

Building a Better World: Practical Skills for Mindfulness and Social Change

June 6, 7 & 8, 2017

Antioch University New England
40 Avon Street
Keene, NH 03431

<https://www.antioch.edu/new-england/resources/centers-institutes/institute-building-better-world/>

Building a Better World: Practical Skills for Mindfulness and Social Change

While sometimes energizing and connecting, the work of social/environmental justice advocacy can also take a toll on individuals, groups, and communities, particularly in the current political climate. Many of the most effective justice advocates infuse mindfulness and other contemplative practices into their work and daily lives, allowing them to engage in a more sustainable way. Mindfulness practice can be used to inform justice work, and to cultivate a personal and collective sense of clarity, meaning, and purpose. The mission of Building a Better World: Practical Skills for Mindfulness and Social Change is to bring together people from diverse backgrounds to offer a space where we can co-create tools for better understanding of how to resolve conflicts, and to maintain hope and well-being in the face of intense political divisions in our country.

Registration

Join us for a three-day transformative opportunity to dialog, share and celebrate our collective energy related to social justice while learning effective and sustainable ways to nurture and invigorate our advocacy practices.

<https://events.r2o.constantcontact.com/register/eventReg?oeidk=a07ee25kce2ee9e48d6&oseq=&c=&ch>

	Fee	Fee after Tuesday, May 23, 2017
Event fee (3-Days, June 6, 7, and 8)	\$200.00	\$235.00
Student fee (3-Days, June 6, 7, and 8)	\$75.00	\$100.00
One- Day fee June 6, 2017 Only	\$100.00	\$125.00
One- Day fee June 7, 2017 Only	\$100.00	\$125.00
One- Day fee June 8, 2017 Only	\$100.00	\$125.00

Conference Committee

- Abi Abrash-Walton, Ph.D., Director, Advocacy for Social Justice and Sustainability Antioch University
- Amy Morrison, PhD, LMHC, ATR-BC, Core Faculty, Clinical Mental Health Counseling
- Bridey Scully, MA, Center for Civic Engagement Team
- Cathy Lounsbury, EdD, LCPC, Department Chair, Applied Psychology
- Deepa Patel, Student Volunteer
- Jayoti Soor, Student Volunteer
- Kelly Walsh, BA, MA Candidate, Sustainability and Social Justice Coordinator
- Kira Yeomins, BA, MA Candidate, Assistant Sustainability & Social Justice Coordinator
- Shelley Viles, M.S., Centers, Institutes and Projects
- Tim Desmond, LMFT, Distinguished Faculty

WORKSHOP SCHEDULE

TUESDAY, JUNE 6, 2017	
8:30 – 8:55 AM	
Registration & Check-In, Coffee and Tea MAIN LOBBY AND COMMUNITY ROOM	
8:30 – 8:45 AM	
Guided Meditation (optional) ROOM 265 <i>[Room 265 will be available throughout conference from 9 – 5 as contemplative practice space.]</i>	
9:00 – 9:30 AM	
Opening Ceremony Welcome by Tim Desmond COMMUNITY ROOM	
9:30 – 10:30 AM	
Keynote Presentation <i>Ignite your Compassion to Serve by Deo Mwanu, MBA</i> COMMUNITY ROOM	
10:30 - 10:45 AM: Break	
10:45 – 12:15: Concurrent Sessions	
COMMUNITY ROOM Experiential Session <i>How to Get Your Feet Wet: What Does Effective Advocacy Look Like?</i> Deo Mwanu, MBA	ROOM 263 Advocacy Workshop <i>Overview of Advocacy Concepts</i> Abi Abrash-Walton, Ph.D
12:15 – 1:30	
E 101: Reflective Lunch and Round Table Discussions	

1:30 – 2:45 PM: Concurrent Sessions

COMMUNITY ROOM Advocacy Workshop <i>You Eat What? Finding Common Ground and Justice Around Food</i> Cynthia Espinosa Marrero, M.S.	ROOM 263 Social Justice Workshop <i>Social Justice in the Helping Professions</i> Leo Sandy, Ed. D.	ROOM 269 Experiential Session <i>The Depolarization Projection: Where Do I Stand and How Did I Get There?</i> Lorraine Mangione, Ph.D.
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2:45 - 3:00 PM: Break

3:00 – 4:00 PM

Plenary Session: Social Justice in Action
facilitated by Melinda Treadwell, Ph.D., Provost of Antioch University New England
Social Justice and Campus Sustainability: a Case Study of AUNE Sharon Kayira, M.B.A.
Eastern Exposure: Launching a Partnership in Labrador, by Alesia Maltz, Ph.D.
Being Social Justice: Radical Accountability for Our Perceptions by Teri Young, EdD
Grassroots Advocacy Through Language Revitalization by Kira Yeomans, M.S.
Social Justice Work in Peru by Emily Moran
COMMUNITY ROOM

4:00 – 4:45 PM

COMMUNITY ROOM Social Justice Workshop <i>The Decolonization of Identity</i> by Dottie Morris, Ph.D.	ROOM 269 Advocacy Workshop <i>Acting for Social Justice: Street Theater Workshop</i> Becca Polk
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4:45 – 5:00 PM

Closing Reflections by Tim Desmond
COMMUNITY ROOM

6:00 – 8:00 PM (optional)

Dinner Connections, Walks (see bulletin board for options)

Wednesday, JUNE 7, 2017

8:30 – 8:55 AM

Registration & Check-In, Coffee and Tea
MAIN LOBBY AND COMMUNITY ROOM

8:30 – 8:45 AM

Guided Meditation (optional): ROOM 265

9:00 – 10:00 AM

Welcome by Abi Abrash-Walton, Ph.D.
Keynote Presentation
Participating In Democracy Through Deliberative Dialogue and Civic Engagement
by Molly Kelly, JD
COMMUNITY ROOM

10:00 - 10:15 AM: Break

10:15 – 12:00 PM: Concurrent Sessions

COMMUNITY ROOM
Advocacy Workshop
*Intersectional Approach to Trans-
Advocacy*
Mason Dunn, JD

COMMUNITY ROOM
Mindfulness Workshop
*Mindful Leadership: Understanding and
Developing Ourselves as Mindful Leaders*
Robbie Hertneky, Ph.D.

ROOM 265
Experiential Session
*Somatic Breath: Mindfulness, Emotional
Regulation, Stress Relief and Nervous System
Balance* Kailama Morris

12:15-1:15 PM ROOM E101: Reflective Lunch
Resource Exchange

1:30 – 2:45 PM: Concurrent Sessions

COMMUNITY ROOM
Experiential Session
*Power Steps: How Privileged are You
Really?*
Chioma Anah, Ed.D., LCPC

ROOM 263
Mindfulness Workshop
*Mindful Conflict Resolution and
Communication*
Tim Desmond, LMFT

ROOM 269
Advocacy Workshop
Roles of Activism
Abi Abrash-Walton, Ph.D.

2:45 - 3:00 PM: Break

3:00 – 4:00 PM: Concurrent Sessions

COMMUNITY ROOM
Advocacy Workshop
Advocacy for Legislative Change

Gerri Cannon

ROOM 263
Social Justice Workshop
*Components of Effective Worldview
Change*

Rachel Oblak, MA

ROOM 269
Experiential Session
*Easy to Use Mindfulness Skills: How To
Stay Whole When You Are Being Pulled
Apart*

Jeannette Indoccio, MS

4:00 – 4:45 PM

Afternoon Keynote Presentation

Advocacy in an Intersectional World by Mason Dunn, JD

COMMUNITY ROOM

4:45 – 5:00 PM

Closing Reflections by Tim Desmond

THURSDAY, JUNE 8, 2017

8:30 – 8:55 AM

Registration & Check-In, Coffee and Tea
MAIN LOBBY AND COMMUNITY ROOM

8:30 – 8:45 AM

Guided Meditation (optional): ROOM 265

9:00 – 10:00 AM

Opening and Keynote Presentation by Tim Desmond
COMMUNITY ROOM

10:00 – 10:30 AM

Artistic Presentation

*Gratefulness in Action: Selected Poetry and Readings Inspired
by Br. David Stienidl-Rast's Stop. Look. Go. Gratefulness Practice* by Carol Pate, Ed.D

COMMUNITY ROOM

10:30 – 10:45 AM: Break

10:45 AM – 12:15 PM: Concurrent Sessions

COMMUNITY ROOM

Film Screening
A Self Made Man
followed by Q&A session
Tony Ferraiolo

ROOM 263

Mindfulness Workshop
*Mindfulness in Motion-Reframing How
We Interpret and Apply Knowledge*
Linda Peck, M. Ed.

ROOM 269

Experiential Session
*Mind Mapping Collage for Self-Care and
Sustained Motivation*
Amy Morrison, Ph. D.

12:15-1:30 PM

ROOM E101: Lunch: Resource Exchange and Poster Session

1:45 – 2:45 PM: Concurrent Sessions

COMMUNITY ROOM

Artistic Expression of Transgender Youth
Tony Ferraiolo

ROOM 263

Mindfulness Workshop
*Connecting to Others in Stressful Times:
The Neurophysiology of Social
Engagement*
Cathy Lounsbury, Ed.D., LCPC

ROOM 269

Experiential Session
*Bend Without Breaking: Simple Yoga
Practices for Self-Care*
Kate Robertson, MS, LCMHC, MLADC

2:45 - 3:00 PM: Break

3:00 – 4:00 PM

Afternoon Keynote Presentation

Fixing A House Divided: Universal Suffrage as the Foundation of Democracy by Joyce Hackett

COMMUNITY ROOM

4:00 – 5:00 PM

Mobilization for Social Change: Community Closing Ceremony

Continuing Education

Various types of continuing education are available for professionals attending this conference. The number of hours earned depends upon which qualifying events/workshops one attends.

Certificates of Attendance

Certificates of attendance will be available upon request to those who attend day-long sessions and complete the required documentation.

National Board of Certified Counselors (NBCC)



Antioch University New England has been approved by NBCC as an Approved Continuing Education Provider, ACEP No 4338. Programs that do not qualify for NBCC credit are clearly identified. Antioch University New England is solely responsible for all aspects of the programs. The number of contact hours earned depends upon which qualifying events one attends.

ABSTRACTS

Day One (June 6th):

Ignite your Compassion to Serve, Keynote, Deo Mwano, MBA

This dynamic keynote will explore the emotional commitment of social justice and how to prepare yourself for getting involved. Deo Mwano will help you to connect your compassion to your passion, and to identify where you want to make a difference. He will identify good starting points to become involved, and how to stay engaged without becoming overwhelmed.

How to Get Your Feet Wet: What Does Effective Advocacy Look Like?, Deo Mwano, MBA

Deo teaches, inspires, and motivates students to follow a path of self-improvement and dedication to others. In doing so, Deo draws on his often traumatic personal experience as well as his educational background. This workshop will explore how you utilize what you are good at to start to make a difference and the importance of listening and building relationships in effective advocacy. Participants will explore the question of how do you develop the emotional capacity to serve, and how do you create the brain space for the cause for which you are advocating?

What Does Social Justice Advocacy Look Like?, Abi Abrash-Walton, PhD

This workshop is an overview of advocacy concepts, and will explore the areas of spheres of influence, the decision funnel, essential questions of effective advocacy, and finding your people. The workshop will include an interactive segment in which participants explore their own engagement with these concepts with respect to applying them for social justice advocacy.

***Social Justice in the Helping Professions**, Leo Sandy, EdD, NCSP

This workshop will focus on rationale and ways for those in the helping professions to integrate social justice into their practice. It will examine the meaning and purpose of social justice, historical precedents, key figures in social justice, ecosystems theory, and advocacy. This workshop is appropriate for school counselors, marriage and family counselors, psychologists, therapists, mental health workers, and others in the helping professions. Participants will be able to explain the rationale for inclusion of advocacy as an important aspect of the helping profession role, and discuss the barriers that prevent or limit the use of advocacy in the helping role.

***This workshop is eligible for NBCC continuing education**

***Projection: Where Do I Stand and How Did I Get There?**, Lorraine Mangione, PhD

The bitter polarization and extreme partisan politics in this country are viewed as perhaps necessary in the short-run but ultimately destructive toward civil society, democratic processes, and effective decision-making. The lens of clinical group dynamics, large group theory, and social psychology of groups frames this discussion of individual and societal level polarization. After a brief introduction to such concepts and to possible advantages and disadvantages of polarization, this experiential group will consist of an exercise and discussion around one's personal experience of our sharply divided country and how it affects the advocacy work participants are hoping to accomplish. Suggestions for moving forward, both from the group and the facilitator, will conclude the experience. This workshop can work at a number of different levels and with people from diverse educational and life backgrounds. At the conclusion of the workshop, attendees will be able to identify some of the group forces that divide and polarize a population, small groups, or two-person relationships.

***This workshop is eligible for NBCC continuing education**

You Eat What? Finding Common Ground and Justice Around Food, Cynthia Espinosa Marrero, MS

This workshop is an experiential learning presentation tapping into the re-introduction of food as a tool for common ground in community justice. Examples of projects using food as a tool for community justice will be shared along with a practical activity called Open Space Technology to harvest together the knowledge and ideas of all presentation participants.

Social Justice In Action, Panel Discussion, Melinda Treadwell, Facilitator

Social Justice and Campus Sustainability: a Case Study of AUNE (Sharon Kayira, MBA)

Eastern Exposure: Launching a Partnership in Labrador (Alesia Maltz, PhD)

Being Social Justice: Radical Accountability for Our Perceptions (Teri Young, EdD)

Grassroots Advocacy Through Language Revitalization (Kira Yeomans, MS)

Social Justice Work in Peru (Emily Moran, MA candidate)

Acting for Social Justice: Street Theater Workshop, Becca Polk

Join Spark Theater Collective to explore street theater as a tool for raising consciousness in our communities by interrupting "business as usual." The collective works together to create political statements through theater in order to oppose imperialism and exploitation. We will use the workshop to walk participants through our process of creating a play while they create their own, emphasizing the importance of shaping a political statement through study and discussion. We will discuss, where do our ideas come from? and, how does our analysis affect our actions? During this workshop we will investigate these questions, as we collaborate in crafting theater pieces. Participants will leave with not only a concrete tool for action, but also with tools of analysis for more effectively opposing imperialism.

Keynote: The Decolonization of Identity, Dottie Morris, PhD

As the Chief Officer of Diversity and Multiculturalism (CODM), Dr. Dottie Morris is a member of the Keene State College President's Cabinet. Her main foci are providing support and direction to the Executive, Academic, Student Affairs, Advancement and Finance and Planning divisions of the college as the institution works to fulfill its commitment to diversity and multiculturalism. For years, Dottie has worked with undergraduate and graduate students in the capacity of counselor, teacher, academic advisor, and advisor of student groups. She has demonstrated a consistent and persistent dedication and devotion to diversity, inclusion, multiculturalism and social justice over the past two decades.

Day Two (June 7):

Deliberative Dialogue for Civic Engagement, Keynote, Molly Kelly, JD

Intersectional Approach to Trans-Advocacy, Mason Dunn, JD

This workshop will begin with a discussion about the diversity of trans identities, including terms, definitions, and cultural competency for working with trans people. We will then discuss ways in which participants can be advocates for trans rights, through allyship and awareness. We will end by discussing some of the laws and policies impacting the trans community at this time, and how participants can be involved in those efforts.

Advocacy Leading to Legislative Change, Gerri Cannon

Advocacy leading to Legislative change can take many forms. One on one conversations, group presentations, public marketing and Speaking out at Legislative meetings are many of these forms. How effective you will be is in knowing who your target audience should be and knowing where you should focus your attention for the best results. During this session, you will learn about the different plans, strategies and tactics that have been used to facilitate change in NH. As well as ongoing efforts needed to maintain those changes.

****Power Steps: How Privileged are You Really***, Chioma Anah, PhD

How privileged are we really? All of us come with our own social identities, cultural backgrounds, privilege, awareness, and cultural worldview, which contribute to the way we see our self and the way others view us. Privilege is defined as, unearned access to beneficial resources available to some people, but usually at the expense of others (Harvey, 2000). Privilege is the culmination of the interactions between three forms of relational power dynamics to decide: (1) who is taken seriously; 2) who receives attention; and 3) who is accountable to whom and for what (Johnson, 2006). In this experiential learning, participants take "Power Steps" forwards or backwards according the answers to the statements provided by the facilitator. To this end, the participants will explore and gain awareness about social class privilege and power by critically reflecting on the multiple dimensions of their social identities, and gaining knowledge about power differentials within society. Through this "Power Steps" activity, participants are able to recognize one's own power, privilege, and limitations, as well as gaining awareness of the obstacles and lack of privilege in the lives of others. This workshop is best suited for all participants coming to this conference, as it explores, examines and confronts visible and invisible concepts and systems of power, privilege, and oppression. Participants will be able to conceptualize at least 3 aspects of their own privilege that they did not know previously know existed. Participants will be able to identify at least 3 best practices useful to incorporate into clinical practices as it relates to power and privilege for oppressed and marginalized clients.

This workshop is eligible for NBCC continuing education

Somatic Breath: Mindfulness, Emotional Regulation, Stress Relief and Nervous System Balance,
Kaiilama Morris, BA

A 90 minute workshop presentation and experiential introductory to the key physical, mental and emotional benefits of breathing. As the breath is a key factor in presence, mindfulness, emotional balance, connecting to compassion for self and others, relaxation and clarity. Lecture portion includes the three levels of the breath (physical, emotional/mental and spiritual), what is an open, healthy breath, Innate Emotional Intelligence, nervous system balance, explanation and description of connected breathing. Experiential aspect will include a demonstration of connected breathing, breath exercise and facilitated 20-30 minute connected breath session with debrief. Participants will need a yoga mat, comfortable clothing, water bottle and lots of wonderful curiosity! For more information: www.breathoftheheart.com.

Components of Effective Worldview Change, Rachel Oblak, MA

Using a combination of personal experience, academic literature, and experiential activities, Rachel will talk about the importance of information, connection, introspection, and time in the process of change and how individuals can ethically invite others to challenge and question their worldviews. This workshop is geared towards those who want to engage on a personal level, whether with a friend, colleague, parent, or client. There is no prior knowledge or level of experience necessary.

Roles of Activism, Abi Abrash-Walton, PhD

Module on the roles of activism, with an interactive exercise through which participants explore and identify the role/s in which they feel most comfortable engaging; can pair this with a political genogram exercise that explores temperament, ideology, action tendencies

Mindful Conflict Resolution and Communication

Tim Desmond, LMFT

Intersectional Approach to Trans Advocacy, Keynote

Mason Dunn, JD

Every year the numbers of trans people murdered in the US rises, yet the media proclaims we are past the "transgender tipping point:" how do we reconcile these two competing facts? The sad reality remains that trans women of color are most at risk for violence, discrimination and death in our country. If we are to see progress for trans rights, we must address all forms of oppression our many varied communities face, particularly issues of racism and sexism. I will discuss the landscape of social justice advocacy, through an intersectional approach to trans advocacy.

Clarity Committees, Emily Casey, MA Candidate

This poster will display the concept of Clarity Committees and Strategic Questioning based on the work of Fran Peavy. At the heart of Strategic Questioning is the idea that we all have our own answers. Clarity Committees are support groups to assist each other in coming to new ideas and information when we have a question we cannot find answers for alone. This process is a tool for advocates and those in the social justice field because it provides a framework to empower clear decisions and actions.

Building an Alter of Abundance: Cultivating Enoughness, Tassandra Rios-Scelso, MA Candidate

Building an Alter of Abundance: Cultivating Enoughness explores how the practice of beginning with love rather than lack can help us to ground our work for social change, both personally and organizationally, in a place and source of strength. The act of creating an Alter of Abundance is one mindfulness practice to rethink and reclaim ourselves as whole despite the tendency to see what we don't have or need. Beginning with abundance enables us to name, know, and grow our personal strengths and consider ways for connecting Enoughness with an asset-based community development approach to how we engage with social justice, advocacy, and community.

Self-Compassion through relationships to Mitigate Compassion Fatigue, Norja Cunningham, PhD, LMFT

This presentation will include a little about my compassion fatigue story and ways that I learned to be mindful of self-compassion in my personal and professional life. In chronological order I will share my story, share new practices I implemented in my personal life and lastly work load/work flow adjustments. All of this to avoid burnout and maintain a healthy psychological and emotional state to provide ethical treatment to clients for years to come.

Day 3 (June 8):

****Connecting to Others in Stressful Times: The Neurophysiology of Social Engagement***, Cathy Lounsbury, EdD, LCPC

Social justice work often involves engagement in situations that stretch beyond our zones of comfort. Maintaining connection with others requires the ability to stay open and engaged in potentially uncomfortable and stressful circumstances. This workshop will provide participants with an understanding of the neurobiology of the social engagement system and the human stress response. Participants will be provided with tools to work with their system to develop the resiliency necessary for a long term commitment to social justice. A portion of the workshop time will be devoted to participants developing their own "care kit", to mitigate the effects of the inevitable stress associated with advocacy work. This workshop is suitable for anyone interested in advocacy work. Participants will understand the neurophysiology of social engagement and threat and develop strategies to mitigate the effects of stress.

***This workshop is eligible for NBCC continuing education**

Mindfulness in Motion- Reframing How We Interpret and Apply Knowledge, Linda Peck, MEd

What if education focused on a paradigm of becoming rather than reproducing merely what is there already. This engaging experiential workshop will integrate movement- sensory modalities/techniques, conveying learning as experience and not only thought. How can we learn about fairness and leadership in a visceral way? Learning is not fixed, but a continuum. It needs context to understand fully how to make effective judgments, strategize, and create. Participants of this workshop will become more aware of their inner beings, beyond what they believe they know to see how yielding to certain circumstances can create a more just and fair leader role. Areas like situational awareness, non-verbal communication, personal accountability, and social justice will be unpacked in ways which transform how we understand what is just and how to yield when necessary. Participants will come away with tools to use in all areas of their lives from personal, social, academic, and emotional. Not only deeply transformative, this workshop will bring "aha" moments to participants.

Mindful Leadership: Understanding and Developing Ourselves as Mindful Leaders, Robbie Hertneky, PhD
Janice Marturano, author of *Finding the Space to Lead: A Practical Guide to Mindful Leadership*, defines a mindful leader as one who, “embodies leadership presence by cultivating focus, clarity, creativity, and compassion in the service of others” (p. 11). She makes the connection to mindfulness, “When the mind is trained to be fully attentive, even in the midst of chaos, we have the space to make more wise and conscious choices” (p. xii). Participants in this workshop will have an opportunity to explore and articulate their leadership purpose and the role mindfulness plays, or doesn’t play, in it. After learning more about mindful leadership and how it is conceptualized, there will be time to use the framework as a lens through which to examine a particular leadership incident and envision how it might have gone differently. This workshop is designed for leaders, whether holding a formal title or influencing informally, at any stage of development, as well as for those who may, or may not, have established mindfulness practices. Openness, curiosity and a willingness to reflect are all that is needed! Participants will leave the workshop with: a greater understanding of themselves as leaders; an introduction to mindful leadership; an opportunity to practice applying mindful leadership concepts to their own practice; and concrete next steps for going forward and developing their capacity as mindful leaders.

Gratefulness in Action: Selected Poetry and Readings Inspired by Br. David Steindl-Rast’s Stop. Look. Go. Gratefulness Practice. Carol Pate, EdD

This presentation will highlight the voices of poets and spiritual leaders that came to life within me as a result of engagement with Br. David Steindl-Rast, OSB’s gratefulness practice of Stop. Look. Go. After a brief 5 minute introduction to Br. David Steindl-Rast, OSB and his work in gratefulness, I will read several poetic and spiritual pieces that have urged us to stop, look and go. The poetry and readings will also be paired with visuals to further engage the audience in their voices. A few of the poets and spiritual voices will include Maya Angelou, Mary Oliver, Marie Rainer Rilke, Mother Teresa, and David Whyte.

Mind Mapping Collage for Self-Care and Sustained Motivation, Amy Morrison, PhD, LMHC, ATR-BC
In this workshop, participants will be gently guided to create their own Mind Map Collage. Using materials provided by the presenter such as markers and collage images, participants will be guided in a process to create. Participants may choose to focus on skills for self-care or needs for sustained motivation. Participants will have an opportunity to share in community and leave with a completed Mind Map Collage.

Bend Without Breaking: Simple Yoga Practices for Self-Care, Kate Robertson, MLADC, LCMHC, RYT- 200
This 60-minute experiential workshop will introduce participants to Yoga philosophy and how the practice of Yoga poses transforms our lives off the mat. I will offer a short description of the fundamental aspects of Yoga philosophy at the beginning of the workshop to establish a framework for the class. I will then offer a 35-minute Yoga class (all-levels vinyasa style). Although the class will be a whole practice on its own, I will highlight blocks of asanas that can stand alone and be practiced in just minutes a day. These poses will allow participants to connect with the portability of Yoga (you don’t need fancy “Yoga” clothes or a mat to practice!). I also want to share how the experience of connecting with our bodies with intention and self-compassion can deepen our social justice work through cultivating an inner stillness and openness to our innate wisdom.

This workshop is focused on participants who have an interest in learning simple Yoga asana practices that can be integrated into daily life. No prior experience with Yoga is necessary. At the end of the workshop, participants will have several Yoga pose sequences that they can weave into their daily life and self-care.

Film Screening: A Self-Made Man, Tony Ferraiolo

A Self-Made Man is a feature length documentary that takes a candid look at what it means to be transgender, told through an intimate portrait of trans youth advocate Tony Ferraiolo. Gender identity first appears in childhood and some kids feel that they were born in the wrong body. It is a scary time for both them and their parents as they make the transition journey from one gender to the other. This is a film about someone who helps them get there safely. A Self-Made Man is told through the poignant personal story and important life work of Tony Ferraiolo, a transgender youth advocate. We watch Tony guide kids as young as 8, and their parents, through the confusing journey of defining themselves, when their physical appearance conflicts with how they view themselves. As Tony comes to terms with all the complexities of his own life as a female-to-male transgender person, the kids in the youth group and their parents grapple with the reality of their uncertain future. A Self-Made Man examines the complicated dynamics of transitioning from multiple perspectives.

Artistic Expression of Transgender Youth, Tony Ferraiolo

Transgender youth have a voice that is rarely heard. Through artwork, trans youth can give voice to their experiences and feelings. Tony will share his experiences working with transgender youth with a slide show of actual drawings created by members of his youth groups Translation and Create Yourself. The drawings are the artistic expressions of answers to questions like What does body dysphoria feel like? and What makes you sad? He will highlight the idea that rather than having issues within one's own identity, transgender youth are often in a situation where others around them are the ones who have an issue with their gender identity.

Objectives:

- gain a better understanding of what transgender youth experience regarding body dysphoria
- gain a better understanding of other struggles they commonly face
- increase empathy regarding the client's experience

Easy to Use Mindfulness Skills: How to Stay Whole When You Are Being Pulled Apart, Jeannette "Gi" Indoccio, LCMHC

We can often feel as if we are being pulled apart. Sometimes, it feels as if your Job, the Kids, and the Bills are just "too much" causing increased stress, anxiety, and depression. What if you could learn ways to create a calmer lifestyle and to manage your stress? Would that help you? If you said "Yes", then this workshop is for you. Gi Indoccio, LCMHC will guide you to discover what is important to you as you learn to "Put Your Own Oxygen Mask on First!" Sometimes, just simple easy breathing techniques that Gi teaches can assist you in changing your perspective of a situation. You can move forward in your life and get out of the "quicksand of your mind" that can pull you down. Instead, you can begin to let go of anything that no longer serves you and take the first steps toward creating the life you really want to live by managing your stress level. Join Gi and learn some easy mindfulness skills to strengthen your self-esteem and self-compassion. This workshop can benefit almost anyone who is experiencing stress by applying these easy to learn compassion practices to avoid burnout.

Participants will learn to:

- Breathe mindfully and reduce their stress level; via a number scale
- Take a 30-day Mindful Breathing Challenge
- Learn a technique called "Isn't it interesting that I feel x...(ie. anxious.)"

***Fixing a House Divided: Universal Suffrage as the Foundation of Democracy*, Joyce Hackett**

Our tradition of suppression in America stretches back to the writing of the Constitution, and our three voting amendments didn't end states' right to restrict the franchise. The tsunami of voter suppression mechanisms passed since the Voting Rights Act was dismantled now threaten to dismantle our democracy itself. Since none of our policy goals can be achieved without fair voting, it must be our strategic priority. But voting's more than a means to our ends: it is our democracy's critical infrastructure, and the moral foundation of its legitimacy, the right that lies beneath all other rights. It is the moment at which we affirm our equal humanity. The secular version of the Bible's highest command, Love thy neighbor, is: Defend Thy Neighbor's Right to Vote. We can't heal our country's divide, or truly be equal, until we embrace the fight for universal suffrage.

PRESENTER BIOS



Abigail Abrash Walton, PhD, *Intro to Advocacy Concepts Roles of Activism*

Abigail is a seasoned mission-aligned change leader, with experience at multiple scales including organizational, municipal, state, federal, and international. She serves as faculty in Antioch University New England's Department of Environmental Studies, where she directs the Advocacy for Social Justice and Sustainability master's degree concentration and co-directs Antioch's Center for Climate Preparedness and Community Resilience. Her public engagement, research, and teaching focus on change leadership and translating values into effective action, particularly regarding environmental and social performance. She enjoys the spirit and practice of innovation and has played a central role in piloting AUNE's Conservation Psychology Institute and Translating Research to Inform Policy workshops.

She has helped catalyze a national-level working group to build the capacity of scientists and researchers to engage with the public policy process. Her doctoral dissertation, *Positive Organizational Leadership and Pro-Environmental Behavior: The Phenomenon of Fossil Fuel Divestment (2016)*, explores the mission-aligned leadership of U.S.-based foundation leaders and their readiness to pursue fossil fuel divestment by their institutions.



Chioma Anah, EdD, LCPC, *Power Steps: How Privileged Are You Really?*

Dr. Chioma Anah holds a Doctorate of Education (EdD) in Counseling Psychology, is a Registered Art Therapist (ATR), a National Certified Counselor (NCC), a Licensed Clinical Professional Counselor (LCPC- Maryland), an Approved Clinical Supervisor (ACS), and a Board Approved Supervisor in the state of Maryland. Dr. Anah's research interests are in multicultural issues in counseling, racial microaggressions, the psychology of racism, social justice advocacy issues, and healing and coping interventions for race-related stress and trauma. Dr. Anah serves as an Adjunct staff at Argosy University in Washington, DC, and as a guest lecturer at Johns Hopkins University School of Education Department of Counseling and Human Services. She has worked with adults and adolescents with mental

health issues for over 15 years, and has her own private practice in Baltimore, Maryland.

Gerri Denise Cannon, *Advocacy Leading to Legislative Change* Gerri has discussed transgender topics for Speak Out Boston, PFLAG NH and with the NH State Legislature for the past 18 years. Gerri worked 31 years at the combined companies of Digital, Compaq and Hewlett Packard. She was involved with hardware and software engineering, marketing consulting and the delivery of educational programs around the globe. She was the Northeast contact for the PRIDE organizations in each of these Companies. She was the owner of her own carpentry business. She has driven tractor trailers for 5 years. Gerri is a member of PFLAG-NH and a transgender advocate on the Freedom NH Steering Committee. She has supported transgender and GLBTQ rights at many NH Legislature Committee meetings, over the past 9 years. Gerri is a speaker for the NH United Church of Christ Speaker's Bureau. She has spoken to church congregations and businesses all over the New Hampshire and New England.

Emily Casey, *Clarity Committees (Poster Session)* Emily Casey is a master's candidate at SIT Graduate Institute driven to work for social justice through advocacy and training. She is also a Kundalini yoga teacher and believes our ability to practice mindfulness is key to the success of humanity and the planet.

Norja Cunningham, PhD, LMFT, *Self-Compassion through relationships to Mitigate Compassion Fatigue* Norja Cunningham is a licensed marriage and family therapist. She received her Bachelor of Science in psychology from Trinity College, Master of Science in Marriage and Family Therapy from Central Connecticut State University in 2008, and her PhD from Antioch University New England, August 2015. Her dissertation is entitled *A phenomenological study: Marriage and family therapists' and clinician's perceptions of how secondary traumatic stress affects them and their families*. Norja has experience working with children, adolescents, families and couples with psychiatric, behavioral and relational concerns since 2005, in sub-acute residential, group home, special education and outpatient settings. Norja is a full time teaching faculty for Antioch University New England MFT doctoral and master's program. Norja's areas of interest include trauma, secondary traumatic stress and spirituality.

Tim Desmond, LMFT, *Understanding advocacy in terms of suffering and compassion; Mindful Conflict Resolution/Communication*

Tim Desmond is a practicing psychotherapist, author, faculty at Antioch University, and student of Zen Master Thich Nhat Hanh. Co-founder of Morning Sun Mindfulness Center, he lives in Alstead, NH, and teaches mindfulness and self-compassion practices to professional and popular audiences around the world. He has presented at hundreds of conferences and seminars, including at Yale Medical School, the Psychotherapy Networker Symposium, and the Institute for Meditation and Psychotherapy. His publications include *Self-Compassion in Psychotherapy* (W.W.Norton, 2015) and *The Self-Compassion Skills Workbook* (W.W.Norton, 2017). As one of the co-facilitators of the Spokes Council of the Occupy Wall Street movement, Tim has extensive experience in a compassionate and sustainable advocacy approach.

Mason Dunn, JD, *Trans Identities and Advocacy, Keynote: Intersectionality and Advocacy* Mason Dunn is the executive director of the Massachusetts Transgender Political Coalition and co-chair of the Freedom Massachusetts campaign. An educator and activist, Mason has been working around the country for 13 years on trans rights and advocacy. Mason is also an adjunct faculty member at UNH Manchester, teaching on LGBTQ media and perspectives, and serves on the Massachusetts Commission on LGBTQ Youth. Prior to joining MTPC, Mason worked in New Hampshire on trans rights and education. Mason is a member of the New Hampshire Bar Association, and a 2012 graduate of the Daniel Webster Honors Scholars Program at the University of New Hampshire, School of Law. In his free time, he enjoys spending time with his partner, Lauren, backpacking, kayaking, and pursuing his more geeky interests.

Cynthia Espinosa Marrero, MS *You Eat What? Finding Common Ground And Justice Around Food*

Cynthia Espinosa Marrero is a food systems scholar and activist, helping diverse communities grow and eat more healthy food. Her passion for gardening was seeded with her family and neighbors in Yabucoa, Puerto Rico where she grew up. Currently working as an Education Manager from Growing Places in North Central Massachusetts, Cynthia works towards her ultimate goal as a humanistic educator, which is to give opportunities to underrepresented groups to find their inner power, voice, and gardening/food growing skills to build a socially just food system. She has a Master of Science in Environmental Studies, focusing in Environmental Education, from Antioch University New England and a BA in Sustainable Food Management from UMass Amherst.

Tony Ferraiolo *Artistic Expressions of Transgender Youth: A Self Made Man Screening*

Tony Ferraiolo is a Certified Life Coach, Transgender Youth Advocate based in New Haven, Connecticut. In 2008 Tony started several support groups to support transgender youth and their families, the groups meet concurrently, providing a complete support system for these families, drawing families from New York and throughout New England. Over the last nine years, these groups have served over 400 families. Tony has dedicated himself to promoting competent and respectful health care for the transgender community, educating providers and advocating on behalf of patients. Over the past ten years, he has delivered trainings to more than 10,000 people around the country. Tony is the subject of the award-winning documentary “A Self-Made Man” and author of the book “Artistic Expressions of Transgender Youth”. Tony is also the co-founder of the Jim Collins Foundation, a nonprofit organization that raises money to fund gender-confirming surgeries. Beyond this list of inspiring accomplishments, Tony is known for infusing his stories of the struggles of transition with insight, humor, and compassion.



Joyce Hackett *Fixing A House Divided: Universal Suffrage as the Foundation of Democracy*

Joyce Hackett is a writer and activist. Her essays have appeared widely in journals including Harpers, London Magazine, The Guardian, and Der Tagespiegel and her first novel, *Disturbance of the Inner Ear*, won the Kafka Prize for Fiction by an American Woman and was translated into 5 languages. Joyce’s novel-in-progress, *Reconstruction*, explores the adversarial relationship of Rochester neighbors Susan B. Anthony and Frederick Douglass, and the ways these two rewrote their lives to become historical figures. Joyce Hackett also created Washington Write-a-Story Day, a city-wide place-based creative writing workshop in DC. She serves as a Massachusetts Democratic Town Chair and Convention Delegate, as Vice President of the Berkshires chapter of the Massachusetts Women’s Political Caucus, and as head of the National Voting Rights Initiative at Code Blue.

Robbie Hertneky, PhD *Mindful Leadership: Understanding and developing ourselves as mindful leaders*

Dr. Robbie Hertneky is the Chairperson of the Department of Management and Associate Professor in the MBA in Sustainability Program at Antioch University New England (AUNE), where she teaches classes in leadership and change. Robbie completed AUNE’s Mindfulness for Educators Certificate Program, participated in Mind & Life Institute’s Academy for Contemplative and Ethical Leadership, and received a certificate from Harvard University Kennedy School of Government in *The Art and Practice of Leadership Development*. Her interests are in mindfulness, leadership development, and personal and professional leadership identity; her research has explored the leadership self-identity of women college presidents.

Jeanett “Gi” Inoccio, LCMHC *Easy to Use Mindfulness Skills: How to Stay Whole When You’re Being Pulled Apart* Gi Indoccio is a professional licensed mental health counselor (LCMCH), Board Certified Life Coach, Clinical Hypnotherapist, and Reiki Master Teacher. Graceful Awakenings, LLC, her successful integrative private practice is at Whole Life Health Care in Newington, NH. Her mission is to create a safe, nurturing atmosphere in which clients can begin to heal from the inside out, like a metamorphosis, by cultivating and strengthening their self-esteem, mindfulness, and personal growth. She provides individual and group therapy for adults and adolescents, especially for women in transition. Whether a client is having a life changing event, ending a life chapter, recovering from cancer or illness, having a baby, or losing a love one, she guides her clients toward empowerment and finding one’s authentic self. During the 16 years she has been in counseling practice, she has worked at Seacoast Mental Health with children, adolescents and families, at the Behavioral Health Psychiatric Unit at Portsmouth Regional Hospital with adults and in her private practice with all types of clients. Ms. Indoccio received her masters degree in Counseling and Applied Psychology from Antioch University in 2002. She has been Reiki Master Teacher and hypnotherapist since 1996 and became a life coach in 2004.

Sharon Kayira, MBA *Social Justice & Campus Sustainability: A Case Study of AUNE*

Sharon is a recent graduate of the MBA program at AUNE. She completed her undergraduate degree in Political Studies from the University of Saskatchewan in Canada. She is interested and passionate about issues of social justice, campus sustainability, and the creation of inclusive spaces.

Molly Kelly, JD *Advocacy Keynote: Participating in Democracy through Deliberative Dialogue and Civic Engagement* Molly Kelly has resided in New Hampshire for the past 38 years, and is the acting Director for the AUNE Center for Civic Engagement (CCE). Prior to her current responsibilities, Ms. Kelly held the position as the NH State Senator for Senate District 10. During her tenure as State Senator, she was a leading voice in creating innovative solutions to grow a 21st century economy with a focus on providing an opportunity for a quality education for all students, equal access to healthcare, a commitment to women’s equality and initiating progressive legislation for alternative and clean energy. As well, as a consultant for Educational Strategic & Innovative Consulting, Ms. Kelly has researched and advised clients on educational strategies that advance innovative educational objectives and outcomes. As Director of the Center for Civic Engagement, she conducts deliberative dialogue forums addressing important and controversial issues with a diverse citizenry building capacity for community action. She received extensive training through the Kettering Foundation Seminars: “Centers for Public Life: Bringing New Organizations Into Deliberative Practice. Ms. Kelly has a legal education, a background in financial advising, managing a higher education satellite campus, a home health care and hospice organization, and a group home for the mentally ill and developmentally disabled. Ms. Kelly currently holds a Juris Doctor of Law Degree from Franklin Pierce Law Center and a Bachelor of Arts Degree from Keene State College. She and her husband reside in Harrisville, NH.

Cathy Lounsbury, EdD, LCPC *Connecting to others in stressful times: the neurophysiology of social engagement* Cathy Lounsbury, EdD, LCPC is a seasoned counselor, educator, and leader in the study and practice of trauma, wellness and resilience. Cathy has been a clinical mental health counselor for over 25 years working with both children and adults, specializing in those who have experienced trauma. Currently, Cathy serves as an Associate Professor in the Clinical Mental Health Counseling Program and Chair of the Applied Psychology Department at Antioch University New England. In this role, she founded Antioch's Institute on Wellness, providing consultation and training nationally on the mitigation of secondary traumatic stress. Within the Applied Psychology Department at Antioch, Cathy has developed training opportunities for students in trauma-informed, strength-based approaches, including an international clinical training opportunity working with children and teens in Peru. Additionally, Cathy has provided expertise in psychological trauma and resiliency to multi-disciplinary teams exploring the effect of climate impacts on youth and families. As the former Clinical Director of the Maine Psychological Trauma Institute, she has provided consultation, training and supervision to schools and communities throughout New England on post-traumatic stress management, fostering resiliency in children, mitigating the effects of secondary traumatic stress, and promoting positive youth development. Cathy believes strongly in building natural resiliency supports for those who have experienced traumatic events. To this end, she has served on both local and national community trauma response teams following national disasters, terrorism, and other traumatic events and was the founder and director of the IMPACT Team, a youth-focused community trauma team, consulting on 200+ incidents.

Alesia Maltz on behalf of a team including Cathy Lounsbury, Dottie Morris, Don Woodhouse, Susan Hawes, Sarajane Rodgers, Jean Kayira, Eric McDuffie, and Bill Fitzhugh (Team T=20)

Eastern Exposure: Launching a Partnership in Labrador

Alesia Maltz, PhD, with a background in public health, Alesia is a historian interested in the ways history and culture influence current policy. She teaches history, art and environmental justice in the Environmental Studies Department at Antioch. She has published on food resilience, environmental history, the prevention of rickets and Vitamin D deficiency, public health, environmental art, science and religion, indigenous knowledge, indigenous people fighting developments like quarries and dams, indigenous languages, and the relationship between culture and policy. She served on a team that stopped the development of potentially the world's largest quarry. Alesia has worked with indigenous communities in the US, Canada, and Scotland on issues the communities identified about food, water quality, health, endangered languages and quarries. She is also a weaver, and interested in how culture, crafts, and gardens strengthen community.

Lorraine Mangione, PhD *The Depolarization Project: Where Do I Stand and How Did I Get There?*

Lorraine Mangione, Ph.D., a professor of psychology and Director of Practica at Antioch University New England in Keene, New Hampshire, teaches doctoral students in the Department of Clinical Psychology. Teaching, clinical, and research interests include group dynamics and group therapy, psychodynamic and relational frameworks, clinical supervision and training, loss and grief including cultural and spiritual aspects, creativity and the self, women and the midlife transition, and mentoring. Her book with Dr. Donna DiCello, *Daughters, Dads, and the Path through Grief: Tales from Italian America*, based on interviews with over 50 women, was published in 2015. Her interest in depolarization has spanned many years.



Dottie Morris, PhD *Keynote: What is Social Justice?* As the Chief Officer of Diversity and Multiculturalism (CODM), Dr. Dottie Morris is a member of the Keene State College President's Cabinet. Her main foci are providing support and direction to the Executive, Academic, Student Affairs, Advancement and Finance and Planning divisions of the college as the institution works to fulfill its commitment to diversity and multiculturalism. For years, Dottie has worked with undergraduate and graduate students in the capacity of counselor, teacher, academic advisor, and advisor of student groups. She has demonstrated a consistent and persistent dedication and devotion to diversity, inclusion, multiculturalism and social justice over the past two decades. Prior to her position as Chief Officer for Diversity and Multiculturalism at KSC, she served as the Associate Dean for Student Learning at World Learning School for International Training Institute (SIT) in Brattleboro, VT, the Director of Student Affairs for the Clinical Mental Health

Counseling Program at Antioch University New England in Keene and staff counselor at the Colorado State University Counseling Center and the Coordinator of the Employee Assistance Program

Kaailama Morris, BA *Somatic Breath: Mindfulness, Emotional Regulation, Stress Relief and Nervous System Balance* Kaailama Morris holds a BA from St. John's University. She studied with The Transformational Breath Foundation and The Power of Breath Institute. She is a certified Somatic Breath Professional and Trainer with a private practice for the past fifteen years in Brattleboro, Vermont. The education, facilitation and heart presence she exudes is and has been a gift to many of all ages. Her greatest passion is in supporting others towards living a heart centered, connected, compassionate life! The breath and the power of LOVE continue to inspire her!

Amy Morrison, PhD, LMHC, ATR-BC *Mind Mapping Collage for Self-Care and Sustained Motivation* Amy holds a Doctorate in Expressive Therapy from Lesley University and is Core Faculty in the Department of Applied psychology at Antioch University New England. She is a Board Certified, Registered Art Therapist and Licensed Mental Health Counselor. Amy has taught in higher education for 15 years, is an active artist and has a private practice. Amy specializes in individual therapy for adults, adolescents and children age 5 and older and provides family therapy with all ages. Amy's research interests include children's art making for health and expression, empowerment, creativity, children's rights, healthy development for girls and boys, and ethics. She is an advocate for experiential, transformative learning and integrated arts pedagogy and has presented nationally and internationally on these topics. Amy serves as the co-chair for the Social Action Committee on the board for the International Expressive Arts Therapy Association (IEATA) which highlights social action projects and initiatives on a global scale.



Deo Mwano, MBA *Keynote presentation: Ignite your compassion to serve; How to get your feet wet: What does effective advocacy look like* Originally from the Democratic Republic of the Congo, Deo Mwano is an innovative, multi-cultural leader in education, organizational leadership and social justice. He teaches, inspires, and motivates students to follow a path of self-improvement and dedication to others. In doing so, Deo draws on his often traumatic personal experience as well as his educational background. Growing up during a violent civil war, Deo faced much misfortune. At age nine, he became the patriarch of the family. It wasn't easy. But after moving to the United States in 2000 with his mother and three younger brothers, he found his voice. A gifted performer and presenter, Deo connects with others through dance and motivational speaking. His talents have been welcomed at Yale University, *NHPR's Word of Mouth*, The Moth storytelling at GCIR annual event, TED x Amoskeag Millyard, Ethiopian Community Development Council (ECDC), WJLA

TV, and Politics and Prose, which emphasized the importance of global and social awareness. Deo works with international and national businesses, universities and nonprofits. His core strengths include discipline expertise and action expertise. As a discipline expert, Deo helps people understand what impacts their behaviors (the Will-Drivers). He has worked with diverse demographic groups, studying "Motivation to Action". Deo's action expertise has enabled him to analyze data and create steps to improve results and ensure success. Deo earned his BA in International Relations and History and MBA in Strategic Leadership. His honors include being recently named to *40 Under 40* as an emerging leader in New Hampshire.

Rachel Oblak, MA *Components of Effective Worldview Change* Rachel Oblak is a bisexual feminist activist and cult survivor. She is finishing her clinical mental health counseling masters at Antioch University New England this May and is beginning a private counseling practice focusing on the LGBT population and survivors of extremist and controlling groups. She infuses her work and her activism with what she has learned from her own journey as well as her study of toxic systems, trauma, and wellness.

Carol M. Pate, EdD *Gratefulness in Action: Selected Poetry and Readings Inspired by Br. David Stiendl-Rast's Stop. Look. Go. Gratefulness Practice* Dr. Carol Pate is an educator, researcher and recent poet whose career in education was opened through threads of social justice. This sabbatical year Dr. Pate has enriched her life through a deep dive into gratefulness and its potential for active engagement in social justice concerns. This led her to Br. David Steindl-Rast's work and scholarship, especially through gratefulness.org. This project arose out of her readings and research into bringing in a mindful practice of Stop. Look. Go. She has a poetry website where many of her fledgling poems are cared for, a few of which will be part of this presentation.

Linda Peck, MEd *Mindfulness in Motion- Reframing how we interpret and Apply Knowledge* Linda Peck, MEd, has been an Effective Education Leader, Adjunct and Trainer, developing and implementing innovative, cutting edge sensory and proprioceptive strategies and techniques for over 18 years. Linda's goals as a leader are to provide students, teachers, businesses, and administration's with educational experiences which enhance higher order thought, enrich both minds and bodies, sharpen intuitive senses and skills, add calm and focus, and reframe neurons changing the way we interpret and apply information. Linda Peck's eclectic background with an array of sensory modalities including: sign language, mime, theatre, Laban, tai chi, self-defense (Wing Chun), and circus skills. Within her frame of reference are: distilling information in order to understand ethical decisions and values, kinesiology, positive psychology, health/wellness and social justice. Her understanding of how the mind and body can work together most effectively has influenced her work with corporate clients, universities, at risk youth and special needs students. Linda's integrative expressive methodology aligns with more traditional pedagogy in academic competencies but extends far beyond. Linda's teaching philosophy embodies fostering imagination, creativity, belief in concepts beyond human awareness and excellence not perfection.

Katherine Robertson, MLADC, LCMHC, RYT-200 *Bend Without Breaking: Simple Yoga Practices for Self-Care* Kate is a Licensed Mental Health Clinician and Master Licensed Alcohol and Drug Counselor, with a private practice in Keene, NH. She also recently worked at the Cheshire County Department of Corrections, co-facilitating a mindfulness program for the inmates. Her clinical experiences have deepened her curiosity and commitment to cultivating wellness individually and within our community, as well as developing a relationship with our authentic selves. Kate focuses on integrating yogic practices and philosophy into her life, whether this expression happens through relationship to self/others, the natural world or daily activities such as washing dishes or paying bills. Yoga has provided her the path that cultivates equanimity, wisdom and clarity to her life experiences. Her style focuses on the joy of connecting with our bodies and authentic selves through developing a healing, compassionate space both internally and externally. Kate graduated from the Sadhana Yoga School as an RYT-200 in 2016.

Tassandra Rios-Scelso, MA Candidate, Intercultural Service, Leadership Management *Building an Alter of Abundance: Cultivating Enoughness* Tassandra Rios-Scelso is an aspiring social justice educator. She is currently studying Intercultural Service, Leadership and Management at SIT Graduate Institute and completed a Bachelor of Arts in Women's Studies at San Diego State University. Previously, Tassandra has worked with service-learning programs within higher education and supported anti-poverty projects as an AmeriCorps VISTA Leader. Her interests are in connecting personal and professional self-awareness and leadership with social justice, service-learning, and social action for sustainable change.

Leo R. Sandy, EdD, NCSP *Social Justice and the Helping Professions*

Leo R. Sandy is currently professor emeritus at Plymouth State University where he continues to teach as an adjunct. He also does adjunct teaching at Keene State College, and is a school psychologist at Westmoreland School, a consultant at the Keene YMCA, and a volunteer parent educator at Concord State Prison. He is the recipient of the Distinguished Graduate Teaching Award, Service Learning Professor of the Year Award, and NH Peace Action Culture of Peace Award. He has published numerous articles and has given workshops locally, nationally, and internationally. He is a Vietnam era Navy veteran, a member of Veterans for Peace, Inc. and is married with two adult children and one grandchild.

Kira Yeomans, MS Candidate, Environmental Studies *Grassroots Advocacy Through Language*

Revitalization Kira Yeomans is an Environmental Studies Masters Student at Antioch University New England. She has chosen a self-designed track to incorporate aspects of sustainable development, climate change, and social justice advocacy. Kira grew up on the island of Guam, where her passion for the ocean, the land, and the Chamorro people developed. She was in the first graduating class of the Environmental Studies BA program at Humboldt State University, and concentrated in Ecology and Conservation Science. While at Humboldt, she presented at the Geographical Society on the environmental and social impacts of militarism on Guam, as well as presented on slow violence at the Social Justice Summit. Yeomans also received a certificate in New Designs for Fundraising from Humboldt State University to build her non-profit skills, and worked in donor services for the Humboldt Area Foundation. For 5 years Kira worked for the Dept. of Fish and Wildlife in California as a Scientific Aid on the California Recreational Fisheries Survey. Currently, Yeomans works for CTEC (Center for Tropical Ecology and Conservation) as the development coordinator and helps fundraise for student research grants and helped coordinate a symposium on New Approaches to Conservation Conflict. She also works for the Sustainability and Social Justice Committee and has helped coordinate and facilitate forums on the political climate, racial justice, and trans affirmative action. This coming summer, Yeomans will take an internship with New Hampshire Peace Action with the goal of connecting militarism and climate change with youth.

Teri Young, EdD *Being Social Justice: Radical Accountability for Our Perceptions*

Teri earned her Master of Education in Educational Leadership at the Bank Street College of Education. Her career spans twenty years and includes experience as a K-12 teacher, an administrator, and an educational consultant in New York City schools. She's worked as a teacher and consultant in community-based programs for at-risk youth and is the founding director of small public high school in Brooklyn, NY. She has served as an educational consultant and speaker in NYC principal institutes. Teri also worked as an educational consultant and instructor for Vermont Department of Education and Vermont public schools. Her professional interests include public school renewal, diversity and inclusion in schools, adult development, sustainable change practices, and living educational theory.