



PLURALISM, INCLUSION, & EQUITY (P.I.E) SERIES PRESENTS

“Reframing Wellbeing: Exploring the Importance of Culturally Proficient Wellbeing and Mental Health Practices for Black, Brown, and Indigenous Campus Communities.”

September 24, 2021
9am-11:30am

Join Zoom Meeting
Meeting ID: 994 8393 1096
Passcode: 332417

A panel discussion on creating awareness among district faculty and staff on the differences that exists in access to, relevancy and validity of, barriers to wellness, wellbeing, and mental health practices in communities of color. Panelist, via their personal and professional experiences, will address racism, bias, and lack of cultural proficiency in the “mainstream” wellness narrative. Further, each panelist will provide participants with intentional practices to utilize in their learning spaces and personal lives.

The Pluralism, Inclusion, and Equity (P.I.E.) series offers workshops and trainings designed to increase our intercultural proficiency so we may provide effective teaching and support services for our diverse student body.



Dr. Chao
(She/Her)

Dr. Chao received her MS in Cognitive Neuroscience and PhD in Cognitive science from UC Irvine. Her research focuses on individual differences in visual perception in art. She is also a Pedagogical Fellow, at UCI where she develops equity-minded teaching practices to increase student success and well-being.



Mr. James Woods

James “Dat Yoga Dude” Woods received his BA in Psychology from Xavier University, Louisiana and MA in Clinical Counseling from Mount St Mary’s College, Los Angeles. He is also a registered yoga teacher, speaker, mentor, author, educator and community organizer. Check out his book Timmy Tut at <https://www.timmytut.com/> and connect with him on @datyogadude and jameswoods.com



Dr. Amber Rose González
(she/her)

Dr. González is a queer Indigenous Xicana from the San Gabriel Valley with deep roots in New Mexico. She is an educator-healer-activist with a PhD in Chicana/o and Feminist Studies from UC Santa Barbara. Amber is a professor of Ethnic Studies at Fullerton College, co-founder of the NOCCCD Native American Faculty and Staff Alliance, member of the UF Racial Justice and Equity Committee, a certified conflict transformation mediator, and a writer-researcher with Mujeres de Maíz, an LA-based womxn of color activist collective.

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Dr. Rufus Fuller
Pronouns He/Him/His

Dr. Fuller received his BA in psychology from UCLA, and his MA in Traditional Chinese Medicine (MTOM) and PhD (DAOM) Doctorate of Acupuncture and Oriental Medicine from Emperor’s College, Los Angeles. He is a certified massage therapist and Yoga teacher. Dr Fuller is the Academic Director of Panacea Holistic Institute, CA. and the founder of SOTAS Integrative Medicine and Acupuncture in Long Beach California. Connect with him on <https://www.sotasintegrativemed.com/> www.blakwatter.com, @Sotas_Integrative_med, and @blakwatter

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