

Enacting Relational Pedagogy & Cultivating a Learning Sanctuary



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JOIN US!

Power of Connection: Partnership between
Faculty and Staff to Empower
Graduate Student Success

September 1st and 2nd 2021

9AM – 12PM
Webinar Format
Free Registration

Mays Imad, PhD :: mimad@pima.edu :: [@Irningsanctuary](https://twitter.com/Irningsanctuary)



Mahmoud Darwish
"THINK OF OTHERS"

As you prepare your breakfast — think of others.

Don't forget to feed the pigeons.

As you conduct your wars — think of others.

Don't forget those who want peace.

As you pay your water bill — think of others.

Think of those who have only the clouds to drink from.

As you go home, your own home — think of others — don't forget those who live in tents.

As you sleep and count the stars, think of others — there are people who have no place to sleep.

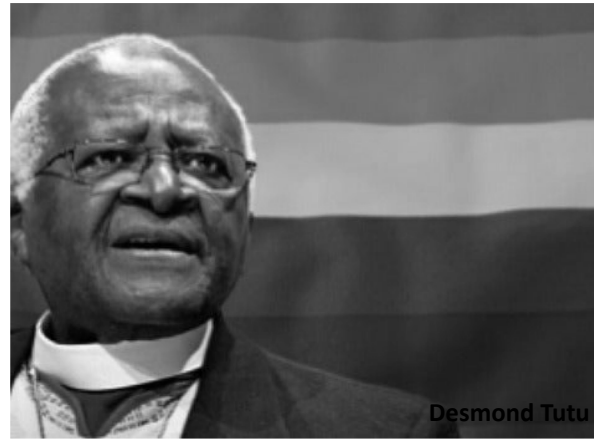
As you liberate yourself with metaphors think of others — those who have lost their right to speak.

And as you think of distant others — think of yourself and say
'I wish I were a candle in the darkness.'

Today, we will:

1. Reflect back on the last year.
2. Consider how we will move forward.
3. Interrogate what centering collective well-being entails.

“[M]y humanity is caught up, is inextricably bound up, in yours. We belong in a bundle of life. We say a person is a person through other person.”



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Coronavirus Resource Center

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FROM OUR EXPERTS

The Unequal Cost of Social Distancing

Stefanie DeLuca, *James Coleman Professor of Sociology & Social Policy*
 Nick Papageorge, *Broadus Mitchell Associate Professor of Economics*
 Emma Kalish, *PhD student in Economics*

March 2020

Social distancing will save lives.(i) Its economic costs are staggering. While frustrating but manageable for many people(ii), the economic fallout of social distancing is brutal for the poorest, most vulnerable and marginalized members of our society. Even looking at the issue purely in terms of lives lost, injuries sustained, and lifelong psychological damage, there are tradeoffs that we feel have not been sufficiently acknowledged.

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It's Not Just You. A Lot Of Us Are Hitting A Pandemic Wall Right Now.

The past few weeks of the coronavirus crisis have been especially taxing on our mental health. Here's why, and some advice on coping.

By Julia Bliss
02/04/2021 05:45am EST | Updated March 9, 2021

March 2021

SHUTTERS VIA GETTY IMAGES
The coronavirus pandemic has taken a bigger toll on our psyches in the last few weeks than it has in a while.

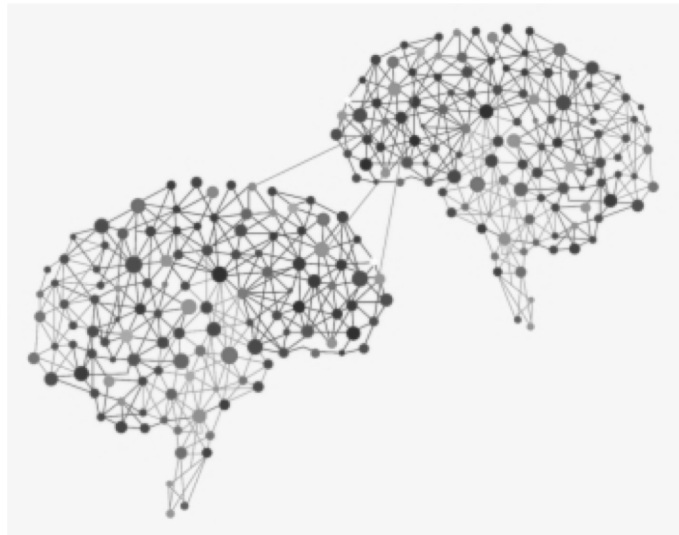
“We’re at more risk for burnout because of the circumstances and because of the fact that we’re continually re-traumatized and [reactivating] that cortisol spike.”

- AMY CIRBUS https://www.huffpost.com/entry/coronavirus-pandemic-wall-mental-health_1_601b3c9dc5b6c0af54d09ccb

What Makes the Brain Feel Overwhelmed?

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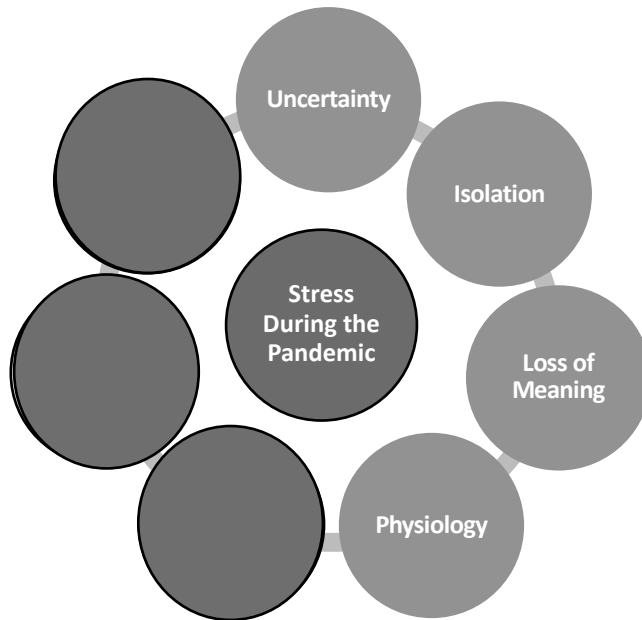
Our Brains Evolved to Connect



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What Prevents Connection & Integration?

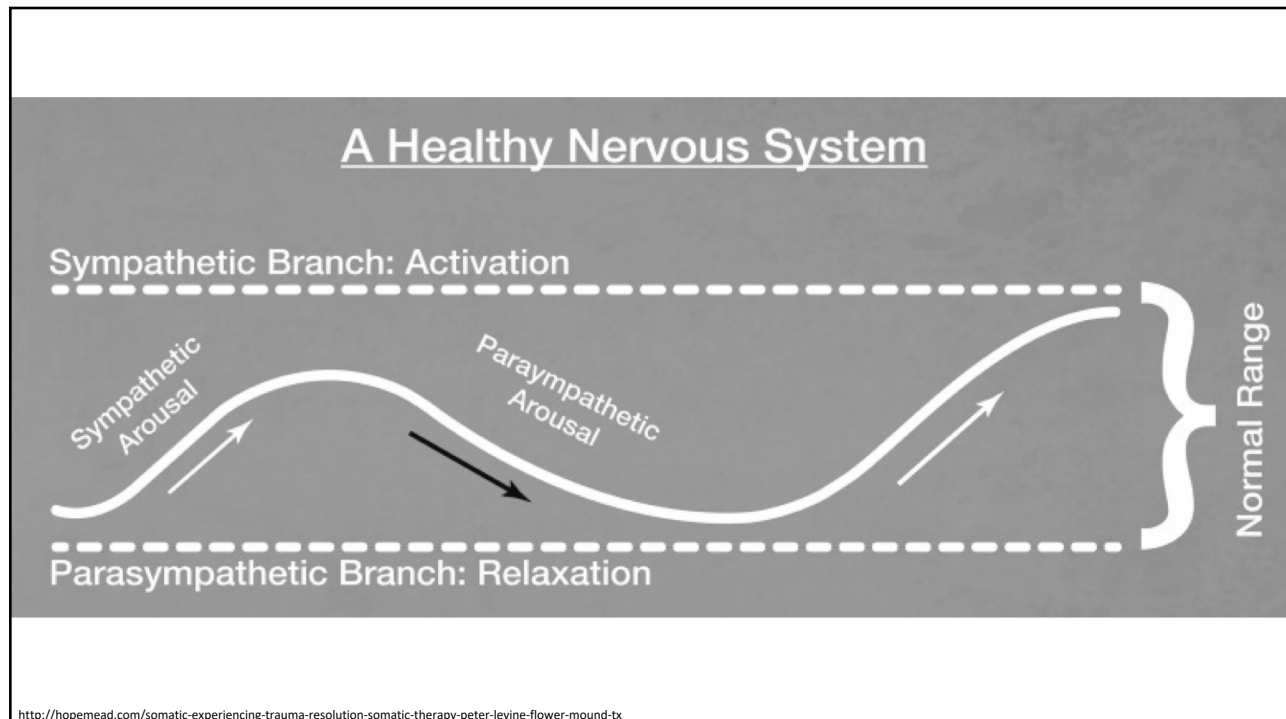
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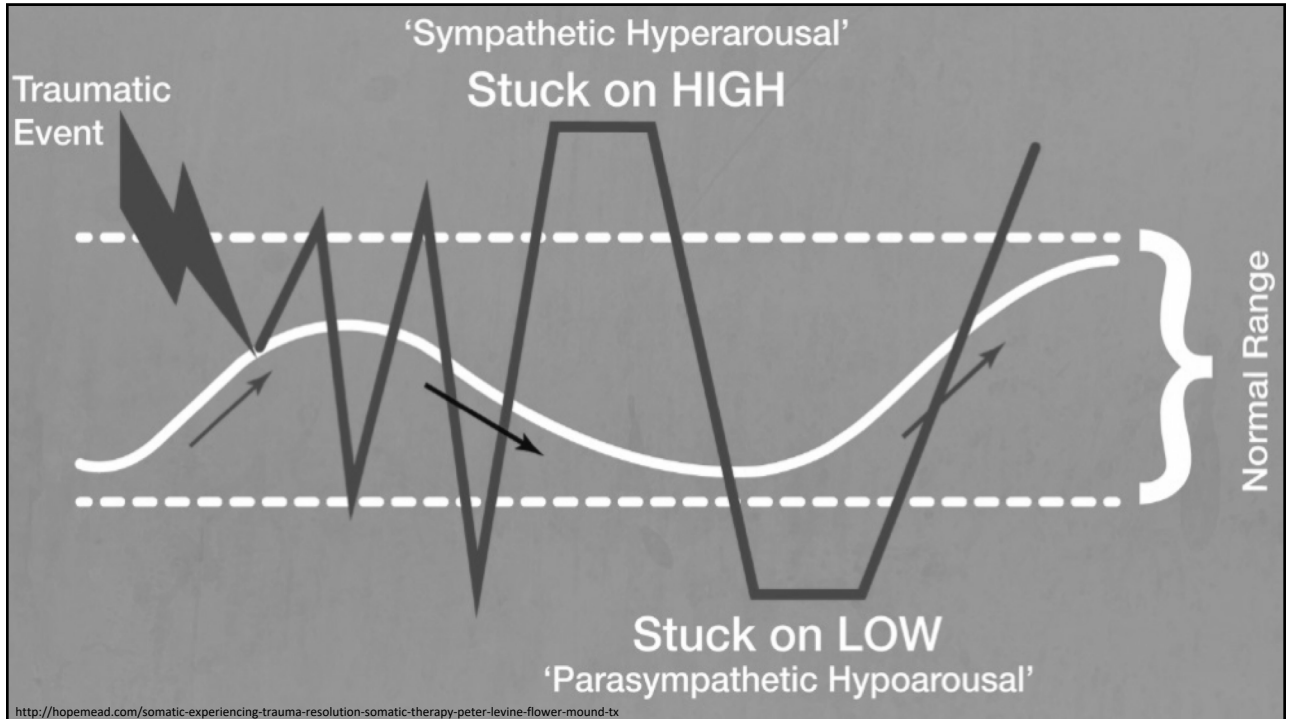


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When stress becomes unmanageable,
the brain will prioritize survival over
engagement and learning.

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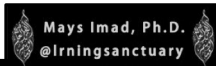


How Do We Heal?

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Is Learning Possible In These Disruptive Times?

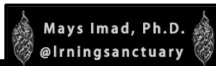
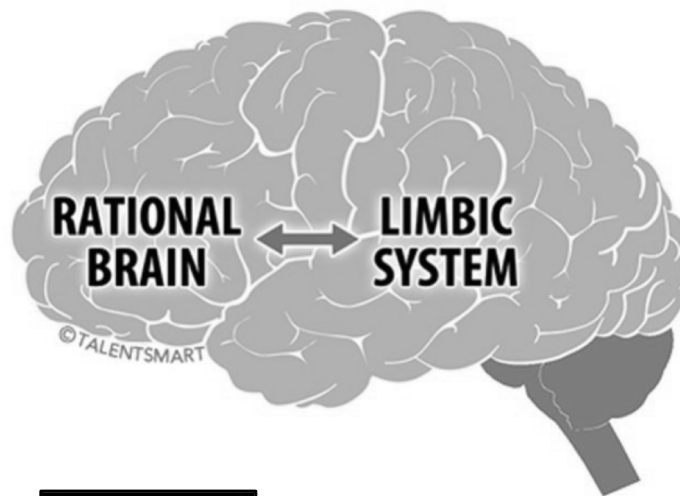
Yes, *but* we need interventions.



Calming the Nervous System



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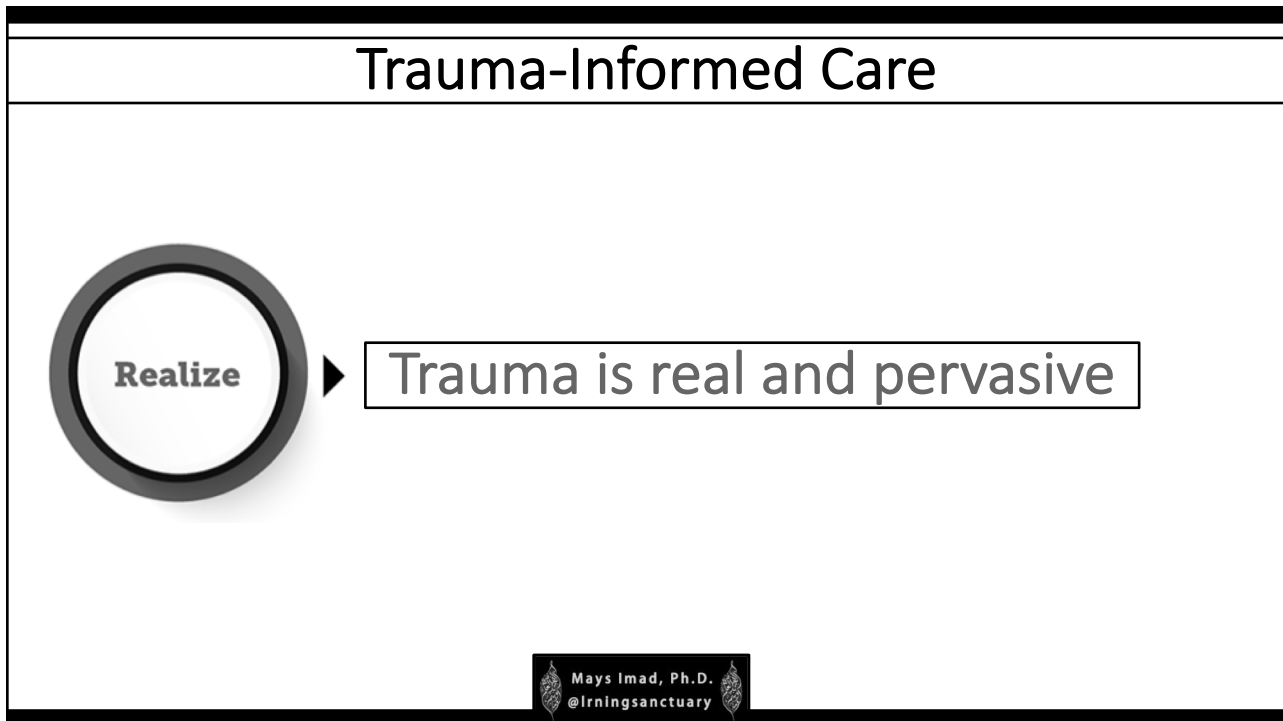
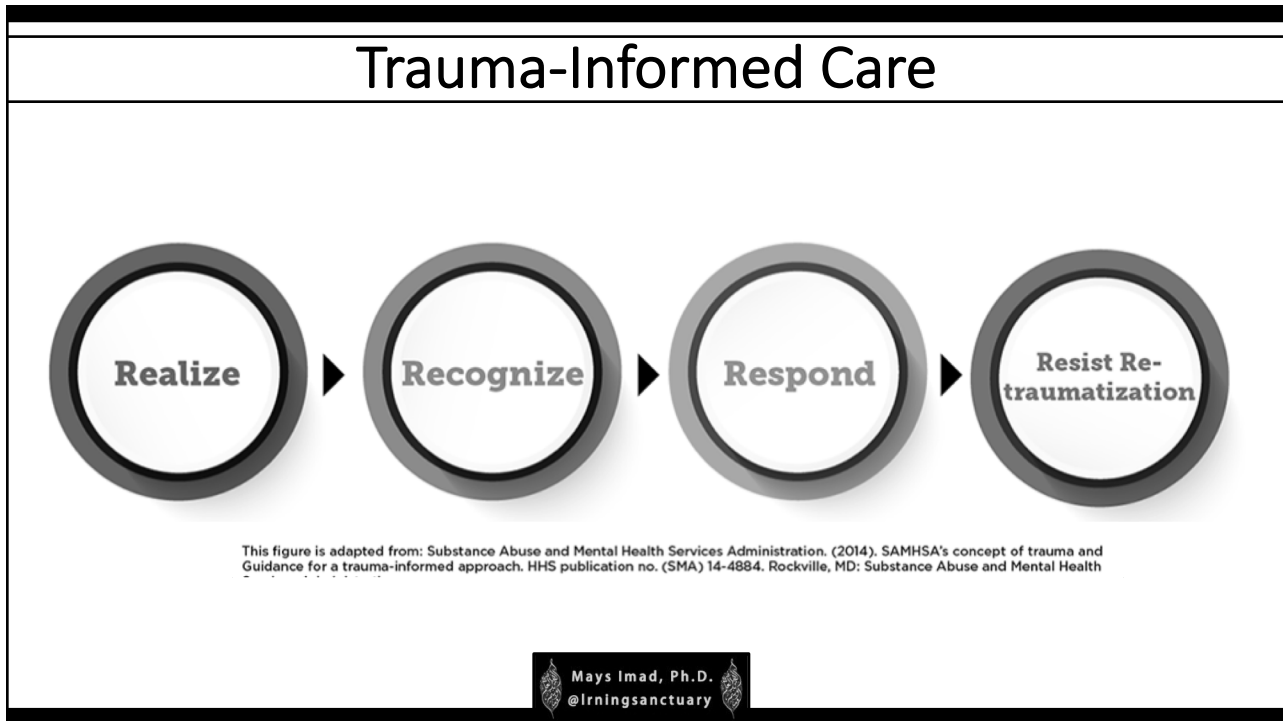


Trauma-Informed Care

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Trauma is an event or a series of events that feels threatening to our core and leaves us in a position of helplessness.

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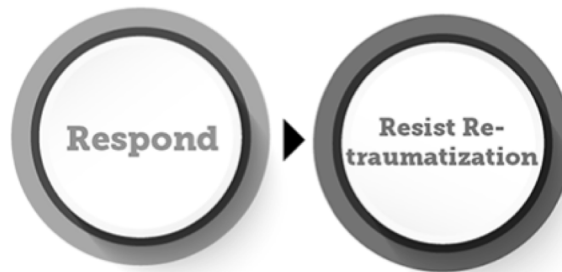


Trauma-Informed Care



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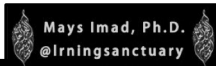
Trauma-Informed Care



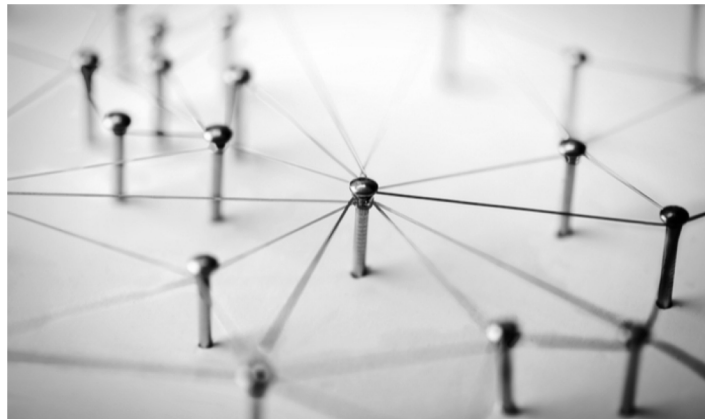
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**Trauma shatters our assumptions
about the benevolence of the world,
the meaningfulness of the world, and
our sense of self and self worth.**

Trauma is Relational



Healing Through Relationships



**Interdependent Relationships with
the Earth & its Inhabitants**



Psychology and Psychotherapy: Theory, Research and Practice (2019), 92, 224–237
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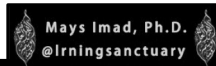
Special issue paper

The mind in psychotherapy: An interpersonal neurobiology framework for understanding and cultivating mental health

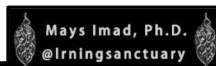
Daniel J. Siegel* 

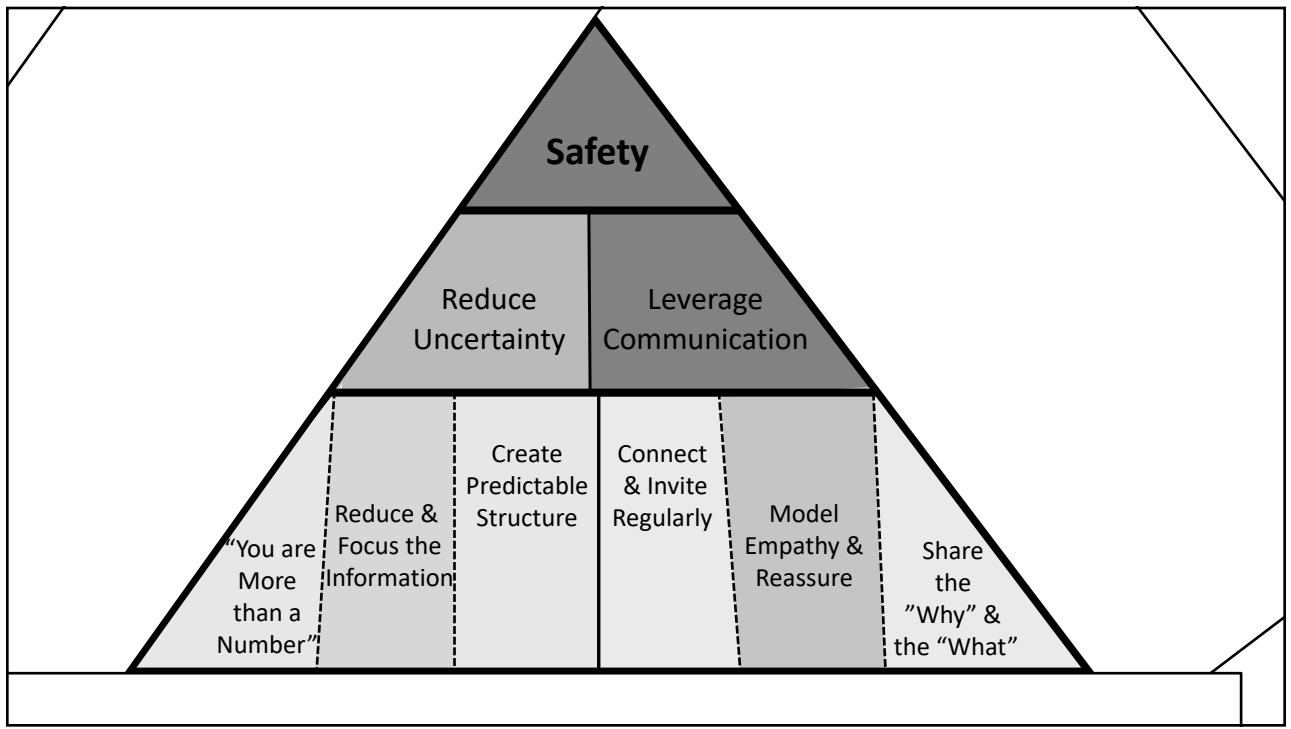
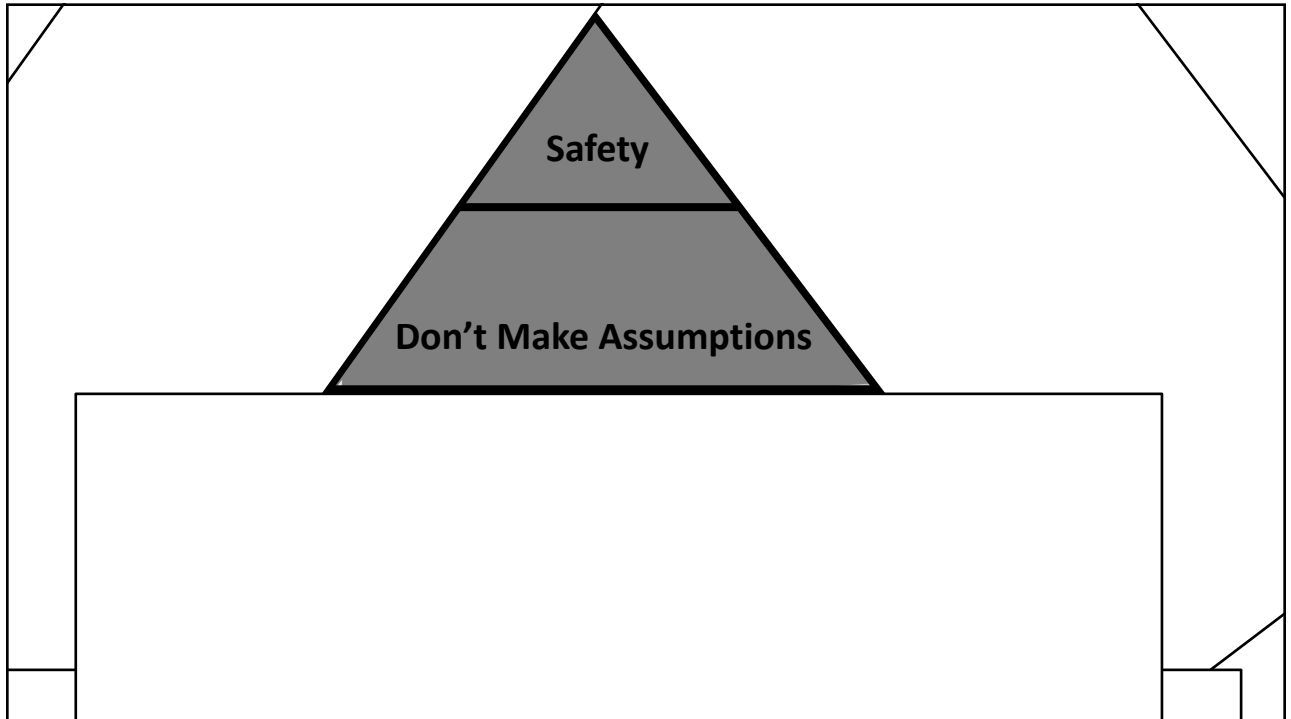
Mindsight Institute, Santa Monica, California, USA

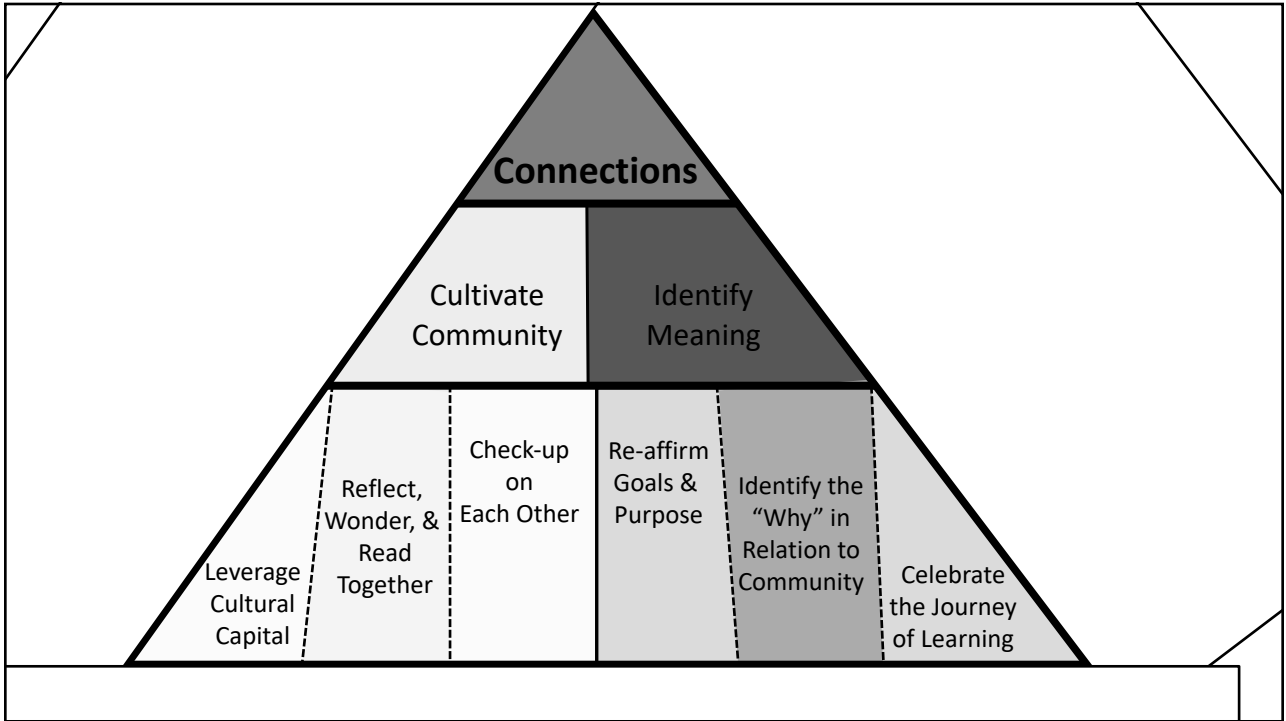
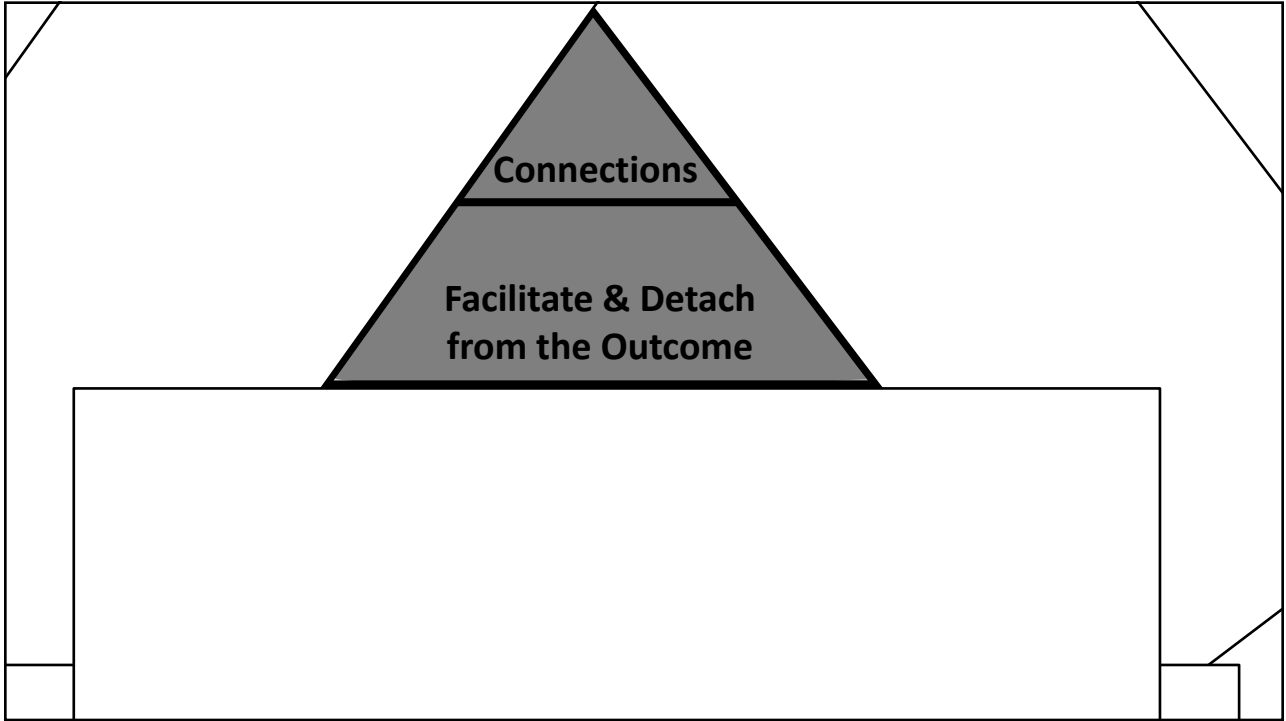
In this brief overview, I offer a conceptual approach to the mind that can support whatever clinical, research, public policy, or other approach you may be involved with. It seeks to

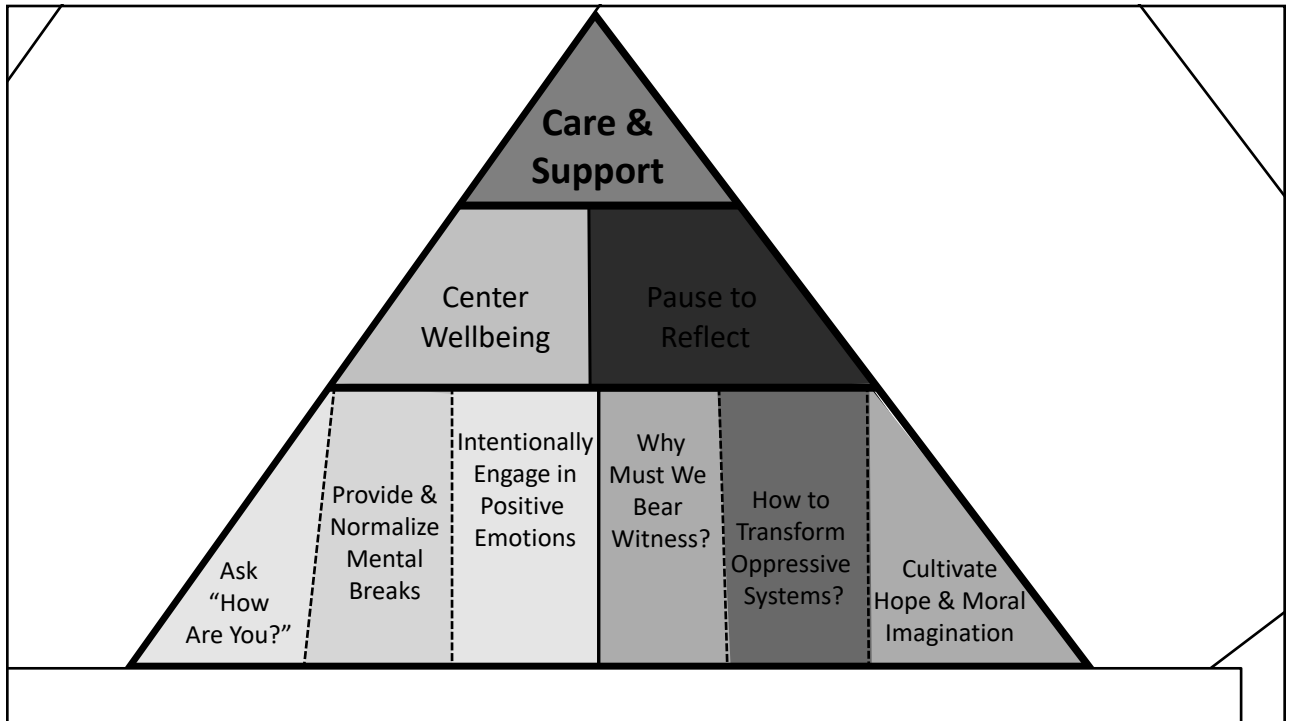
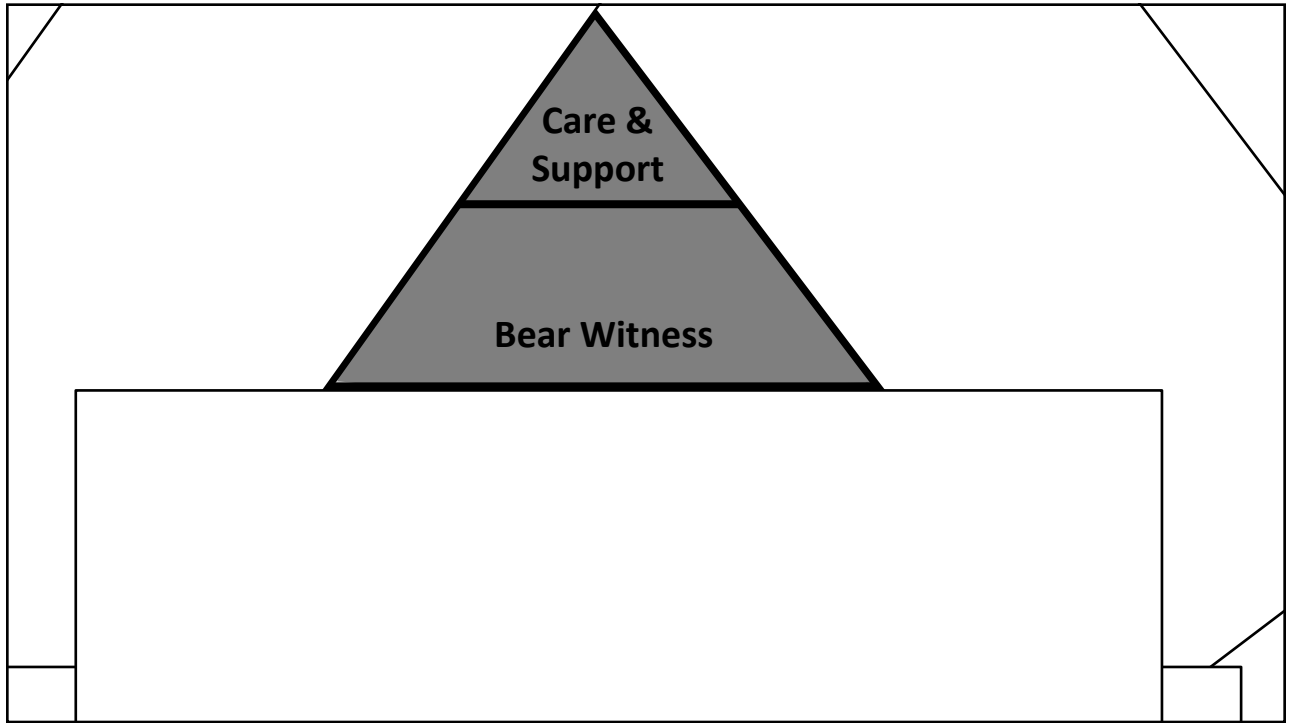


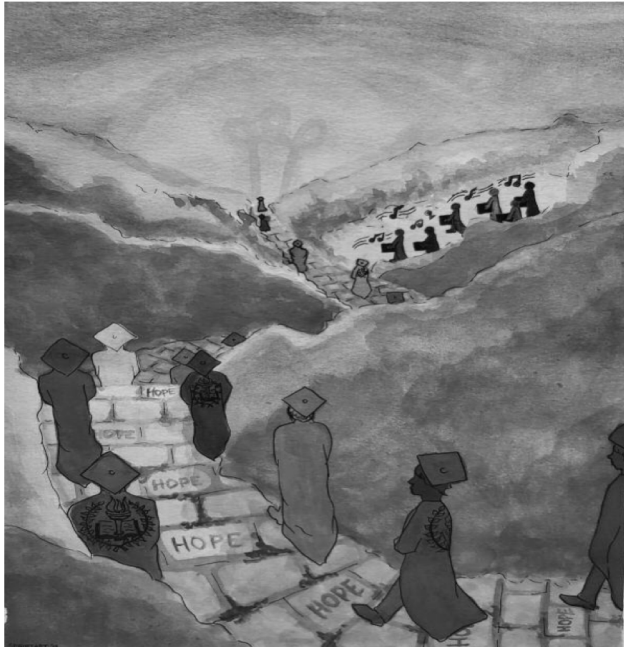
Three preconditions for every student to thrive in life: feeling safe, experiencing meaningful connections, and having support & resources.











Come, come, whoever you
are.

Wonderer, worshipper,
lover of leaving.

It doesn't matter.

Ours is not a caravan of
despair.

Come, even if you have
broken your vow

a thousand times

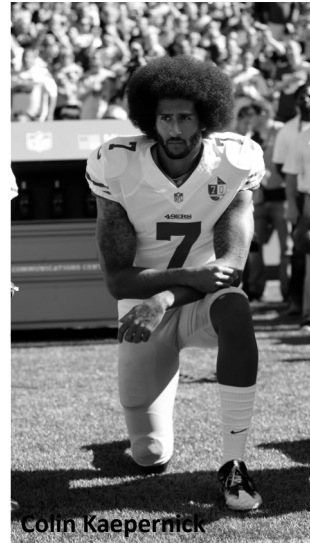
Come, yet again, come,
come.

- Rumi

“I live a hope despite my
knowing better”



To continue to hope
“despite knowing
better” is to resist, and
**“love is at the root of
our resistance.”**



Colin Kaepernick

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Love → Hope + Resistance

Colin Kaepernick

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