com/releases/2022/02/220211102734.htm>

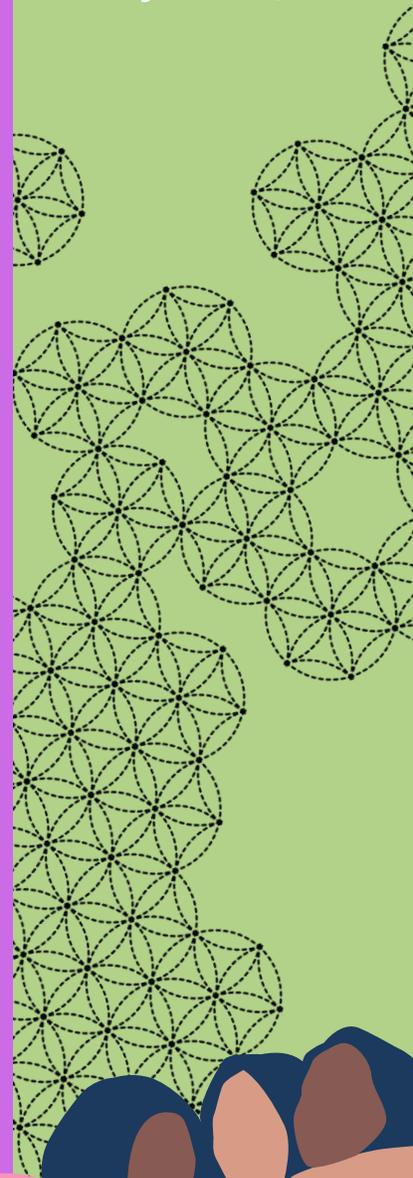
3 Tips For Running A Successful Business

Running a business takes hard work, dedication, and commitment. Whether you're just starting out on your own or have been running a business for a while, there are a few things you can do to set yourself and your business up for success.

<https://www.forbes.com/sites/ashiraprossack1/2021/08/25/3-keys-to-running-a-successful-business/?sh=6d66cf051a71>



**Alumni Association
Co-Chair
Shelli Jackson, Ph.D.**





Saybrook is Hiring!

Associate Chair for Clinical
Psychology Department

Location: Remote

Full-time

[CLICK HERE](#)

Director of Library

Location: Remote

Full-time

[CLICK HERE](#)

Associate Director of
Clinical Training

Location: Remote

Full-time

[CLICK HERE](#)

Faculty Member -
Department of Research

Location: Remote

Full-time

[CLICK HERE](#)

Adjunct Faculty Member -
Clinical Psychology Department

Location: Remote

Full-time

[CLICK HERE](#)

Admissions Counselor

Location: Pasadena, CA

Full-time

[CLICK HERE](#)

Admissions Counselor

Location: Remote

Full-time

[CLICK HERE](#)

Associate Chair for Clinical
Psychology Department

Location: Remote

Full-time

[CLICK HERE](#)

Course Developer and Adjunct
Faculty for Functional Nutrition
Laboratory Testing

Location: Remote

Part-Time

[CLICK HERE](#)

Course Developer and Adjunct
Faculty for Integrative and Functional
Nutrition Department

Location: Remote

Part-Time

[CLICK HERE](#)

Course Developer and Adjunct
Faculty for Functional Nutrition for
Nutritional Genomics Course

Location: Remote

Part-Time

[CLICK HERE](#)

Adjunct Faculty for Integrative and
Functional Nutrition Department

Location: Remote

Part-Time

[CLICK HERE](#)

An illustration featuring a central calendar page with the text "MARCH EVENTS" overlaid. The calendar is a simple rectangular frame with four rings at the top. The text "MARCH" is in a bold, black, sans-serif font, and "EVENTS" is in a white, outlined, sans-serif font. Surrounding the calendar are stylized, flat illustrations of the heads and shoulders of seven diverse women. The women have various hair colors (black, red, brown, blonde) and styles (braids, bobs, curls). They are depicted in profile or three-quarter view, looking in different directions. The background is white with soft, light-colored circular shapes scattered around. The overall style is modern and minimalist.

MARCH
EVENTS

May 20 & 21, 2022



MIND-BODY WELLNESS FAIR

*Join us for this "**Free**" virtual Fair using the Remo platform, where we will hear from world-class Saybrook Presenters on humanistic topics of interest and live artistic performances. There will be virtual booths spaces comprised of vendors who have offerings that will be sure to engage the wellness of your whole self - Art, Music, Financial, Family and More...*

The Fair is guaranteed to be informative, interactive and fun!

Be an Event Sponsor or Host a Virtual Booth

Saybrookevents@saybrook.edu

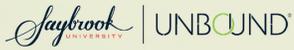
Learn More



May 20 & 21, 2022



MIND-BODY WELLNESS FAIR



MIND-BODY WELLNESS FAIR

May 20 & 21, 2022

Sponsorship Opportunities

Sponsorship Levels & Benefits	Presenting Sponsor \$10,000	Platinum Sponsor \$5,000	Gold Sponsor \$2,500	Silver Sponsor \$1,000	Saybrook Friend Sponsor \$500
Exclusive placement as Presenting Sponsor with linked logo displayed on banner at Fair	X				
Free vendor virtual exhibit booth	X both days	X both days	X 1 day		
Ad posted on social media accounts and promotional emails	X	X			
Logo on event marketing materials and Fair webpage	X	X	X	X	X
Prominent location of logo on Saybrook's Unbound website Section	X 1 year	X 1 year	X 6 Months		
Mention in event Promotions Materials and event website	X	X	X	X	
Verbal announcement of sponsorship during event	X	X			
Logo and Name Listed on Table Banner	X	X	X	X	X Name Only

Sponsor Here: <https://app.groupize.com/e/mind-body-wellness-fair-2022>

Reserve By: April 15, 2022



May 20 & 21, 2022

Saybrook UNIVERSITY | UNBOUND

MIND-BODY WELLNESS
FAIR



Saybrook Authors



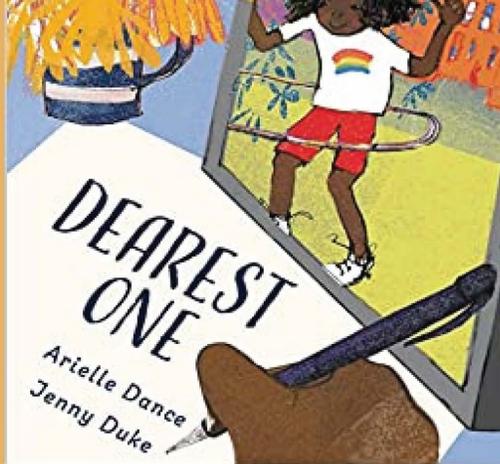
Virtual
Book
Store



May 20 - 21, 2022



Arielle Dance, PhD

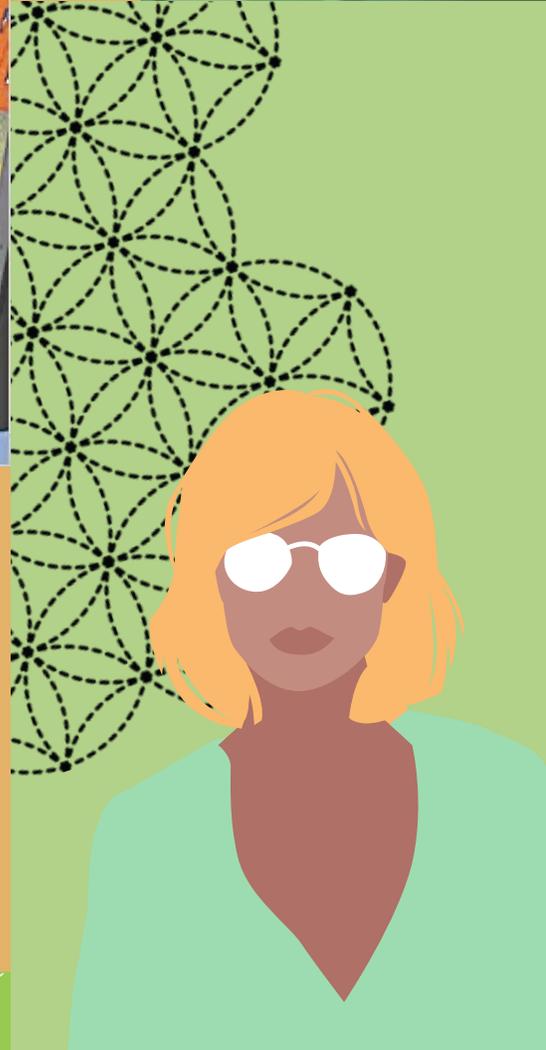


Dearest One

Inspirational words of wisdom passed down from older generations to the young.

Imagine the words your grandmother might say if she wrote you a letter. Perhaps she would encourage you to embrace the rain, or shine your light for all to see. Perhaps she would remind you to take up space and choose your path, knowing that whichever path you take will be the right one because it's yours. Perhaps she would tell you you are loved. Perhaps she would start the letter, "Dearest One".

A gorgeous keepsake for a growing child, this gentle tale will help little ones everywhere navigate the joys and sorrows of childhood with positivity, strength, and love.



Learn More and Buy



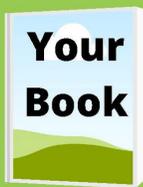
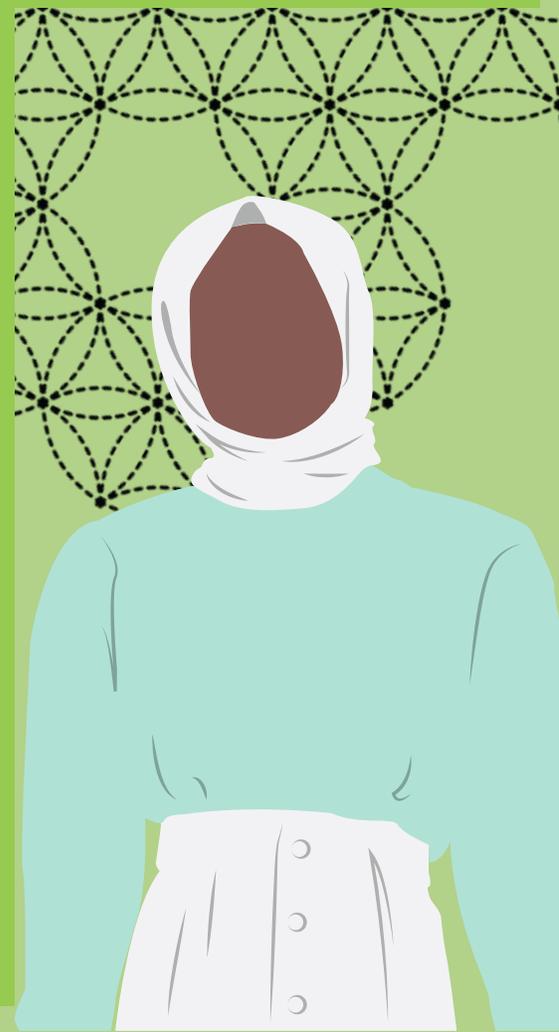
About Saybrook Authors:



The Saybrook community is fortunate to have many scholars, activists, changemakers, and authors who are making an incredible impact in academia and throughout the world. To help showcase some of these Saybrook authors, we have put together a Virtual Book Store in conjunction with Saybrook University's Mind-Body Wellness Fair on May 20-21, 2022. You can explore the contents of this virtual store and get more acquainted with Saybrook authors who have written some compelling works on several different relevant topics of interest today. If interested in purchasing books, we provide links and information for you to do that. Have fun exploring all that Saybrook community members have to offer here in engaging your mind, body, heart, and soul!

Featuring Your Book in the Pop-Up Store:

We are excited to offer a Virtual Pop-up Book Store in conjunction with the **Mind-Body Wellness Fair** on **May 20-21, 2022**. This Virtual Book Store will be seen throughout the Saybrook community in anticipation of the Fair; in addition to the many attendees. For just **\$100**, a picture, brief synopsis of your book, and a link/information on how to purchase your book will be included. It is a great opportunity to showcase your own work, raise awareness of relevant topics of interest to our community, and display the incredible scholarly and real-world impact that Saybrook alumni, faculty, and students are making both near and far. For more information, or if you would like to be included in the Virtual Book Store, please reach out to us at saybrookevents@saybrook.edu



Contact us to Showcase your book in our virtual Pop-up Book Store:
SaybrookEvents@saybrook.edu

Now is the time to share your book, and how to purchase it!



STAND AGAINST RACISM CHALLENGE

A Virtual Community of Growth

April 4 - May 1, 2022

eliminating racism
empowering women

ywca

Glendale & Pasadena

**Powered
by:**

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Join us for 21 days of learning and addressing issues of race, power, privilege, and leadership so we can connect with others to identify ways to dismantle racism and other forms of discrimination.

Sign up today!

Sign up at: bit.ly/SARSIGNUP



April - May 2022

**STAND
AGAINST
RACISM
CHALLENGE**
A Virtual Community of Growth

eliminating racism
empowering women
ywca
Glendale & Pasadena

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What is the Stand Against Racism Challenge?

The Stand Against Racism Challenge (formerly 21-Day Racial Equity and Social Justice Challenge) was created to help people better understand how racial inequity and social injustice impacts our community. The challenge is designed to provide participants daily tasks via our challenge app that include activities such as reading an article, listening to a podcast, and reflecting on personal experiences. By addressing issues of race, power, privilege and leadership we can connect with others to identify ways to dismantle racism and other forms of discrimination.

What is Racial Equity?

It is both an outcome and a process. As a process, we apply racial equity to policies, systems, structures and institutions by analyzing data so we can identify, uncover and remove barriers that produce disparate (unfavorable) outcomes based on race. As an outcome, racial equity is the condition that would be achieved if one's racial identity no longer predicted, in a statistical sense, how one fares in society.

Why the Challenge?

It is said that it takes 21 days to form a habit. Dr. Eddie Moore Jr. created the Challenge, which has been adopted by YWCAs across the country to not only help people better understand issues surrounding equity, inclusion, privilege, leadership and supremacy, but also to do so in a way that would build a habit of learning by stretching it over 21 days. By taking small actions and participating in a conversation about racism and social justice, we can create momentum and unity in order to build new and positive habits to change our communities and ourselves. Education is an essential part of organizing for change. Therefore, students from Saybrook University (a graduate university based in Pasadena that focuses on educating humanistic leaders who transform their fields and communities), will support the development of this challenge through content sourcing and creation and production of a Challenge Impact report, analyzing pre and post Challenge survey data. The Stand Against Racism Challenge will include opportunities to learn, reflect, and connect.

Why Should I Engage My Company or Organization?

The Stand Against Racism Challenge provides a framework for meaningful action through daily emails allowing leadership to offer employees the power and platform to take action for racial justice. The psychological impact of public events regarding racial violence and racist threats carries over into the workplace. How organizations respond can either help employees feel psychologically safe or contribute to feelings of isolation, fear and sadness. Leaders seeking to create an inclusive environment for employees can help to address these topics by being a part of the challenge.

YWCA GLENDALE & PASADENA'S STAND AGAINST RACISM CHALLENGE SPONSORSHIP OPPORTUNITIES

**Racial Justice
Champion \$5,000**

**Social Justice
Advocate \$2,500**

**Equity Ally
\$1,000**

**Changemaker
\$500**

	Racial Justice Champion \$5,000	Social Justice Advocate \$2,500	Equity Ally \$1,000	Changemaker \$500
Listing and special acknowledgement in 2022 Challenge Impact Report	Yes	No	No	No
Inclusion as sponsor in press release and news alerts	Yes	No	No	No
Promotion on daily Challenge emails	Yes	Yes	No	No
Prominent Logo Placement in Challenge App	Yes	Yes	Yes	No
Promotion on YWCA GP's social media channels	Yes	Yes	Yes	No
Logo placement on YWCA's Challenge website page	Yes	Yes	Yes	Yes
Opportunity to promote sponsorship	Yes	Yes	Yes	Yes
Invitation to all employees/members to participate in the Challenge	Yes	Yes	Yes	Yes
Social media toolkit to promote Challenge	Yes	Yes	Yes	Yes

INVESTING IN RACIAL EQUITY

The Challenge invites people to commit to a lifetime of promoting peace, justice, freedom and dignity for all people in our community and the world. We invite you to join the groundswell of corporate and civic partners leading in this moment for racial justice in working towards fulfilling this pledge by uniting with us for the Challenge as a sponsor.

Sponsorship benefits allow for promotion and media opportunities, recognition on the Challenge emails, recognition on social media platforms, inclusion in news alerts to over 10,000 community members, website recognition that reaches an average of 20,000 visitors, and a platform for you to show your commitment to change.

For more information, please contact
Heather Masterton, YWCA Glendale & Pasadena Chief Strategic Engagement Officer
 at heathermasterton@ywcagp.org or 585-687-8319
 Sponsorship payments and donations can be made at: bit.ly/SPONSORYWCA21DAY



April 4 - 24, 2022

**STAND
AGAINST
RACISM
CHALLENGE**
A Virtual Community of Growth

eliminating racism
empowering women
ywca
Glendale & Pasadena

**Powered
by:**

Saybrook
UNIVERSITY

**WE INVITE YOU TO BECOME A COMMUNITY AMBASSADOR FOR
THE STAND AGAINST RACISM CHALLENGE**

WHY BECOME A COMMUNITY AMBASSADOR?

- Your organization is committed to building a more just and equitable society where everyone can thrive.
- Your organization wants to join YWCA GP In the work to create safe and inclusive environments.
- Your organization wants to support its constituents in building anti-racist knowledge, behaviors, and skills.

WHAT HAPPENS WHEN YOU BECOME A COMMUNITY AMBASSADOR?

- Your name and logo is listed on the Stand Against Racism Challenge Website and in all Challenge emails.
- Your participation is acknowledged on YWCA Glendale and Pasadena's social media channels.
- You have the opportunity to promote the partnership.
- You will receive a social media toolkit to promote the Challenge and its content.

To confirm your participation, please contact Fabiola Montiel Tellez at
fabiolamontiel-tellez@ywcagp.org.

Donations in support of this campaign can be made at bit.ly/SPONSORYWCA21DAY.

ADVANCING RACIAL EQUITY AND SOCIAL JUSTICE

The Challenge was created to help people better understand how racial inequity and social injustice impacts our community.

The challenge is designed to provide participants daily tasks via email that include activities such as reading an article, listening to a podcast, and reflecting on personal experiences. By addressing issues of race, power, privilege and leadership we can connect with others to identify ways to dismantle racism and other forms of discrimination.



FILM, BOOK & POETRY FESTIVAL

July 15 - 16, 2022

Filmmakers



Submissions Open to Saybrook and all TCS Affiliates (Alumni, Students, Faculty & Staff)

Submission Details Here:
<https://app.groupize.com/e/film-book-poetry-festival-2022>

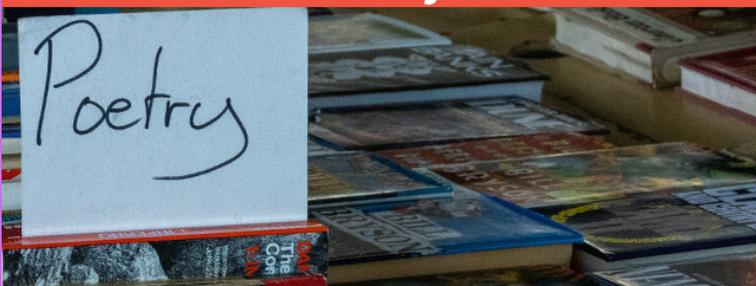
Authors



Accepting Submissions:
Jan 15 - Apr 29, 2022

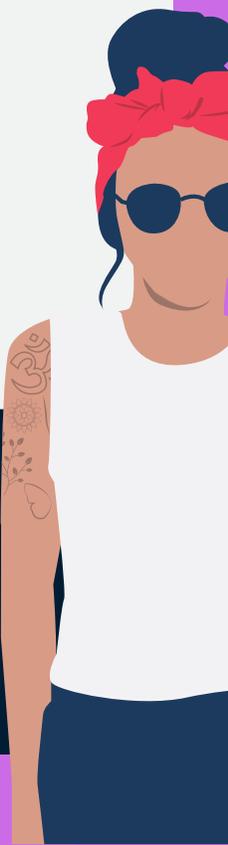
**Be an Event Sponsorship,
See Sponsorship Levels**

Poetry



Questions?
Saybrookevents@saybrook.edu

Follow Us on Facebook:
Saybrook University Film,
Book & Poetry Festival



**Submissions for Film, Book and Poetry
Festival Are Now OPEN!**

**Are You an Author?
Are You a Poet?
Have You Produced a Film?**

**Share It
With Saybrook!**

**Open to all of Saybrook and All TCS Affiliates
Accepting Submissions
January 15th 2022 - April 29th 2022**

[Click Here for Details](#)



Be A Sponsor

Film, Book and Poetry Festival Are Now!

As a sponsor, you will have the opportunity to show your support for Saybrook Students, Faculty, and Alumni. In return showcase your business or brand to our Saybrook Community.

Saybrook UNIVERSITY | UNBOUND

FILM, BOOK & POETRY FESTIVAL

Sponsorship Levels

July 15 & 16, 2022



Star

- Exclusive placement as Producer Sponsor
- Linked logo displayed on banner at event
- 6 free tickets to screenings
- Ad posted on social media accounts and promotional emails
- Logo on event website, prominent location
- Logo on Saybrook website for one year
- Announcement of sponsorship during event
- Mention in Saybrook Unbound publication

\$ 15,000



Producer

- Exclusive placement as Director Sponsor
- Linked logo displayed on banner at event
- 4 free tickets to screenings
- Mention in event promotions on social media
- Logo included on event marketing materials
- Logo on event website
- Logo on Saybrook website for one year

\$ 10,000



Director

- Linked logo included on table at event
- 2 Free tickets to screenings
- Mention in event promotions on social media
- Logo on event marketing materials
- Logo on event website
- Logo on Saybrook website for 6 months

\$ 5,000



Publisher

- Logo displayed on table at event
- 1 free ticket to screenings
- Logo on marketing materials
- Logo on event website

\$ 2,500



Writer

- Name listed on scrolling banner at event
- Logo on event website
- Logo on marketing materials

\$ 1,000

Register Here: <https://app.groupize.com/e/film-book-poetry-festival-2022>

Reserve By: May 31, 2022





Diversity, Equity and Inclusion: Organizations and Human Resources

Developed and Instructed by: Patricia H.A. Perez, PhD, Associate Professor, International Psychology, Kristijan Civljak, PhD, Assistant Professor, Business Psychology and Sean Earl Swiedom, PhD student, Business Psychology, the Online Campus, The Chicago School of Professional Psychology. Funded by TCS GLOBE Grant.



Digital Badge earned upon completion of the program

- **Program Dates: March 18, 2022**

Recorded sessions with short quizzes become available March 18

- **Live Session: April 1, 2022**

10 - 11 AM PST/ 12 - 1 PM CST/ 1 - 2 PM EST

- **Continuing Education Credits:** This program offers 4.0 CEUs for psychologists (APA), 4.0 BBS California CEUs for LPCs, LPSWs and LMFTs and SHRM PDCs.

The Chicago School of Professional Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Chicago School of Professional Psychology maintains responsibility for this program and its content. The Chicago School of Professional Psychology is approved by the California Board of Behavioral Sciences (BBS) to offer continuing education programming for MFTs, LPCCs, LEPs, and/or LCSWs. The Chicago School of Professional Psychology is an accredited or approved postsecondary institution that meets the requirements set forth in Sections 4980.54(f)(1), 4989.34, 4996.22(d)(1), or 4999.76(d) of the Code.

This program provides an intermediate level overview in understanding and applying core concepts related to Diversity, Equity, and Inclusion (DEI) within organizations and human resource teams. Participants will explore and address program materials through a guided learning format with touchpoints throughout each session for individual reflection.

The four DEI session topics for this program are:

- a) Background and Rationale of DEI,
- b) DEI Considerations for Organizations and Human Resource Teams,
- c) DEI Strategies and Application, and
- d) Coming Together, Sharing, and Next Steps

Participants will self-pace with the first three DEI session topics through pre-recorded sessions culminating in one live session to close.

Registration Required by March 14, 2022

[LEARN MORE & REGISTER NOW](#)



Diversity, Equity and Inclusion: Child and Adolescent Development

Developed and Instructed by: Patricia H.A. Perez, PhD, Associate Professor, International Psychology, Victoria Yepes Taylor, M.A. student, International Psychology, The Chicago School of Professional Psychology and Georgina Robledo, B.A. student, Early Childhood Education at Pacific Oaks College. Funded by TCS GLOBE Grant.



**Digital Badge earned upon
completion of the program**

- **Program Dates: March 25, 2022**

Recorded sessions with short quizzes become available
March 25

- **Live Session: April 8, 2022**

10 - 11 AM PST/ 12 - 1 PM CST/ 1 - 2 PM EST

- **Continuing Education Credits:** This program offers 4.0 CEs for psychologists (APA), 4.0 BBS California CEUs for LPCs, LPSWs and LMFTs

The Chicago School of Professional Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Chicago School of Professional Psychology maintains responsibility for this program and its content. The Chicago School of Professional Psychology is approved by the California Board of Behavioral Sciences (BBS) to offer continuing education programming for MFTs, LPCCs, LEPs, and/or LCSWs. The Chicago School of Professional Psychology is an accredited or approved postsecondary institution that meets the requirements set forth in Sections 4980.54(f)(1), 4989.34, 4996.22(d)(1), or 4999.76(d) of the Code

This program provides an intermediate level overview in understanding and applying core concepts related to Diversity, Equity, and Inclusion (DEI) in child and adolescent development. Participants will explore and address program materials through a guided learning format with touchpoints throughout each session for individual reflection. The four DEI session topics for this program are:

- a) Background and Rationale of DEI,
- b) DEI Considerations in Child and Adolescent Development,
- c) DEI Strategies and Application, and
- d) Coming Together, Sharing, and Next Steps.

Participants will self-pace with the first three DEI session topics through pre-recorded sessions culminating in one live session to close.

Registration Required by March 21, 2022

LEARN MORE & REGISTER NOW

Mental Health and Well-Being for Post-War Armenian Veterans and their Families

Developed and Instructed by: Patricia H.A. Perez, PhD, Associate Professor, International Psychology, Online Campus at The Chicago School of Professional Psychology. Funded by TCS GLOBE Grant. Offered in partnership with Armenian State Pedagogical University.



- **Program Date: March 10/11, 2022**
- **Live Session: March 10/11, 2022** (Please note: PST and CST start times are on March 10th)
9 PM - 3 AM PST/ 11 PM - 5 AM CST/ 12 AM - 6 AM EST/ 9AM - 3PM Yerevan Time

Certificate of Completion & Digital Badge earned upon completion of the program

This program provides training for mental health professionals working with Armenian populations globally with specific focus on post-war veterans and their families. Participants will learn about the Armenian post-war context and its impact on veterans' mental health and well-being. Strategies will be provided that is rooted in the cultural context, trauma and healing. There will be opportunities to reflect and apply program materials to specific cases.

Registration Required by March 7, 2022

LEARN MORE & REGISTER NOW

Establishing Impactful NGO Partnerships: Pamoja Leo

(Tanzanian based NGO striving to keep children in families,
prevent malnutrition and provide quality early childhood education)

Program developed & instructed by Dr. Kelly Torres, Department Chair, & Dr. Kate Green, Professor, Department of Educational Psychology and Technology



- **Program Dates: April 25 - May 22, 2022**
Participants are required to complete all four learning modules and submit an appropriate NGO focused project.
- Digital Badge will be issued to participants upon successful completion.

Partnering with NGOs offers many benefits to academic and organizational leaders. Specifically, through these connections, all stakeholders experience benefits resulting in the development of mutually valuable activities. Synergies between the organizations promote new ideas and concepts and result in project efficiencies and impact.

The establishment of these partnerships require focuses that include:

- 1) Identifying and monitoring priorities,
- 2) Building a mutual cultural understanding,
- 3) Creating a value proposition,
- 4) Empowering a focal point, and
- 5) Building a knowledge management system.

To provide insight into how to develop these impactful partnerships, this micro credential training will encompass four learning modules focused on the importance of NGOS and the development of mutually impactful goals and products. To successfully complete the program, participants will create a product that encompasses the goals of identified NGOs.

Registration Required by March, 18 2022

[LEARN MORE & REGISTER NOW](#)

Celebrating Social Workers



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