Modeling Radical Self-Care and Issue Advocacy through Music Videos

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www.GraduatesRise.com/Events

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Urban Studies

What is radical self-care?

"If we don't start practicing collective self-care now, there's no way to imagine much less reach a time of freedom."
~ Angela Davis

Radical self-care is:
1. Intersectional
2. Revolutionary for oppressed groups
3. Collective rather individualistic
4. Transformative for individuals AND structures
5. Inclusive and uniquely tailored for each individual's needs

How You Can Honor the Radical History of Self-Care by Martha Tesema, 2020:
https://advice.theshineapp.com/articles/how-you-can-honor-the-radical-history-of-self-care/

Know who you are and what you need

My Inner Child's Needs:
1. Traumatic birth
2. Autism (the gifted kind)
3. Father w/mental health needs
4. Single mother –led family
5. Low-income family
6. Housing insecurity
7. Food insecurity
8. Working for pay by age 9

NON-NEGOTIABLES:
- Intellectual stimulation balanced with "turning off"
- Social time balanced with being left alone
- Safety & routine balanced with need for adventure

Read about Adverse Childhood Experience (ACEs) here: https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean

Know who you are and what you need

My Grown-Up Human Needs:
1. First-Generation college student
2. Early career academic
3. Significant student loan burden
4. Manage multiple disabilities
5. Identify as non-binary femme
6. Painfully aware of system issues

NON-NEGOTIABLES:
- No luxury to procrastinate
- Sensory overload management
- Pool & other physical therapies
- Relaxation & meditation
- Healthcare is a critical need
- Art, music, & release of ideas
- Smashing the patriarchy!!!
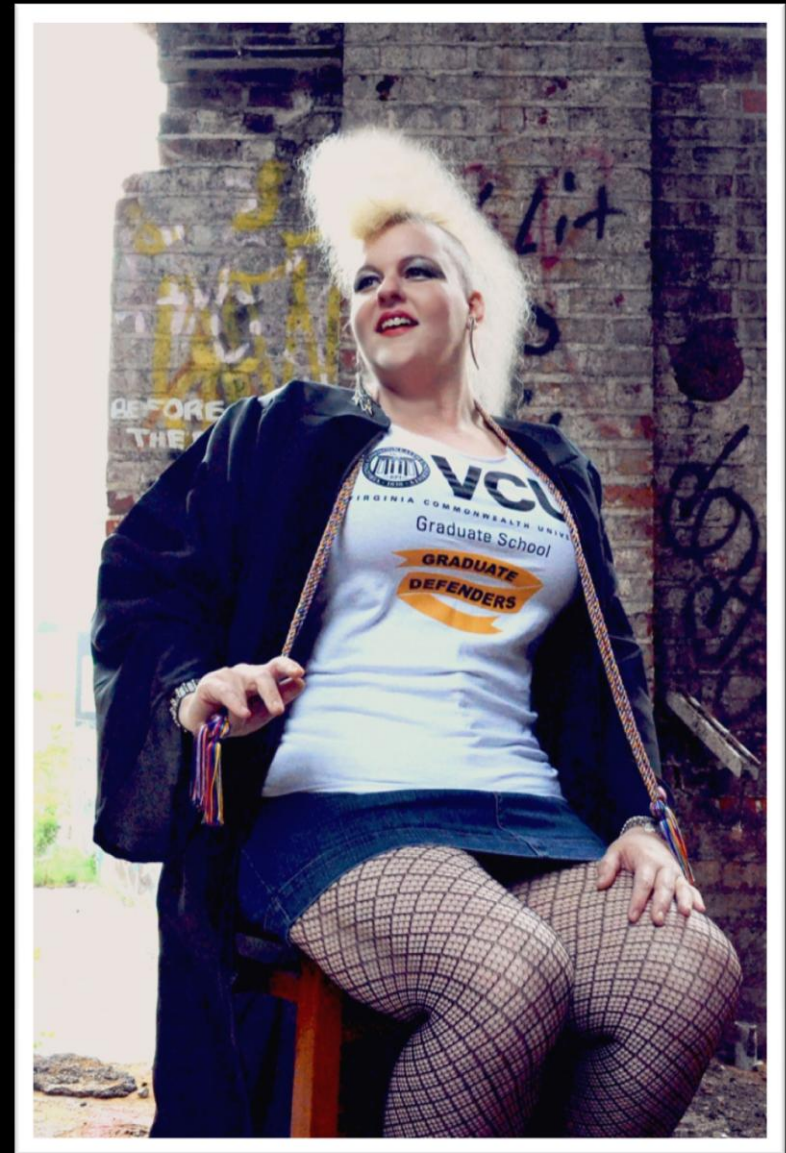
Read about Healthy Outcomes from Positive Experiences (HOPE) here: https://positiveexperience.org/about/

My primary self-care:
Graduates Rise, Math is Hard! lineup

Math is Hard!

Auto-biographical book chapter: https://brill.com/view/book/9789004445253/BP000029.xml

Quarantine Not Quarantined

Dr. CynCorrigble, Lyrics, Vocals
The Grey A, Music, Vocals, Guitar, Synthesizer
Bingham Barnes, Bass
Rollum Haas, Drums
Recorded, Engineered, and Mastered by Jeremy
 Ferguson at Battletapes in Nashville, Tennessee
Album artwork by Marilu Herrera

Music Video Directed, Filmed, and Edited by Alex Baldwin
Co-Produced by Sarah Walton and Dr. CynCorrigible
Written by Dr. CynCorrigible
Hair & Makeup by Emaline Briggs

https://www.youtube.com/watch?v=66Y5ZLPSLcI

Dr. Fauci Approves!!

I think this is government-speak for "cool video"??!!??

RE: Punk band brings public health message   CAS-21767

Inbox

N   NIAID Ocpostoffic...   4:37 PM
to me, NIAID

Thank you for your recent email directed to Anthony S. Fauci, M.D., director of the National Institute of Allergy and Infectious Diseases (NIAID), National Institutes of Health. Due to his professional obligations, Dr. Fauci has asked me to respond on his behalf.
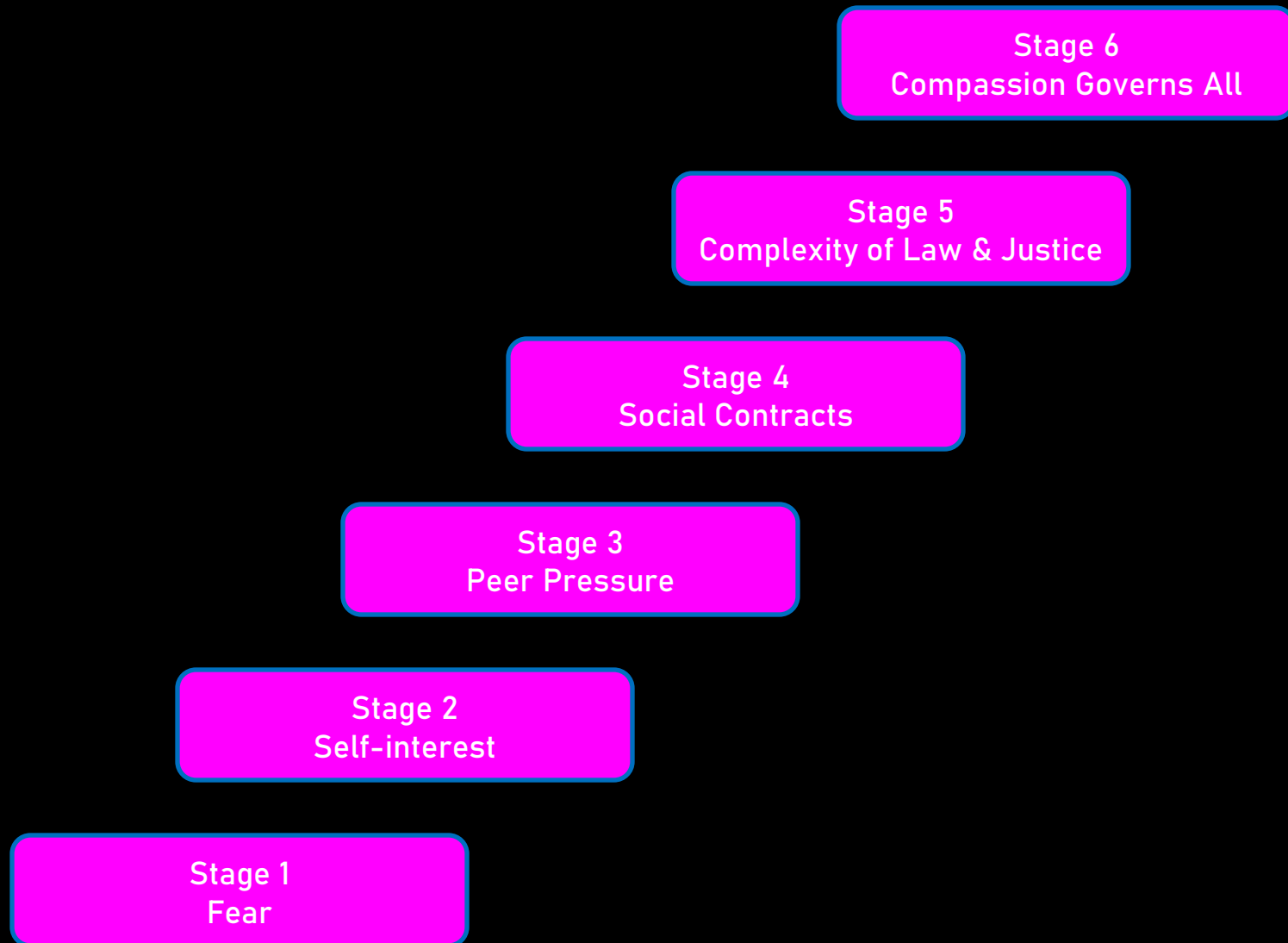
We appreciate you sharing your song and thank you for contacting NIAID.

Sincerely,

Kara M. Harris, MPH
Section Chief for Controlled Correspondence and Public Inquiries
Legislative Affairs and Correspondence Management Branch
Office of Communications and Government Relations
National Institute of Allergy and Infectious Diseases
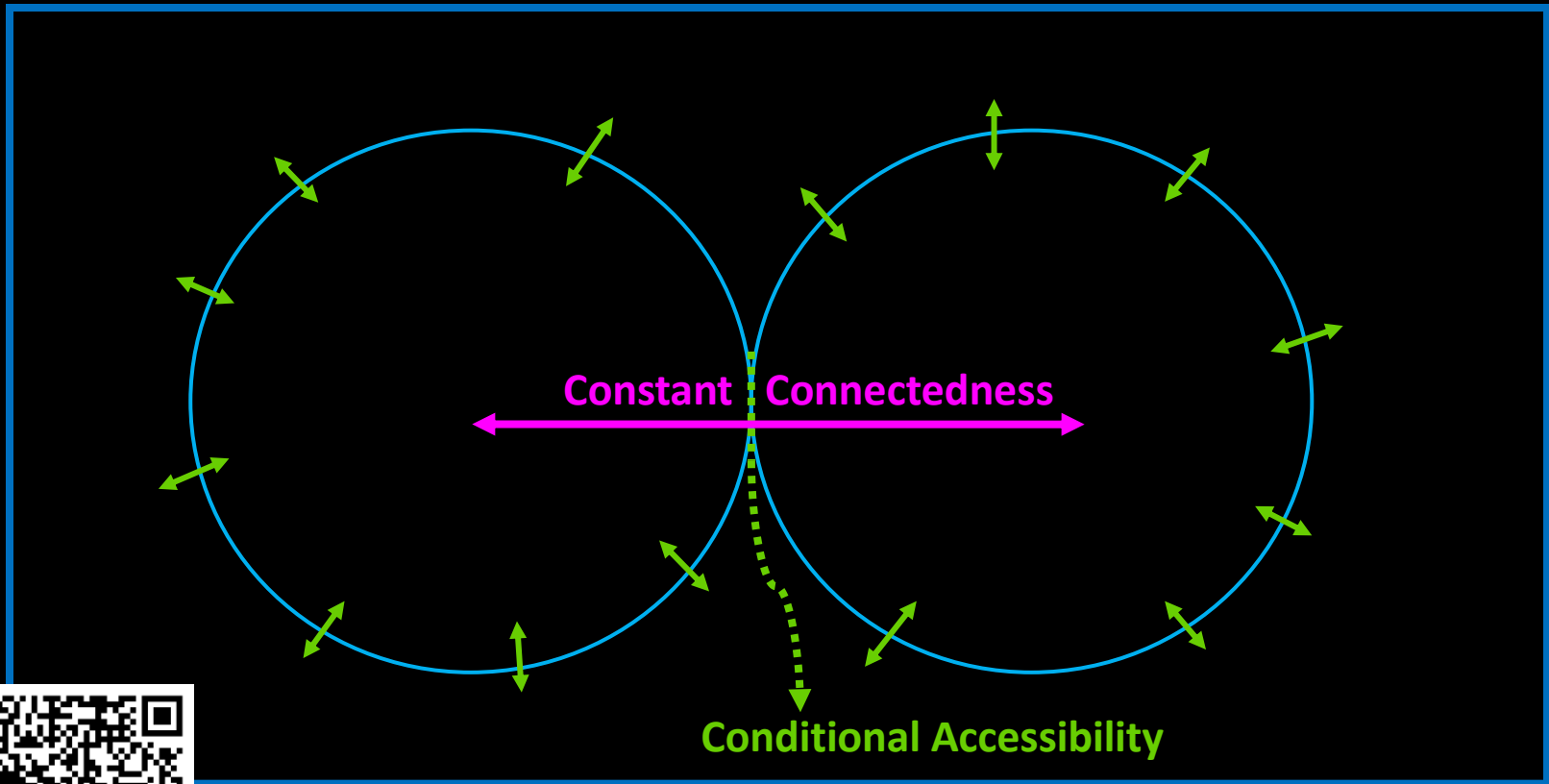National Institutes of Health

DISCLAIMER: NIAID does not endorse or recommend any commercial products, processes, or services. The views and opinions of authors expressed on the NIAID website do not necessarily state or reflect those of the U.S. government and may

Kohlberg's Stages of Moral Development

Stage 6
Compassion Governs All

Stage 5
Complexity of Law & Justice

Stage 4
Social Contracts

Stage 3
Peer Pressure

Stage 2
Self-interest

Stage 1
Fear

Hans Falck's Membership Perspective
"The irreducible state of human life is membership."

Constant Connectedness

Conditional Accessibility

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Falck, Hans S. (1988). *Social Work: The Membership Perspective*. New York, NY: Springer Publisher Company, Inc.
NASW article in JSTOR: https://www.jstor.org/stable/23714429

Hans Falck's Membership Perspective

Falck says social work has "split" the individual:

1. **Separateness:** A human being's uniqueness entitles them to needed satisfactions.

2. **Independence:** A human's views of themselves suggest that the highest level of behavior is reflected in their independence.

3. **Self-attribution:** A human's relationships to others are characterized by attributes of themselves alone, they are the actor of consequence.

4. **Distinctiveness:** A human defines their identity by what distinguishes them from other people.

5. **Freedom:** A human defines themselves as "free" by the degree to which they make decisions leading to maximum benefit to themselves.

Falck, Hans S. (1988). *Social Work: The Membership Perspective*. New York, NY: Springer Publisher Company, Inc.
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Hans Falck's Membership Perspective

The Dual Model of SOWK

Alternatives used to repair/discuss the split in social work:

1. **Addition:** The individual AND the group.

2. **Hyphenation:** Person-In-Situation.

3. **Mediation:** Social worker as bridge b/w parts.

4. **Parts-Whole:** The parts and the whole are connected

Falck's Membership Perspective serves as a holistic approach to understanding individualism and collectivism through membership.

Falck, Hans S. (1988). *Social Work: The Membership Perspective*. New York, NY: Springer Publisher Company, Inc. NASW article in JSTOR: https://www.jstor.org/stable/23714429

Hans Falck's Membership Perspective

Falck defines *member* as:

- A physical being bounded by semi permeable membranes and cavities
- A social being in continuous interaction with others who are both seen and unseen
- A psychological being capable of private experience

Things that can be inferred from humans about membership include:

- A member's actions are socially derived and contributory
- The identity of each member is bound up with that of others through social involvement
- A member is a person whose differences from others creates tensions that lead to growth, group cohesion, and group conflict
- Human freedom is defined by simultaneous concern for oneself and others.

Falck, Hans S. (1988). *Social Work: The Membership Perspective*. New York, NY: Springer Publisher Company, Inc.
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Hans Falck's Membership Perspective

Falck defines membership through the lens of boundaries, which denote where one thing ends and another thing begins.

The two Boundary Principles established include:

- **Constant Connectedness:** This principle holds that all components are permanently linked by virtue of common need, function, and prerequisites for survival. Membership is permanent and cannot be reversed. Relationships are not external to the person but denote permanence in time, meaning, and process.

- **Conditional Accessibility:** holds that the nature of access from one member to another is subject to specifiable conditions, or selectivity. Access is governed by rules that are both facilitative and restrictive and can be thought of as either physical (likened to the cells in a human body) or structural (such as social interaction within social systems), or otherwise functioning in a non-physical sense (i.e. social norms, trends, generational patterns, etc.).

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Hans Falck's Membership Perspective

Membership can be positive, negative, or ambiguous. Falck presents four human functions to describe the analytic power of the two Boundary Principles of membership.

Membership in Biology: Physical Functioning

- All body components are interlinked, directly and indirectly and cannot function without each other. Conditional accessibility (semi-permeable boundaries such as the blood-brain barrier) also serves to maintain life.

Membership as Social Process: Interaction

- Survival depends on human interaction, both verbal and nonverbal. Connections between humans are also selective, which can create both positive and negative impacts in a human life.

Membership as Meaning: Symbolization

- Like interaction, Symbolization is both constant and selective at the same time. This expresses itself in monitoring behavior, where one may monitor the significance of their own behaviors, or the behaviors of other group members. Inclusion or exclusion is important and leads to how one interprets the content of human interaction.

Membership as Intrapsychic Process: Internalization

- The internalization of how objects relate in the external world forms the bridge between external and internal reality. The meanings behind membership create intrapsychic beliefs that impact how a person expresses membership. For healthy development, it is of critical importance that internalizations support healthy personality development.

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What does this have to do with self-care?

What does this have to do with collective self-care?
Stay At Home – Social Distance – Mask Up
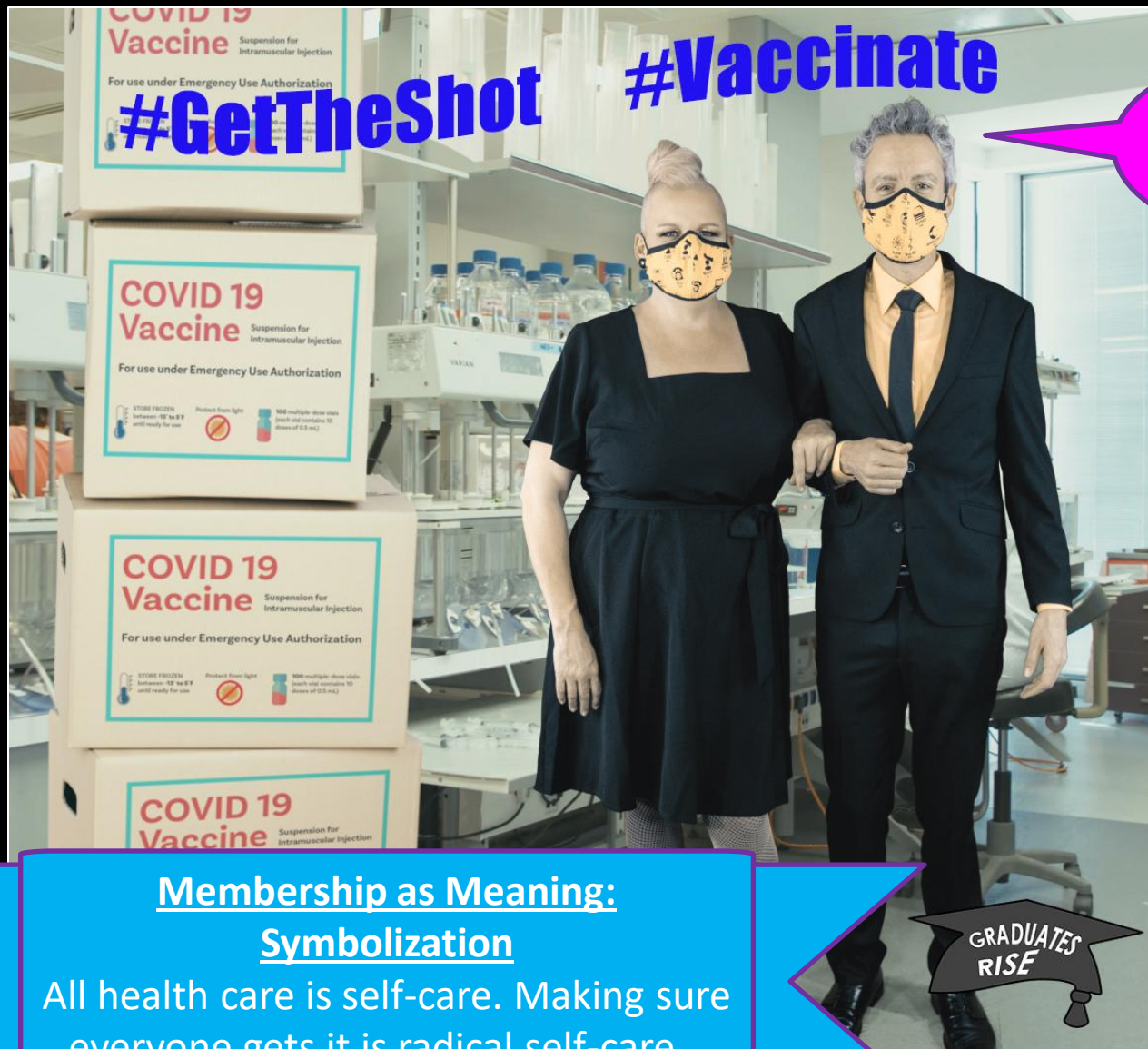

#MaskUp

#SocialDistance

We are all Members of this Society…

Membership in Social Process:
Public health only works if everyone does it. Being consistent & fair may be the best thing governments can do…

(Chan, 2021): https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7577686/

16

Are vaccines self-care??

#GetTheShot #Vaccinate

Of course they are!

Membership as Meaning: Symbolization
All health care is self-care. Making sure everyone gets it is radical self-care…

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What about Vaccine Passports?!?!?

Should vaccines be Mandatory or Voluntary?

Membership as Meaning (Symbolization):
Who will be included and who is excluded? Who monitors who?
Are people "weaponizing" The Americans with Disabilities Act?
The ADA says "reasonable accommodations" only.
Is it reasonable to endanger others? Or allow people to endanger?

ADA Fact Check: https://www.usatoday.com/story/news/factcheck/2020/07/15/fact-check-ada-disability-rights-and-face-mask-requirements/5391830002/

Can you "do it your way" and be respectful?

This is MY
self-care!
How can I help YOU
do self-care?

#ThankYouNurses
#StaySafe
#COVID19

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Membership as Intrapsychic Process:
We must approach stress through a critical lens:
1. Be flexible
2. Demonstrate advocacy
3. Use hope-filled language
4. Create community
5. Ask people what they need

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19

Can someone's morality change?

#MaskUp
#StaySafe
#COVID19
#GetTheShot
#BecauseScience

Yes! It's a developmental theory because change is inevitable!

Membership as Intrapsychic, Potential Interventions:
1. Fear appraisals
2. Incentives/Disincentives
3. Morality Reflection
4. Membership Reflection
5. Correct Misperceptions
6. Social Norms marketing
7. Clear Policies & Practices

Things YOU can do to support Radical Self-Care:

1. Be attentive to policy-sensitive (indirect) & policy-related (direct) issues your clients are dealing with…

2. Help your clients know their civil & human rights, how to exert them in the world, & how to respond/report if they are violated (and if they want to report)
   A basic Human Rights –based Approach for Social Work practice:
   Rights holders (awareness & how to enforce) & Duty Bearers (inclusion)

3. Do items 1 & 2 for yourself and your friends too!!!

4. Register to vote, stay informed, and actually VOTE!!!
   & help others to vote and support voter enfranchisement

5. Join NASW & participate: Use SOWK power for public good

6. Join Service Employees International Union (SEIU) or similar
   -Ask if they are bargaining for the collective good-

7. De-stigmatize "un-deserving" issues/people in all you do

8. Encourage radical self-care for everyone! #Solidarity

What will you do to promote radical self-care?
How will this impact your social work practice?

#NashvilleStrong
#MaskUp

Graduates Rise Links: https://linktr.ee/GraduatesRise