

AULA | DURING THE MONTH OF APRIL AULA HOSTED FOUR COMMUNITY EVENTS

Mental Health First Aid - Sunday, February 3rd

The MA in Clinical Psychology's Spirituality and Depth and Psychological Trauma Studies Specializations along with Open Paths Counseling Center hosted a Mental Health First Aid course. The course introduced participants on how to identify, understand and respond to signs of mental illnesses and substance use disorders in their community and to an action plan they could use to help a friend, family member, co-worker or neighbor.



Literary Uprising – Tuesday, February 5th

At this free public reading, which was sponsored by the Undergraduate Studies Program and Two Hawks Quarterly, creative writers shared their latest literary works. Readers included BA student Helen Doremus, MFA alum Armine Iknadossian author of *All That Wasted Fruit*, and faculty Gary Phillips author of *The Killing Joke with Christa Faust*. The Literary Uprising is a quarterly event.

Expressions of Blackness – Tuesday, February 12th

The Black Student Union hosted a discussion on the different expressions in our community and that understanding the black community encompasses and includes our diaspora spectrum. The discussion was facilitated by Andrea Williams, BSU Events co-chair and the panelists included Reverend Russell Thornhill, Dr. Erica Holmes, Cheka Sbsubskari, and Dr. Elaine Parker-Gills.

Embodying Radical/Cultural Diversity: Where do we go from here? A Community Roundtable with Dr. Fanny Brewster - February 17

A pioneer in the field of depth psychology, Dr. Fannie Brewster, shared her latest work in progress, "The Radical Complex," as a springboard into a discussion and reflection about the intersection of race and psyche. The MA in Clinical Psychology's Spirituality and Depth Specialization, which sponsored the event, hope to build on the discussion to consider implications for future directions (e.g. curriculum development, community events, and partnerships) for the specialization, AULA community, and the field as a whole.

AUNE | 100 YEARS OF WALDORF: PROFESSOR SHARES LEGACY WITH WORLD



Dr. Torin Finser has speaking engagements planned all over the world to share the challenges, successes, and changes needed in Waldorf Education. He recently returned from Amman, Jordan, where he and his wife, Karine Munk Finser, worked with Palestinian refugees and introduced practicing teachers to Waldorf education. Dr. Finser's appearance was sponsored by the Jordanian Royal Family and served as a celebration of the publication of his book, *School as a Journey*, now translated into Arabic by Antioch student Ruba Asi. The Middle East in particular has had very little exposure to Waldorf education up to now and Dr. Finser's book is the first Waldorf book translated into Arabic.

Dr. Finser's lectures have focused on the theme he calls Beyond 100: *What will it take for Waldorf schools to flourish?* "This is an opportunity to sound some of our major themes. Waldorf Education for social justice in particular."

Read more [here](#).

GSLC | ALUMNUS AND EXPERIENCED EDUCATOR SET TO LAUNCH HOLISTIC INDEPENDENT HIGH SCHOOL



GRADUATE SCHOOL OF
LEADERSHIP AND CHANGE

For over two decades PhD in Leadership and Change alumnus Dr. Randy Bartlett has been change making in education and non-profit sectors. That said, he is on the horizon of launching his most comprehensive learning opportunity yet.

This fall Dr. Bartlett will open City of Bridges High School in Pittsburgh, Pennsylvania. City of Bridges High School is a independent, progressive, holistic, 9th -12th grade high school which believes that school should be transformational for the students and which graduates young adults who

are prepared to assert their agency in the world, who have the lived-experience, knowledge and skills to follow their passions, and who are dedicated to living with empathy, justice, peace, compassion, and joy in order to transform the world into a measurably more positive place.

The school's conception arose from the notion that youth voice is critical to building society of the future and the belief in education that not only equips students to be academically prepared, but also prepared to become adults who believe in justice and have the skills to make the world a better place. Through personalized integrated curriculum, shared governance, and participatory community, City of Bridges aims to bring the four core values of knowledge, experience, justice, and community to life.

City of Bridges High School is now accepting applications for its founding students and families. Learn more about the school, its curriculum, learning community members, and stay up-to-date with news [here](#).

AUNE | ANTIOCH GRAD INTERVIEWED ON WGBH'S PBS NEWSHOUR SHARES PROGRAM



Sasha Purpura, MBA '11, Executive Director of Food for Free, was interviewed on WGBH's PBS NewsHour Shares program on February 6. Food For Free, a food rescue group based in Cambridge, MA, launched a program where student volunteers package 1,200 pounds of leftover food into microwaveable meals for those in need. Sasha explains, "This is something that a university in Western Mass., in Worcester, a corporation could do. It enables them not only to stop throwing out perfectly good food. It lets them engage their student population, their employee population in group volunteering activities, giving back to their community." Sasha hopes to make this program a model other schools and companies will adopt.

Food For Free improves access to healthy food within the community by rescuing food that would otherwise go to waste, strengthening the community food system, and creating new distribution channels to reach underserved populations. They envision "a future where everyone in the community – regardless of age, income or ability – has consistent access to fresh, healthy, delicious food." Through a combination of farming, food rescue, and transportation services, they give food programs year-round access to fresh produce, and their direct service programs bring food to students, seniors, and others most at risk of hunger. Their programs address short-term hunger, as well as the long-term health effects of food insecurity and poor nutrition.

Read more [here](#).

AUS | RACHEL OPPENHEIM ADVOCATES AT 'DAY ON THE HILL'



On Wednesday, Jan. 30, 2019, Rachel Oppenheim, Director of the School of Education, participated in a “Day on the Hill” event along with other members of the Washington Association for Colleges of Teacher Education (WACTE). Oppenheim spent the day in Olympia meeting with legislators to advocate on behalf of public schools and teacher education. She focused her message on legislation that would contribute to diversifying the educator workforce in WA State. She advocated for increased funding for Teacher Shortage Grants, conditional scholarships for teacher candidates who commit to working in public schools, and she argued that the state should work to remove testing barriers for incoming teacher candidates.

Oppenheim had appointments with Rep Pettigrew, Rep Frame, and Sen Hasegawa, who is a proud graduate of Antioch University Seattle’s BA Program. She joined forces for some of those appointments with members of the School of Education at City University, which is in the same legislative district as AUS.

The Day on the Hill represented an important collaboration of the colleges of teacher education across Washington state. Altogether, WACTE members met with dozens of lawmakers and presented a clear, unified voice on behalf of eliminating barriers for teachers and diversifying the educator workforce in Washington State.

AUS | CONVERSATIONS WITH CLINIC DIRECTOR DR. WEAR ON THE APA'S NEW GUIDELINES FOR WORKING WITH MEN AND BOYS



Dr. Douglas Wear, Psychologist and Director of AUS’s Community Counseling and Psychology Clinic, was recently interviewed twice – once by [Margaret Larson](#) of KING5 News as part of New Day Northwest’s Wellness Wednesday programming, and then in a follow-up interview by Antioch University – about [the American Psychological Association’s new clinical guidelines for psychologists who work with men and boys](#).

In [his television interview](#), Dr. Wear answers many questions that viewers are likely to have about these new APA guidelines. For example, he explains that although many people find the subject of masculinity and mental health to be highly topical, the guidelines were not specifically created in response to current events. Instead, the new, 30-page guidelines are the culmination of 13 years of hard work, incorporating hundreds of references and over 40 years of research. He says, “It’s meant to be solid material, and it’s not necessarily a political statement.”

In a follow-up interview with Antioch University Seattle, Dr. Wear took the opportunity to discuss how these guidelines inform clinical practice at Antioch

“Men do not have to be trapped in just the negative aspects of traditional masculinity. They can be and are adaptable and flexible, emotionally expressive and fully able to engage in all aspects of both intimate and parental relationships. The purpose of these guidelines is to help psychologists (and other therapists) treat their clients and move them in this more positive direction.”

Read the full version of this story, including more quotes from both interviews, [here](#).

AUS | AUS SPONSORS MULTICULTURAL CHILDREN'S LITERATURE CELEBRATION



Antioch University's School of Education recently proudly sponsored its fourth annual Multicultural Children's Literature Celebration (MCLC). Multi-award winning book *Chef Roy Choi and the Street Food Remix* by author June Jo Lee and illustrator Man One was featured this year at seven participating schools in the Kent, Tukwila, and Seattle school districts. The majority of schools served this year are designated Title I schools.

Drs. Jeana M. Hrepich and Christie Kaaland organize these assemblies to celebrate and emphasize multicultural children's literature with students and teachers in diverse settings. They believe that children need to see themselves in literature as a way to validate their voices, identities, and possible futures. To that end, they have used MCLC as a platform to partner with schools to promote multicultural authors and literature, and to provide more opportunities for Antioch's School of Education Masters in Teaching candidates to engage in social justice work in the community.

EVENTS

AUSB | MFA PROGRAM HOSTS INAUGURAL COMMENCEMENT



Twice a year MFA in Writing & Contemporary Media Program students meet on the Santa Barbara campus for a 7-day residency where they participate in seminars and panels taught by faculty members and guest presenters. During the winter residency, students attended a special public evening with guest artist and acclaimed screenwriter and playwright Jane Anderson. A three-time Emmy Award Winner, Anderson was interviewed by KCRW Morning Edition host Jonathan Bastian.

Members of the Anacapa graduating cohort presented their original work, which included staged screenplay readings, a documentary screening, and readings from novels, memoirs, and short stories.

"One of the high points of the residency was seeing the graduating students present a portion of their capstone writing project to a room full of fellow students, faculty, friends, and family," said Program Director [Ross Brown](#). "The presentations were all so impressive that one of the new MFA students came to me and said, 'Those were fantastic...and kind of intimidating.' And that's exactly the response you want – one that says I know those were outstanding, but I also know I have a long way to go and a lot of hard work ahead of me to get to that level as a writer."

The residency culminated with the inaugural commencement ceremony for the MFA in Writing & Contemporary Media program attended by the graduates, families, and friends.

"It was a great commencement and the presentations were spectacular," said graduate Colin Mitchell. "I'd personally like to send much love and respect to my cohorts and hope the writing winds are at their back and their literary horizons are clear."

Read the full story [here](#).

AUNE | DR. ROYSIRCAR PRESENTED AND PROVIDED APA WORKSHOP AT CONFERENCE



Gargi Roysircar, retired faculty member, Clinical Psychology Dept, AUNE, provided a 4-hour APA continuing education skills-building workshop at the National Multicultural Conference and Summit, on January 16th, in Denver Colorado. Her workshop was on *Applications of the APA 2017 Multicultural Guidelines: An ecological approach to context, identity, and intersectionality*. Her co-presenters were: Lisa Suzuki, PhD, Associate Professor, New York University; Sarah Burgamy, PsyD, Private Practitioner and Psychologist, University of Denver Medical School; Ashland Thompson, 5th yr. AUNE PsyD, Predoctoral Intern, Psychology Dept, Central Regional Hospital, Butner, North Carolina; and Melba J. T. Vasquez, Former APA President and Psychologist in Private Practice, Austin, TX. Dr. Roysircar served on the APA Task Force for the new

2017 APA Multicultural Guidelines, which is available [here](#).

At the 2019 NMCS conference, Dr. Roysircar also gave a keynote on *Transformative Community Praxis*, which was about how the theory and methods of international work domestically and globally can be applied in transforming communities and creating meaningful change that is informed by community voice.

AUS | CELEBRATED ALUMNA PAULETTE DECORIOLIS LIVE ON KNKX 88.5 FM



AUS alumna and LGBT counselor [Paulette de Coriolis](#) was recently interviewed on KNKX 88.5FM, a local Seattle-area radio station. The station is an NPR affiliate, which airs jazz, blues, and NPR news. Additionally, they produce a local news show called Sound Effect, which showcases local stories and voices.

The show, titled *What is Normal?*, which included de Coriolis' eight-minute interview segment, aired January 19th of this year. The interview was focused on de Coriolis' experience of coming out relatively late in life as a transgender woman. She was 53 years old when she began slowly transitioning and was out as a trans woman, full-time when she retired from her career as an electrical engineer at age 62.

de Coriolis had no say in the editorial content for the show so it took a lot of trust on her part to commit to the KNKX interview. One of the reasons for this being that trans people have not historically been compassionately represented in the media. From the murderous Norman Bates character in the film, *Psycho* (de Coriolis' first exposure to a trans-ish person on-screen) to Laverne Cox on the cover of *Time Magazine*, we've come a long way... but according to statistics, "out" transgender people only make up 6/10 of one percent of the population. "It's hard to count trans people," de Coriolis said, "because many don't want to be seen."

Emerald City Social Club and the Ingersoll Gender Center drop-in support group for trans people were de Coriolis' first positive in-person exposure to other trans people. She became a facilitator for the Ingersoll Center group in 2004. Through the experience of being a support group facilitator and her therapist's encouragement, she decided to become an LGBT specialized therapist in 2011. She explored a variety of programs and found that Antioch was a natural fit for her. "Quite simply, I liked the feeling that I got from all of the people I talked with at Antioch from the receptionist to the admissions advisor, to the students, to the graduating students/therapists I knew as colleagues." She also liked that the school made it very clear they were geared toward returning adult students. She found herself to be the eldest in most of her classes, the average age at the time was 37, but most of the students were adults with jobs and families and previous careers.

Because her AUS program, the [Clinical Mental Counseling Program \(CMHC\)](#) allows students to go at their own pace, de Coriolis took four years to graduate. She made good use of the time by re-starting a defunct LGBT group on campus and making sure that it would continue after her graduation. It is still active today.

Listen to "What Is Normal?: Sound Effect, Episode 167 featuring de Coriolis [here](#).

GSLC | ALUMNA FEATURED AT APOLLO THEATRE'S UNSUNG CHAMPIONS OF CIVIL RIGHTS FROM MLK TO TODAY FORUM



GRADUATE SCHOOL OF
LEADERSHIP AND CHANGE

Social justice activist, author, and Graduate School of Leadership and Change alumna Dr. Janet Dewart Bell was a featured, notable guest at the forum entitled, *Unsung Champions of Civil Rights from MLK to Today*, held at the historic Apollo Theatre in New York City. The Apollo Theatre and WNYC public radio partnered for the sixth year to present this forum to facilitate meaningful conversations examining Dr. King's legacy and its impact on modern social-justice movements. This year included a lively mix of one-on-one interviews and panels placing emphasis on lesser-known names crucial to the Civil Rights Movement of the 1960s and today's social-issue movements. The "unsung" included men, women, members of the LGBTQ community and others who didn't receive deserved recognition.

Learn more about Dr. Dewart Bell and this special event [here](#).

PUBLICATIONS

AULA | MFA ALUMNUS PUBLISHES ESSAY IN TIME MAGAZINE



Award-winning and best-selling author Daniel José Older had an essay "I Rejected Spanish As a Kid. Now I Wish We'd Embrace Our Native Languages" published in *TIME magazine*. He reflects on the intricacies and fluidity of the Spanish language, translation, and the need to embrace culture through language.

"The United States has no official language, but over and over, language plays a central role in discussions about our national cultural identity. With words, laws, and petty insults, the various encampments struggle over

language like missionaries and martyrs at the gates of a holy city."

Read the essay [here](#).

AUNE | ALUMNA QUOTED IN DAILY HAMPSHIRE GAZETTE



AUNE Alumna Ruth Folchman, PsyD '04, was recently quoted in an article about New Year's resolutions in the Daily Hampshire Gazette.

In the article, "When it comes to New Year's resolutions, think small," Folchman talks about how clarity of intention can help resolutions stick, and how resolutions can be made any time of year. She said, "The clearer you are about (a resolution), the more useful it can be in guiding your decision making."

Ruth Folchman is a practicing clinical psychologist of Everyday Mindfulness in Northampton.

Read the article [here](#).

AUNE | RESEARCH ARTICLE ON ACT PUBLISHED BY FACULTY



Rachel Enoch, PhD, BCBA-D, recently published an article, “Neuro-Typical Children Outcomes from an Acceptance and Commitment Therapy Summer Camp” in *Behavior Analysis in Practice*. The article discusses the practical implications of using acceptance and commitment therapy (ACT) in a community camp setting with children. The study used a neurotypical sample, and outcomes support the potential for increasing psychological flexibility and mindful awareness between an experimental group and a control group. Abstract and research highlights [here](#).

AUNE | PSYCHOLOGY MOVING FORWARD INTO A MORE DIVERSE WORLD: DR. ROYSIRCAR AND THE MULTICULTURAL GUIDELINES



Gargi Roysircar and her APA Task Force colleagues who wrote the 2017 APA Multicultural Guidelines (available [here](#)) have published its executive summary in the February issue of the *American Psychologist*. After the first author, authors are listed by last name alphabetically.

Claus-Ehlers, C. S., Chiriboga, D. A., Hunter, S. L., Roysircar, G., & Tummala-Narra, P. (2019). APA Multicultural Guidelines executive summary: Ecological approach to context, identity, and intersectionality. *American Psychologist*, 74(2), 232-244. Available [here](#).

AULA | UNDERGRADUATE FACULTY MEMBER PUBLISHED IN SCOUNDREL TIME



UGS faculty member Deborah A. Lott was featured in the online journal *Scoundrel Time* reflecting on the psychology of empathy and the “emotional contagion” of the Trump presidency.

“Since Trump was elected, we’ve seen a significant uptick in hate crimes... Trump’s race-baiting and belligerence have given permission to everyone to express their deepest darkest fears and hatred, to bare the ugly always hiding just under the surface.”

Lott is a faculty advisor for *Two Hawks Quarterly*, the online literary journal for the BA in Liberal Studies creative writing concentration.

Read the essay [here](#).

AUS | DENAYA SHORTER'S REFLECTION - BY DENAYA SHORTER, GRADUATE OF OUR UEE PROGRAM



This time, about 2 years ago, I was in the middle of a transition. I was excited, mostly terrified, and extremely uncertain if I was making the right decision. I had just moved away from my home of over a decade. I resigned from my dream job as a Wildlife Biologist. It was a bittersweet and difficult decision. I was leaving a permanent, full-time federal government position to follow an 'inner calling'. I applied to Antioch University Seattle for graduate school as a step forward. I sent 73 emails to the directors of the Urban Environmental Education Master's program in the process of applying, trying to make up my mind to 'jump'. After being accepted, I moved to Seattle and embarked on an educational journey to prepare me for a career transition. I knew WHAT I wanted but was afraid that I wasn't ready.

I graduated full of joy and with the hope and optimism that I could make a difference in this environmental field, for this planet and for people! I loved being a biologist, but I knew I needed to do more. I knew my heart was invested in environmental education. As an educator, I will bring awareness to environmental issues, bridging the gaps between communities that have been historically separated, marginalized, and often, erased in the pursuit of environmental justice. Through relationship-building and 'diversifying by demystifying' the outdoors, I will be a visible role model for the little black girls who may have had their 'lights' dimmed by the perception and unfair and unjust disproportional representation of people of color in the environmental field.

Two years after entering graduate school, I have accepted a position as Education and Outreach Coordinator for Waste Management and am back working with Seattle Parks and Recreation supporting the Trails Program. I couldn't be more excited. For anyone in the midst of, thinking about, or a bit fearful of a transition – just do it!

AUS | LEGACY BUILDING: COMMUNITY AS TEACHER - BY SUE BYERS, DIRECTOR, MAED IN URBAN ENVIRONMENTAL EDUCATION PROGRAM



Class of 2018 UEE Graduates

Reflecting on the concerning current state of affairs, Dr. Shirley Cherry, inspiring leader of nonviolent social change shared, "Let it break your heart, but don't let it break your spirit." (2017)

The M.A.Ed. in Urban Environmental Education program at Antioch University in Seattle is a ground-breaking master's program that addresses the theory and practice of urban environmental education, urban ecology, and community action and stewardship. The program prepares educational leaders with innovative approaches to navigate the intersection of social justice and socio-ecological wellbeing in cities.

IMMERSION IN INNER CITY COMMUNITIES

This five-quarter graduate program immerses graduate students in the inner-city communities in Seattle. Communities that have experienced environmental justice issues, ecological complications and gentrification. UEE partners with organizations who engage graduate students in a 30-week practicum. Students draw on their learnings from the courses, immersion within the community through their practicum, and research in collaboration with community in the identification of the challenge and the resolution based on the predicament.

Read more about the program and student research [here](#).